



## Easy Mexican Hot Chocolate

During our holiday break we traveled to Oaxaca Mexico with our family and fellow artists Lori and Patrick O'Neill and were very inspired by both the craft traditions AND the cuisine.

The Oaxacans have evolved very beautiful tools to make their hot chocolate, but you can enjoy it at home on a cold day without any special tools. Look for the cylindrical shaped packages of Chocolate in the Mexican food aisle of your supermarket, like Ibarra.

We have modified a recipe from Susana Trilling, author of "Seasons of my Heart" cookbook, who we were fortunate enough to spend a day with at her cooking school near outside of Oaxaca city.

## **Ingredients:**

2 cups water

5-6 oz. solid mexican chocolate

2 cups milk



#### Process:

In a saucepan or in the microwave, bring 2 cups of water to a boil. Just before it starts boiling, add the chocolate, broken into pieces with a sharp Chef's knife.

With a Molinillo (shown above), or wire whisk, or even an immersion blender, crush up the chocolate and whip until the pieces melt. When it is foamy and the chocolate has completely dissolved, add the milk and heat to the perfect drinking temperature.

Enjoy on a cold day!

Lisa and Seymour



## Oaxacan Chocolate Bread Pudding

Ingredients:

1/2 cup raisins

1/3 cup mezcal (or substitute your favorite spirits)

3 1/2 cups of bread cut into 1/2 inch cubes

1 pound Mexican Chocolate, broken into pieces

1/2 cup strong coffee

1/4 teaspoon sea salt

3 large eggs

1 cup Mexican "crema" or crème "frai-

che" 1/2 cup sour cream

1/4 cup granulated sugar

If we aren't thinking about bags we are probably thinking about food, and our January trip to Oaxaca was no exception. Our teacher Susana Trilling at the Seasons of my Heart Cooking School taught us lots of new tricks of Mexican cuisine.

Our daughter Becca prepared this dessert during the class in Mexico. It takes a little longer than the hot chocolate to prepare, but oh so worth it!

For la salsa de tuna:

1 3/4 cup red tuna puree (other fruit such as mango, raspberry or strawberry can be substituted) 8 ounces tangerine juice 2 tablespoon sugar 1-2 tablespoon Cointreau

For the topping and assembly: 1 cup whipping cream or crème fraîche 1/2 teaspoon Mexican vanilla 1-2 ounces bar of Mexican chocolate

METHOD For the bread pudding:

Preheat the oven to 350°F. Put the raisins and mezcal in a small saucepan and simmer until the raisins inflate.

Spread the bread cubes on a baking sheet and bake them in the oven until lightly toasted, 10 to 15 minutes. Set aside.

Put the chocolate, coffee and salt in a double boiler over medium heat. Reduce the heat to simmer and continue to cook until the chocolate is melted. Whisk until smooth. Allow to cool.

Put the eggs, cream, sour cream, sugar, vanilla and cinnamon in a medium size bowl and stir with a whisk until blended. Stirring the egg mixture continuously, pour in the melted chocolate and continue stirring until thoroughly blended.

(continued on next page)

Add the raisins, mezcal and toasted bread cubes to the bowl and stir well. Set aside at room temperature until the bread completely soaks up the mixture, about 2 hours. (This can be made a day ahead)

Preheat the oven to 350°F. Bring a kettle of water to a boil. Divide the pudding mixture into the 12 buttered ramekins or timbale molds (leave the top 2 cm free). Put them in a baking pan large enough to hold them all without touching. Slide out the oven shelf, put the pan on the shelf, pour in the boiling water to come halfway up the sides of the ramekins. Bake until the puddings are fully set but still moist, about 50 - 60 minutes. Place the ramekins on a cool rack.

After 15 minutes, remove the budin from the containers.

#### For the Salsa de Tuna:

In a sauce pan, over medium heat, reduce the tangerine juice and sugar until liquid. Set aside to cool. When cool add the puree and the Cointreau.

For the topping and assembly:

Whip the cream and vanilla.

Spoon the salsa de tuna on a plate, place the budin in the middle of the salsa and add the whipping cream on top. Dust with finely grated Mexican chocolate. Garnish the plate with flowers. Serve immediately.

NOTE: The salsa de tuna will last two days in the refrigerator, longer if frozen.

Enjoy with friends!! Lisa and Seymour





# French Lentils with Spicy Greens

Although the spring bulbs are coming up in our neighborhood, we are still enjoying hearty soups and stews when it is chilly in the evening. We got some French Lentils this week to try out this unusual recipe and really like their nutty flavor in combination with the greens.

Ingredients:

1-2 Tablespoons Extra Virgin Olive oil

1 cup coarsely chopped onions

1 cup diced carrots

2 teaspoons ground or pwd. coriander

1 1/2 teaspoon ground cinnamon

1/2 teaspoon ground allspice

4 cups vegetable stock or water & boullion

1 1/2 cups french green lentils

#### add at end:

4-6 cups coarsely chopped fresh arugula, watercress, or young mustard greens, beet greens, or swiss chard 3/4 teaspoon salt or to taste

#### Process:

Heat oil and sautee onions and carrots over med. high heat, stirring frequently, for 1-2 minutes. Stir in the spices, and add the Stock/water and lentils. Bring to a boil and cook for 20-25 minutes. Check to see if the lentils are tender, cook a little longer if needed. Add the greens and simmer 2-3 minutes. If you only plan to eat half the pot at the first seving, set some aside before you add the greens and add greens to that portion when re-heating.

Serve with a salad and crusty bread.

Enjoy with friends!

Lisa and Seymour



## Champagne Mango Citrus Vinaigrette

This time of year is a great time to enjoy champagne mangoes! We like them in salsas, salads, desserts, and even salad dressings. Ripe ones are so sweet you think you are eating candy.

### Ingredients:

1 orange (juice and zest)
2 Champagne® mangos, peeled and seeded
4 cup red wine vinegar

1 tsp honey or agave sweetener

1 tsp soy sauce

¼ tsp Dijon mustard

½ cup extra virgin olive oil

Salt and pepper to taste

#### Instructions:

In a blender, puree all ingredients except the oil on the lowest setting. Slowly drizzle in the oil until it is completely incorporated. Add salt and pepper to taste.

This recipe is from Chef Noah Aguilar and you can see more tempting mango recipes on this website:

http://www.champagnemango.com/site/recipes



## Kale Raab Chowder with Corn

We LOVE our local farmer's market in Stockton NJ and this week our favorite thing is Kale Raab. It doesn't have as long a season as broccoli raab, so we eat as much of it as we can while it is available. We usually just sautee it with lots of garlic and olive oil or make a salad with lemon juice-based dressing but this recipe definitely caught our attention.

Ingredients:

1 medium onion, chopped

1/4 cup all-purpose flour

2 cans reduced-sodium chicken broth

1 large baking potato, peeled and diced

1 bunch kale raab, chopped coarsely

1 package (10 ounces) frozen corn kernels

1/2 teaspoon dried thyme

1 cup whole milk

Coarse salt and ground pepper

#### **Instructions:**

In a large pot, sautee onion, stirring, until it begins to soften, 6 to 8 minutes. Add flour; cook, stirring constantly, 30 seconds. Add broth and potato; bring to a boil. Reduce to a simmer; cook until potato is tender, about 10 minutes. Add kale raab, corn, thyme, and milk. Cook until kale is crisp-tender, 8 to 10 minutes. Season with salt and pepper.

Recipe from recipes.terra-organics.com Adapted from "Broccoli Chowder with Corn and Bacon," www.marthastewart.com.



Fresh Green Pea Soup with Home-Made Creme Fraiche

A few weeks ago in Tarrytown I was inspired by a meal at the Sweetgrass Grill on Main Street. I tried the Carrot Ginger soup, while my friend opted for the Chilled Spring Pea Soup with Creme Fraiche. Well, as soon as I saw hers I was totally envious and had to go home and try it myself. It was a beautiful bright green and she said that the creme fraiche added just the right flavor touch, so I had to investigate that, too!

Creme fraiche is costly in the deli case, but very easy and inexpensive to make at home if you prepare it a day or so ahead. It is a thick and smooth soured cream with a rich and velvety texture. This matured cream has a nutty, slightly sour taste produced by culturing pasteurized cream with a special bacteria.

Spring Green Pea Soup

We don't have fresh peas in my farmers market yet, so I used frozen petite peas to make this recipe and I loved it.

#### Ingredients:

2 Tablespoons Olive Oil

1 1/2 cups leeks or onions, sliced/chopped

2 1/2 cups vegetable or chicken broth

A 10-20 oz. bag of frozen petite peas

3 Tablespoons chopped fresh parsley

1 teaspoon chopped fresh thyme

sea salt to taste

freshly ground black pepper

chopped chives for garnish creme fraisch or plain non fat yogurt

(continued on next page)

#### Process:

In a large pot, heat olive oil over medium heat and sautee leeks or onions until soft, about 5 min. Add the broth, salt, pepper, thyme and bring to a boil. Add the peas and fresh parsley and cook just until defrosted. In a blender, puree in 2 batches until very smooth. If serving hot, return soup to the pot and bring just to a simmer. If serving cold, transfer to the refrigerator to chill.

Ladle into bowls. Stir in a little creme fraiche or plain yogurt so that it is smooth and then top each with chopped chives and a dollop of creme fraiche or yogurt.

#### **Creme Fraiche**

1 cup heavy whipping cream2 Tablespoons buttermilk

Stir together and let stand at room temperature, covered, for 8-24 hours in a glass or ceramic container until it begins to thicken. Can be stored in refrigerator up to 10 days. Great with fresh berries or fruit, or can be added to soups for a yummy rich taste!

Enjoy outside!



Collard Salad with Roasted Tomatoes, Bacon, & Mushrooms

Food For Thought

As you know, we love to eat. We also love to hear about people working together to create positive change in the world.

This week we share with you a recipe from Brainfood, a non-profit youth development organization based in Washington, DC.

They have created after school and summer programs that use food as a tool to build life skills in a fun and creative setting. High school aged youth can learn about food, nutrition, cooking, and jobs in the food industry through activities, games, restaurant visits, cooking in our kitchen, and working with guest chefs.

We really like the work that they are doing in their community and will be donating a percentage of our June online sales to Brainfood. To read about their programs or make a donation, Click Here

Warm salads are a special favorite of ours, and we hope you will enjoy this recipe from their website. Kale could be substituted for Collards.

Ingredients:

Makes 4 servings (serving size: 1 cup)

1 pint cherry tomatoes

Cooking spray

8 teaspoons éxtra-virgin olive oil, divided

Kosher salt

Freshly ground black pepper
1 pint cremini mushrooms, sliced (about 2 cups)
2 large garlic cloves, minced

3 turkey-bacon slicés, sliced(Smart Bacon can be substituted for a vegetarian option)

10 cups collard greens (or Kale), rinsed, de ribbed, sliced in thin slivers/schiffonade

1 tablespoon balsamic vinegar optional: balsamic vinegar or lemon juice

(continued on next page)

### Preparation:

- 1. Preheat oven to 400 degrees F.
- 2. Place tomatoes in a medium glass baking dish lightly coated with cooking spray. Drizzle with 2 teaspoons oil and a pinch each salt and pepper. Bake at 400° for 15 minutes, until tomatoes are hot and skins are wrinkled. Cover with foil; set aside.
- 3. Place 2 teaspoons oil in a large nonstick skillet over mediumhigh heat.
- 4. Add mushrooms, and sprinkle with a pinch each salt and pepper. Sauté just until mushrooms are tender and golden brown, about 5 to 8 minutes. Transfer to a plate, and keep warm.
- 5. Add 2 teaspoons oil to the same skillet over medium-high heat, along with half of garlic and half of bacon; sauté 30 seconds.
- 6. Add half of collard greens, and stir-fry just until greens are wilted; transfer to a large metal bowl.
- 7. Repeat with remaining 2 teaspoons oil, garlic, and bacon, and sauté briefly before adding remaining greens. Stir-fry just until greens are wilted; add to bowl.
- 8. Add tomatoes and mushrooms to the bowl with greens.
- 9. Pour vinegar into skillet (be careful of fumes); simmer 30 seconds.
- 10. Drizzle vinegar over salad, and lightly toss along with salt and pepper to taste.

Serve warm; enjoy with friends! Lisa and Seymour



# Watermelon Gazpacho

Ingredients:

10°c. cubed seeded/seedless watermelon

3 Tbls. chopped fresh mint
2 Tbls. chopped chives or green onions
1 Tbls. chopped fresh basil or cilantro
1 chopped tomato

1 lime, juice of

1 Tbls. extra virgin olive oil 3-4 chopped peeled pickling cucumbers

optional:

1/2 cup coarsely chopped yellow bell pepper 1 garlic clove, minced

dash of hot sauce or sliced jalapeno pepper

## Preparation:

In batches, puree the watermelon in food processor with the herbs until herbs are well chopped.

We did not process the cucumbers and saved some of the watermelon cubes to add at the last, enjoying the crunch and texture. Experiment with the herbs and spices the YOU like so you will love the end results.

Enjoy with friends on a summer evening, preferably outdoors!

Lisa Martin and Seymour Mondshein



## Grandma Amy's Zucchini Casserole

This dish is easy to mix up and makes a great brunch or lunch at this time of year when zucchini are so plentiful. A nice vegetable side dish at any meal, too.

## Ingredients:

3 c. grated zucchini

1 cup pancake mix or Bisquick

1/2 cup grated Parmesan cheese

1/2 cup chopped onion or leeks

2 Tbl. parsley

1/2 cup extra virgin olive oil

2 eggs and 4 egg whites

1/2 tsp. marjoram

1 tsp. garlic powder

## Preparation:

Combine all ingredients and pour into oiled casserole dish. Bake at 350 for 45-60 minutes. Slice when cool. May be baked ahead and frozen.

Enjoy with Friends!

Lisa Martin and Seymour Mondshein



## Quinoa and Corn Salad with Rosemary

We like the grain quinoa either hot or cold, and this recipe has to be one of the best we have tried. We loved the Pine Nutty flavors as well as the Rosemary.

## Ingredients:

1 cup quinoa, rinsed in a sieve under cold water until water runs clear

3 cups water

1 (15-ounce) can no-salt-added corn, drained or equivalent frozen corn

¼ cup pine nuts, toasted

3 scallions, thinly sliced

1 tomato, chopped

2 tablespoons balsamic or red wine vinegar

1 tablespoon finely chopped fresh rosemary

1 tablespoon fresh lemon juice

In a saucepan, combine quinoa and water and bring to a boil, stirring to combine. Reduce the heat, cover, and simmer for 12 to 15 minutes or until all water is absorbed and the seeds have opened to reveal a white curled "tail." Fluff with a fork and set aside to cool.

Meanwhile, in a bowl, combine corn, pine nuts, scallions, tomato, vinegar, rosemary, lemon juice, oil, salt, and pepper. Stir in the cooled quinoa.

Enjoy with friends! Lisa and Seymour



# Camp Stove Teriyaki Salmon with Veggies Julienne

This is the third time since Aug 2012 that we have lost power for 7 plus days, so we are becoming fairly adept at Blackout cuisine. As you can imagine it is a top priority to eat all the food in the refrigerator and freezer before it spoils.

#### Ingredients:

Foil

Salmon filet or steaks (or any fish you simply must eat tonight)

Teriyiaki sauce (diluted soy sauce is OK too)

Salt and Pepper

Zucchini

Carrots

Olive Oil

Salt, pepper

Trader Joes 21 seasoning salute (Lisa's favorite) or savory herbs 1 tablespoon olive oil

½ teaspoon salt

¼ teaspoon ground black pepper

Lay down 2 layers of foil with enough room all around to seal into a packet around the fish. Center the fish on foil and season with Teriyiaki, salt and pepper. Add another layer of foil on top and seal all around. Cut Zucchini, carrots, and any other veggies you have into small lengthwise strips. Make a second foil packet with veggies and season with olive oil, salt, pepper, and desired herbs.

Start up your camp stove or gas grill. When hot, put foil packets on and cook for about 20 minutes. Keep an eye on it so it doesn't burn. Let steam for a bit after you turn off the burner, then open up the foil and have a candlelight feast. Follow with a game of Mexican Train Dominoes or the board game of your choice.



# Seymour's Stuffing Recipe

This week we share with you our favorite stuffing recipe. Stuffing is a Mondshein family tradition and considered the most important part of our Thanksgiving meal by our daughters Abbey and Becca.

Seymour's mother, Terry, cooked Thanksgiving lunch for hundreds of children yearly at the Union Avenue School in Irvington NJ. Terry would also have to make extra quantities of her stuffing for most of the staff to take home. She was famous for her "Jousy stuffing", and Seymour carries on this tradition.

#### Ingredients:

1/4 c. Extra Virgin Olive Oil

4 stalks celery, chopped

3 large onions, chopped

2 large apples, chopped

1/2 c. raisins

2 cups apple cider

6 egg whites

salt and pepper to taste

1 bag cornbread stuffing mix

1/2 bag unseasoned bread cubes

In a large skillet saute the celery and onion until transparent. add apples to mixture and lightly saute.

In big bowl moisten bread cubes with apple cider and add raisins. Add bread mixture to pan and saute, stirring in beaten egg whites. When mixture is well combined, bake in skillet or 9 x 13" baking pan at 350 degrees for 45 minutes.

## Enjoy with family and friends!



## Eggplant Shallot Latkes

Last night we tried this recipe and loved it! We loved the rich flavor the roasted eggplant added to our traditional latkes. It's worth the extra time involved, and you can roast the eggplant ahead of time, or right before.

Ingredients:
3 med potatoes
1 eggplant
1 shallot
3 T flour
1/2 t salt
1-2 eggs optional

Wrap the eggplant in foil and roast in an oven at maximum temperature, or even better, on a grill, until the eggplant is soft and collapsing. This could take up to an hour; you can feel the eggplant getting soft through the foil, if you poke it. Open the foil, let the eggplant cool, split it open and scoop the flesh out of the skin.

Meanwhile, grate the potato in a food processor, and finely dice the shallot. Mix with the eggplant, stirring to break the long strings of eggplant flesh. Mix with the flour and salt; this held together nicely even without egg, making it vegan. Fry until golden brown.

Serve with applesauce, sour cream, or yogurt.

Most of all enjoy....

More interesting latke variations can be found at Cafe Liz recipe blog.

http://food.lizsteinberg.com/2008/12/23/latke-bonanza/