

RECIPES FOR HUNTING AND GATHERING

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Prescott College

CARAMELIZED ONION DIP

Makes

2 large yellow onions
4 tablespoons unsalted butter
1/4 cup vegetable oil
1/4 teaspoon ground cayenne pepper (Optional)
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 teaspoon Dijon mustard
1 teaspoon white wine vinegar
3/4 cup sour cream
3/4 cup mayonnaise

Finely chop onions. Heat the oil and the butter in a large sauté pan over medium high heat. Add the onions, cayenne, salt and pepper and sauté for 10 minutes.

Reduce the heat to medium low and continue to cook, stirring occasionally until the onions are browned and caramelized. Cool this mixture. Add remaining ingredients, stir and adjust seasonings.

SPINACH DIP

Makes 2 cups.

1 Tablespoon butter
4 lightly packed cups chopped spinach
OR 1 10-ounce package spinach, defrosted and chopped
1 cup sour cream
1/2 cup yogurt
1/4 white or red onion, minced
1 small clove garlic, minced
1 teaspoon dried dill weed
1/2 teaspoon salt

If using frozen spinach, just press out excess water and add to other ingredients. For fresh spinach melt butter over medium heat in a 10-inch pan. Add fresh, chopped spinach and cook until just tender. Turn off heat, press excess water out of spinach, and put into a small bowl. Add remaining ingredients, and mix thoroughly. Refrigerate.

COQ AU VIN- CHICKEN IN RED WINE

For 6 people

4 Tablespoons butter or olive oil
1 chicken, 5 pounds, cut into 12 pieces
2 pounds small boiling onions, peeled
1 Tablespoon flour
1 bottle of burgundy
Thyme, bay leaf, rosemary
6 cloves garlic, peeled
1 teaspoon sugar
1 Tablespoon brandy
salt, pepper
a pinch of nutmeg
2 pounds small mushrooms, rinsed
2 Tablespoons oil

Croûtons:

12 slices sourdough bread
Butter or olive oil

Heat oil over moderate heat in a large pan. Add butter or olive oil. Brown the chicken. Drain oil from chicken. Add onions and brown. Add the flour, mix with ingredients in pan and add wine. When mixture starts boiling add thyme, bay leaf, rosemary, garlic, sugar, chicken, salt and pepper and nutmeg. Cover and cook over low heat for 45 minutes, add mushrooms and continue cooking for 30 minutes.

When chicken is tender, remove it from pan and keep it warm on a heated plate. Pour brandy in the pan that contained the chicken. Stir while reducing this sauce by boiling it for 5 minutes uncovered. Taste and sauce and adjust seasoning.

Prepare croûtons: Cut the bread into small triangles. Melt butter or heat oil in a frying pan and fry bread until crisp. Pour sauce over chicken, surround it with croûtons and serve very hot.

BOEUF BOURGUIGNON-BEEF STEW IN RED WINE

Serves 6-8

4 ounces bacon, cut into sticks 1/4 inch thick and 1 1/2 inches long
2 Tbs olive oil
2 Tbs cooking oil
3 pounds lean stewing beef cut into 2-inch cubes
1 sliced carrot
1 sliced onion
1 teaspoon. salt
1/4 tsp pepper
2 Tbs flour
3 cups of red wine
2-3 cups brown beef stock or water
1 Tbs. tomato paste
2 cloves mashed garlic
1/2 tsp thyme
a crumbled bay leaf

18-24 small white onions, peeled
1 1/2 Tbs butter and 1 1/2 Tbs oil
1/2 cup brown stock or water
a medium herb bouquet: 4 parsley sprigs, 1/2 bay leaf, 1/4 tsp thyme tied in cheesecloth
1 pound fresh mushrooms, cut into quarters
2 Tbs butter and 1 Tbs oil

Using a 9-10 inch ovenproof pan, 3 inches deep, saute bacon in oil for 2-3 minutes. Remove to a side dish with a slotted spoon. Dry the beef with paper towels. Reheat oil until almost smoking and add beef a few pieces at a time. Saute until nicely browned on all sides. Remove meat to bacon dish. In the same oil, brown the sliced carrot and onion. Pour off the oil. Preheat oven to 450 degrees.

Return the beef and bacon to the casserole and toss with salt and pepper. Then sprinkle on the flour and toss again to coat beef. Set uncovered casserole in middle position of preheated oven for 4 minutes. Toss the meat and return to oven for 4 minutes more. Remove casserole and turn oven down to 325 degrees.

Stir in the wine and enough stock so the meat is barely covered. Add tomato paste, garlic, and herbs. Bring to simmer on top of stove. Then cover casserole and set in oven, or on stove top. Regulate heat so liquid barely simmers for 3-4 hours. The meat is done when a fork pierces it easily.

Now prepare the white onions and mushrooms:

Saute the onions in butter and oil for about 10 minutes. Stir so they brown evenly. Add stock, salt and pepper, and herb. Simmer slowly, in oven (uncovered) or on stove top (covered) for 40-50 minutes, turning them over once or twice. They should be tender but

still retain their shape. Remove herb bouquet. Set aside.

In another pan heat butter and oil until almost smoking. Add mushrooms and stir constantly for 4-5 minutes, until they lightly brown. Set onions and mushrooms aside. When meat is tender, pour contents of the casserole into a strainer set over a saucepan. Return beef and bacon to casserole. Distribute cooked onions and mushrooms over the meat.

Skim fat off sauce and simmer sauce for a couple of minutes. You should have about 2 1/2 cups of sauce thick enough to coat a spoon lightly. Thicken by boiling down, thin by adding more stock or water. Taste and adjust seasoning. Pour sauce over meat and vegetables.

EGG LOVER'S RUSTIC DEEP DISH QUICHE

Recipe courtesy of the Routson Family

6-8 servings

4 Tablespoons olive oil
1 yellow onion, coarsely chopped
1 red bell pepper, finely chopped
1/2 pound mushrooms, sliced
1# lean sausage (optional)
10 eggs
3 1/2 cups milk
1 teaspoon salt
Freshly ground pepper, to taste
3 cups grated cheddar, lightly packed
Pastry for a double pie crust
9X14 inch baking pan

Preheat oven to 325 degrees.

In a large skillet heat 3 tablespoons oil. Sauté onion, mushrooms and bell peppers until browned. Remove from skillet and set aside. Heat other tablespoon oil in skillet. Add sausage and until lightly browned. Set aside.

Beat together eggs and milk. Add salt and pepper. Stir in cheese, vegetables and meat. Roll pastry to fit pan, running up the sides and fluting the rim. Fill with egg mixture. Bake for 50-60 minutes, until set and golden brown.

HONEY VINAIGRETTE

Makes 3/4 cup

1/4 cup red wine vinegar
2 tablespoons Dijon mustard
1 tablespoon honey
1/2 teaspoon salt
1/4 fresh ground black pepper
1/4 cup olive oil

Whisk together the vinegar, mustard and honey. Add the salt and pepper. Whisk in the oil a little at a time. Taste for salt and pepper.

THE BEST CARROT CAKE

12 servings, 13X9 inch cake pan

2 cups all purpose flour
2 cups sugar
2 teaspoons baking soda
2 teaspoons cinnamon
1 cup canola or corn oil
3 eggs, lightly beaten
2 teaspoons vanilla
1 1/3 packed cups grated carrots
1 cup chopped walnuts
1 cup shredded coconut
3/4 cup canned crushed pineapple, drained

Preheat oven to 350. Prepare a 13X9 inch pan.

Sift together dry ingredients. Add oil, egg, vanilla and beat well. Add carrots, walnuts, coconut and pineapple. Pour into pan. Bake about 1 hour until cake tests done. cool and frost with quick brown sugar icing...

QUICK BROWN SUGAR ICING

1 1/2 cups brown sugar
5 Tablespoons cream
2 teaspoons butter
1/8 teaspoon salt
1/2 teaspoon vanilla
1/2 cup chopped nuts
1/2 cup dry coconut

In a saucepan combine brown sugar, cream, butter and salt and bring to a boil. Remove from heat. Cool slightly and add vanilla. Beat icing until it can be spread. Add nuts and coconut. Mix well and frost cooled cake.

APPLE NUT CAKE

4 cups peeled, chopped apples
2 cups sugar
1 cup vegetable oil
3 cups whole wheat pastry flour
1 cup chopped walnuts
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon allspice
2 teaspoons baking soda
1/2 teaspoon salt
2 eggs

Mix apples, sugar and oil in large bowl. Let stand one hour. Mix all dry ingredients together. Add eggs to apple mixture. Mix well. Fold in dry ingredients. Stir in; do not use electric mixer. Stir in nuts. Bake in greased bundt pan for 1 1/2 hours at 350°.