

YUMMY NORTHWEST

MARY ROSEWOOD, EDITOR AND PUBLISHER
LESLIE PHILLIPS, COPY EDITOR
SERVING IDAHO, MONTANA, OREGON, AND WASHINGTON

Good books

Cooking in the Pacific Northwest and using the abundance of local ingredients does not mean confining yourself to recipes published here.

I have more than a hundred cookbooks on my shelves. About a third of them specialize in Northwest cuisine, but the rest are from everywhere else.

This month I am sharing my favorite and most-used cookbooks. (The publisher information is for my copies.) They all contain mouthwatering recipes, and most are also enjoyable to read. Although some are old, you can find copies to buy by searching the Internet.

Happy cooking!

Start cooking

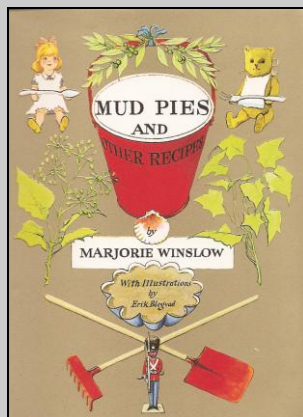
The Beany Malone Cookbook

by Lenora Mattingly Weber
(Image Cascade Publishing, 2000)

Based on the Beany Malone young adult series, this cookbook intersperses recipes with narratives of Beany's life. These little stories will take you to a world where families are busy but still strive to eat together and enjoy the simple pleasures of life. The recipes are easy to prepare, using no-nonsense ingredients and frequently encouraging economy. Beany is an active high school student who often rushes home to cook dinner for her motherless family, and she has had to make do with limited resources more often than she cares to remember.

Betty Crocker's Cook Book for Boys and Girls (1957)

This book was reprinted in a facsimile edition in 2003, but I have a well-worn copy of the original edition. I remember eagerly trying to copy the photograph of Good Kid Cookies, which involved drawing faces on sugar cookies with chocolate dough. I failed miserably. I didn't do much better with Branded Pancakes or even Sloppy Joes. But I persevered and still make the



Mud Pies and Other Recipes

by Marjorie Wilson
(Pebble Press, 1983)

I wouldn't be surprised to learn this was the book I have checked out the most times from the library. For some reason I never asked for my own copy when I was a kid, but I sure made use of the library's copy.

Even as an adult I love flipping through the pages and wishing I had time to make Seesaw Salad by putting a bowl of leaves on a seesaw and "tossing" it with a friend. It would also be nice to laze by the ocean and make a Sandwich or two, or to stay at home and get the hose out to make Mock Mud Puddle Soup.

For the child who loves to be outside and who also loves to cook, this is a must-have book.

Meat Loaf and the Sugar Cookies (without bothering with facial features). I find it relaxing to follow recipes that are so simple an 8-year-old can make them.

Diet for a Small Planet

by Frances Moore Lappé
(Ballantine Books, 1971 and 1982)

The two editions I have of this classic vegetarian cookbook each contain different recipe collections, with a few recipes overlapping. My favorite Sesame Dream Bars are in both books, but the delicious Turkish Barley-Buttermilk Soup is only in the 1982 edition. Some say the concept of complimentary proteins is inaccurate, that you don't need to combine certain foods—such as rice and legumes, or wheat, soy, and sesame—to get maximum protein out of them. But I wonder. I am sensitive to high-glycemic foods like white potatoes, and I avoid eating them alone so I don't get a crazy "sugar high." But when I ate the Old-Fashioned Potato Soup (in the 1982 edition), which combines potatoes with milk, I felt great. In any case, you can't go wrong with these recipes.

The Joy of Cooking

by Irma S. Rombauer and Marion Rombauer Becker
(Bobbs-Merrill Company Inc., 1953)

This classic cookbook is still being reprinted, and there's not much more I can add to that. Even before I could cook, I enjoyed reading the charming anecdotes preceding many recipes. Now I find the recipes themselves delightful.

The Manga Cookbook

by The Manga University Culinary Institute
(Japanime Co., Ltd., 2007)

I have absolutely no idea what the manga books are all about, but I sure enjoy this little cookbook. I read about it on veganlunchbox.blogspot.com, where creating lovely bento-type lunches is an everyday occupation. The photographs in this book are delightful, and the recipes are exceedingly simple, although you might have trouble finding some of the more exotic Japanese ingredients. With adult supervision, this is a kid-friendly book, and both adults and children will no doubt

enjoy the cartoon characters who explain how to make each dish. If you like Japanese food but think it's too complicated to create at home, you definitely must try this book.

More-With-Less Cookbook

by Doris Janzen Longacre
(Herald Press, 1976)

I am happy to see this book is still in print. It is the single most marked and annotated cookbook in my collection. In fact, if I could keep only one cookbook, this would be it. I learned how to sprout beans and to make yogurt by reading this book that encourages food economy. The recipes, submitted by Mennonite workers around the world, are easy to make, tasty, and accompanied by tips on how to use the Earth's resources sparingly. Along with creating butterscotch brownies, Egyptian Tabikh, and cucumber relish, you can learn about gardening and making soap. To my mind, however, the most important chapter is entitled "Eat with Joy."

Pure Chocolate

by Fran Bigelow
(Broadway Books, 2004)

Seattle chocolatier Fran Bigelow shares a few of the recipes that make Fran's Chocolates so popular. There are some complicated and intricate recipes in here that make me tremble just to think of them. But also included are some very easy ones that make buying this book worthwhile. The Chocolate Madeleines are heavenly. And I can't say too many good things about the Chocolate Almond Macaroons, which are in fact a version of the French *macaron*, a filled crispy, chewy wafer cookie.

The Secrets of Jesuit Breadmaking

by Brother Rick Curry, S.J.
(HarperPerennial, 1995)

It is my goal to make every recipe in this book. I'm about halfway there. This collection of recipes from Jesuit Brothers around the world includes holiday treats like Christmas Morning Cinnamon Buns and Polish Easter Bread, and daily fare such as Buttermilk Biscuits and 100% Whole Wheat Bread. My favorite by far is the Apricot, Orange, Cranberry Bread. Also included are really helpful breadmaking tips.

The Silver Palate Cookbook

by Julee Rosso and Sheila Lukins
(Workman Publishing, 1982)

I had to have this cookbook as my very own after I made the Brioche recipe at a friend's house. Wow. Once this book was in my kitchen, I went on to make—and remake—Lemon Vinaigrette, Curried Butternut Squash Soup, Pecan Squares, and Banana Cake, to name a

Eggs, eggs, eggs!

There came a time in the Malone household when the three young Malones were desperately short of money.

The events that brought this about started when Johnny, driving in a blinding spring snow, skidded into a small truck, knocking over two crates of eggs a farm woman was taking to market. He promised to pay for the eggs, gathered up the crates, and brought them home. . . .

So there were the Malones, short of funds but long on the eggs. . . . Forty-eight dozen!

Eggs, eggs, eggs! Mary Fred, Johnny, and Beany thumbed through cookbooks to build meals around them and stretch their skimpy budget. They made scrambled eggs and omelets out of the cracked and partially smashed ones. They fried and poached and deviled the ones that were still whole. . . .

The egg-eating days at the Malones finally came to an end. Johnny was always to refer to that time as "the Moon of the Mangled Eggs."

Fried Eggs Ibiza

1/2 cup salad oil
1/8 teaspoon garlic powder
6 slices day-old bread
6 eggs
Salt and pepper to taste
Dash of paprika

In a 9-inch skillet, heat the oil and add the garlic powder. Cut the slices of bread into 1/4-inch cubes. Sauté the bread cubes in the seasoned oil until golden brown

Break the eggs over the bread cubes. Let cook slowly until the eggs have set. Add the salt, pepper, and paprika. Serve with the bread cubes under each serving of egg.

Serves 6.

From *The Beany Malone Cookbook*, by Lenora Mattingly Weber

few. For some reason I can never remember how to cook bacon in the oven, and so I have page 321 permanently bookmarked.

The Star Wars Cookbook

by Robin Davis
(Chronicle Books, 1998)

I've made a few recipes in this book, but the real reason I keep pulling it off my shelf is to reread the clever puns and enjoy the photographs filled with Star Wars action figures. This is the book to buy if you are a Star Wars fan or simply looking to make Wookiee Cookies, Hoth Chocolate, Han-burgers, or Boba Fett-uccine. Manners are also encouraged, and so one of the stickers included urges: "Use the fork, Luke!"

Vegan Lunch Box

by Jennifer McCann
(Little "s" Press, 2006)

I frequently cite this book in **Yummy Northwest**. For many reasons, I highly recommend it. Personally, I have no patience for making pretty little doodads to brighten my lunch, which the author revels in doing, but you don't need to do anything special to enjoy the dishes. If I had to pick one food to live off, it might well be the Massur Dal and Carrot Soup, composed of red lentils, carrots, and coconut milk. *Vegan Lunch Box Around the World*, focusing on international dishes, will be available in August, and I'm looking forward to seeing it.

Weight Watchers Meals in Minutes Cookbook

(Plume, 1991)

With the help of this cookbook, I lost 30 pounds. Sadly, I gained it back and then some, but I still enjoy these recipes. (Though I find myself supplementing them with the Pecan Squares in the Silver Palate Cookbook and Wookiee Cookies.) No meal in here takes more than 30 minutes to prepare, and I can say they are all pretty tasty. I particularly like the Green Pigeon Pea Soup (made with canned green pigeon peas that can be found in your grocery's Mexican food section) and Kung Pao Chicken.

About Yummy Northwest

Each monthly issue highlights an edible delight available in the Pacific Northwest and Montana.

Contact the editor

Comments, corrections, topic ideas, and submissions are all most welcome at Yummy_Northwest@hotmail.com. View archives at yummynorthwest.com.