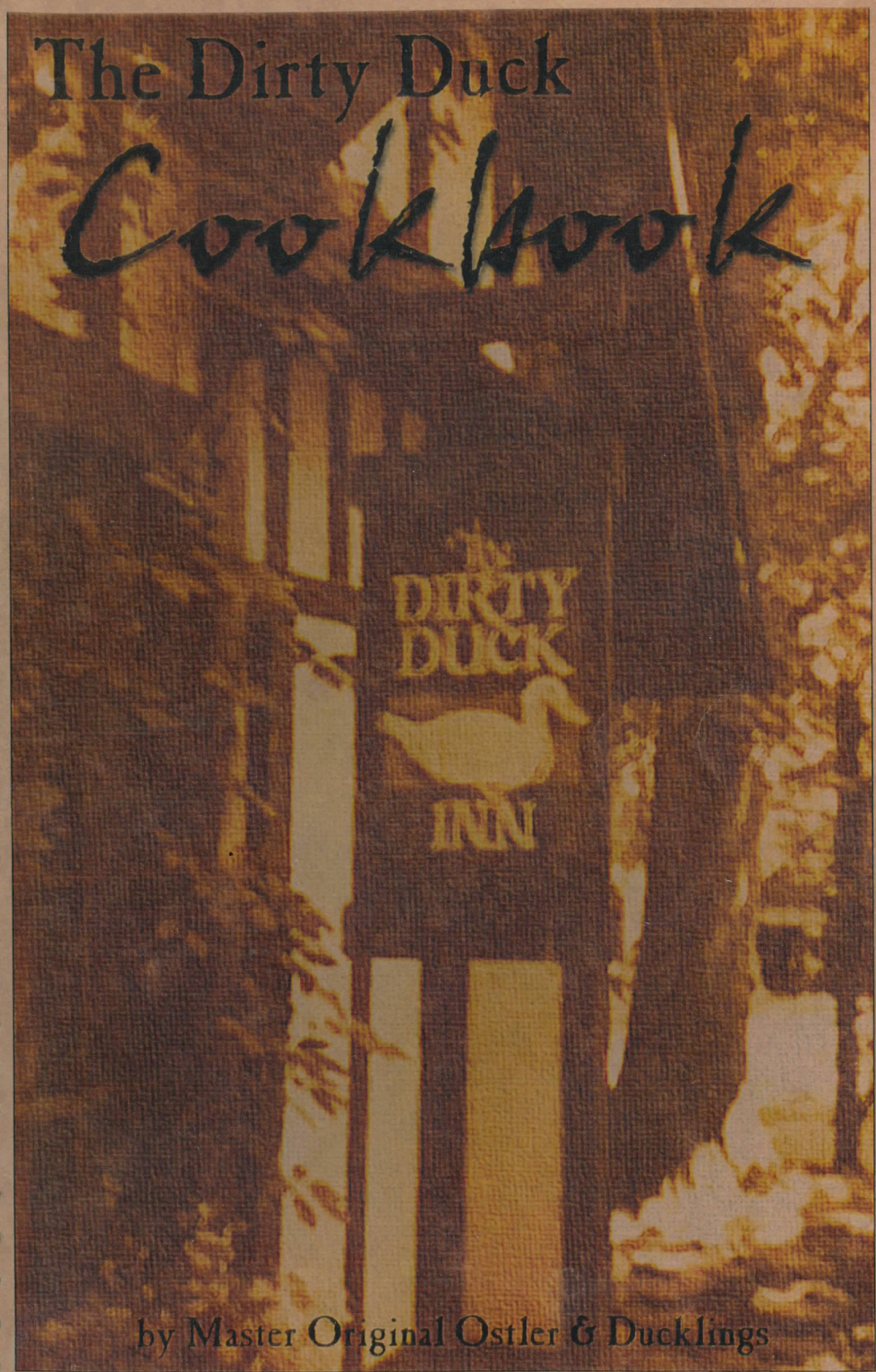
# The Dirty Duck Cookbook




by Master Original Ostler & Ducklings

# The Dirty Duck Cookbook

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Cover Art by Tara O'Shea

As this is probably the only book I will ever get published, I wish to acknowledge several people responsible for its creation:

Katharine Scotese, who introduced me to the Bristol Food Co-Op and allowed me to play with the fire.

The "Ducklings" who have assisted in so many ways:

Tara O'Shea
Amylyn Hull
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Kim Randall

and others whom I have lost touch with and have, sorrowfully, forgotten.

The performers of Bristol who have consumed my swill for all these years.

# Preface

*The Bristol Renaissance Faire holds many delights. There are scantily clad belly dancers, elephant rides, jousting knights in shining armor, and performers who juggle, dance, strum, sing, and embarrass unsuspecting passers-by.*

*In the air (far away from the elephant), one can smell the foods being prepared: fresh breads, mushrooms, meats, pizza, and soups and stews.*

*Many patrons have commented on the wonderous scents drifting from the kettles behind the Dirty Duck Inn. This is where Master Original Ostler and his "Ducklings" prepare various foods stuffs over an open fire for consumption by the performers and crew.*



*Unfortunately, due to food preparation codes, these pottages cannot be sold to the general public. To allow you, our customers, to taste our forbidden wares, we have assembled this cookbook.*

*Most of the recipes are easy to make. Others require a bit of skill. A few require great patience. All have been well tested over four years using the best of guinea pigs: Actors.*

*So thank you for purchasing our tome of recipes. We are happy to help you enjoy the "best food on site"..*

*Karl "A T" Haefner*
*Director, Food Co-Op*
*aka Master Original Ostler*

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# POTTAGES

## Soups, Stews Chilis, and other liquid meals that go good with a slice of crusty bread slathered with butter

*These recipes were created to make multiple gallons. They have been reduced here to make only 1/2 gallon each. This makes for some pretty odd measurements. Feel free to make alterations to use up an entire can of something.*



# Mashed Potato Soup

| | | |
|---|---|---|
| 1 - 1/2 | tsp | olive oil |
| 5 | oz | onion — cubed |
| 2 | cloves | garlic — pressed |
| 1 - 1/2 | c | chicken stock / bouillon |
| 1 - 1/4 | c | water |
| 1 - 1/4 | lb | potatoes — washed & cubed |
| 2 - 1/2 | tsp | whole wheat flour |
| 1 - 1/4 | oz | carrot — washed & shredded |
| 3 | oz | kale — washed, stemmed & torn small |
| 6 | oz | fully cooked beef kielbasa — cubed |
| 1/2 | tsp | rubbed sage |
| 1 | tbsp | chopped fresh basil |

In a pot at least 3 quarts large, heat olive oil. Sauté onions and garlic in oil until onion is translucent. Add chicken broth, water, and potatoes. Bring to a boil. Place flour in a bowl; add about 3 cups of potatoes and broth. Mash and return to pot. Add remaining ingredients and cook to mix flavors and thicken slightly.

# Jackass Soup

| | | |
|---|---|---|
| 2 | c | water |
| 1 | c | vegetable stock / bouillon |
| 8 | oz | onion — chopped |
| 3 | cloves | garlic — minced |
| 3/4 | tsp | salt |
| 1/2 | tsp | pepper |
| 3/4 | tsp | cumin |
| 1/2 | tsp | chili powder |
| 3/4 | tsp | basil |
| 1 - 1/3 | | carrot — sliced |
| 1 | rib | celery — sliced |
| 1 | small | zucchini — sliced |
| 20 | oz | canned kidney beans |
| 21 | oz | canned stewed tomatoes |
| 1 1/3 | c | uncooked small shell pasta |

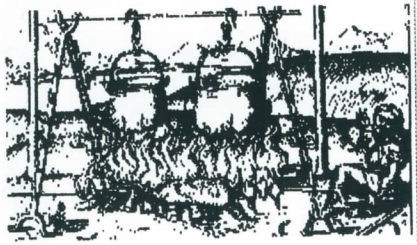
Bring water and bouillon to boil; add onion, garlic, spices, carrot, celery, and zucchini. Simmer until tender. Add tomatoes and beans. Bring to low boil. Add pasta. Cook until pasta is desired tenderness.



# Turkey & Beans

| | | |
|---|---|---|
| 1/2 | lb | ground turkey |
| 2 1/2 | c | chicken stock / bouillon |
| 3 | oz | onion - diced |
| 4 1/2 | oz | green peppers - diced |
| 1 1/4 | tbsp | chili powder |
| 1/2 | tsp | oregano |
| 1/4 | tsp | salt |
| 1/8 | tsp | pepper |
| 15 | oz | canned tomatoes - undrained |
| 15 | oz | canned red kidney beans — drained |
| 6 | oz | frozen corn |
| 4 | oz | tomato paste |
| 4 | oz | elbow macaroni |

In a pot at least 3 qt. in size, brown turkey. Drain. Add everything else to the pot, breaking up the tomatoes as they are added. Bring to a boil. Reduce to a simmer and heat through. Add the pasta. Cook to desired doneness.



# Gypsy Vegetable Stew

| | | |
|---|---|---|
| 3 | tbsp | sunflower oil |
| 5 | oz | onion — diced |
| 3 | cloves | garlic — pressed |
| 7 - 1/2 | oz | potato — diced |
| 5 | oz | carrot — sliced |
| 2 | tsp | fresh thyme — chopped |
| 7 | oz | zucchini — sliced |
| 1 | c | frozen cut green beans |
| 1 - 1/3 | c | frozen chopped broccoli |
| 1 | c | frozen chopped spinach |
| 8 | oz | green cabbage — chopped |
| 2/3 | c | frozen lima beans |
| 2 - 1/2 | c | water |
| 14 | oz | extra firm silken tofu block — cubed |
| 1 - 1/2 | tsp | paprika |
| 1/2 | tsp | cumin |
| 1/4 | tsp | cayenne |
| 1/2 | tsp | ground mustard |
| 1/3 | c | dry red wine |
| 4 | tsp | tamari soy sauce |



Heat oil 2 tbsp. of sunflower oil in a large frying pan. Add cubed tofu and saute until lightly browned on all sides. Place on paper towels to drain. In a pot at least 3 qt. in size, heat remaining 1 tbsp. oil. Add onion, garlic, potatoes, carrots, and thyme. Sauté until tender. Add remaining vegetables, water, wine, and spices; cook until vegetables are desired doneness. Add the tofu and tamari soy sauce.

# Yellow Potato Soup

| | | |
|---|---|---|
| 1 | tbsp | butter |
| 4 - 1/2 | oz | white onion — diced |
| 1 - 1/2 | tbsp | paprika |
| 2 | c | vegetable stock / bouillon |
| 1 - 1/2 | c | water |
| 1 - 3/4 | lb | Yukon gold potatoes — sliced |
| 3/4 | c | milk |
| 4 - 1/2 | oz | frozen cut green beans |
| 7 | oz | tomatoes — diced |
| 1 | tbsp | chopped fresh cilantro |

Melt butter in large pan over med-high heat. Add of onion and the paprika, and cook until onions are translucent. Add broth, water, and potatoes; bring to a boil. Cook until potatoes are tender. Add green beans, tomatoes, and cilantro. Reduce heat and simmer until green beans are heated through.

Cibus est bonus et nomo est mortuus
nos omnes gaudeaumus

# A Sausage for Bess

| | | |
|---|---|---|
| 1/2 | lb | mild Italian sausage |
| 4 | oz | turkey bacon — diced |
| 9 | oz | onion — chopped |
| 1 | clove | garlic — pressed |
| 1 | qt | chicken stock / bouillon |
| 15 | oz | canned great northern beans — drained |
| 6 | oz | carrots — sliced |
| 3 - 1/2 | oz | green pepper — diced |
| 2 | ribs | celery — diced |
| 1/4 | c | chopped fresh parsley |
| 1/2 | | rosemary sprigs |
| 1/2 | | bay leaf |
| 6 | stalks | asparagus — cut into 1" |
| 2 | oz | spinach — shredded |
| 1 - 1/3 | oz | small shell pasta |

Brown sausages in a pan and remove. Drain excess fat from pan, leaving enough to sauté bacon, onion, and garlic until onion is translucent. Add broth, beans, carrots, pepper, parsley, rosemary, and bay leaf. Cut sausages into bitesize pieces. Add sausage, asparagus, and spinach to soup. Cook until asparagus is tender. Add pasta and cook to desired doneness.



# Roots and Greens in Broth

| | | |
|---|---|---|
| 3 | tbsp | white wine |
| 5 | oz | red onion — chopped |
| 1 - 1/2 | ribs | celery — diced |
| 4 | oz | carrots — diced |
| 7 | oz | Yukon Gold potatoes — peeled and diced |
| 6 | oz | parsnips — peeled & diced |
| 3 | c | vegetable stock / bouillon |
| 2 - 1/2 | c | water |
| 1/2 | tsp | thyme |
| 1 - 1/2 | tsp | crushed garlic |
| 2 | tsp | soy sauce |
| 2 | oz | kale — chopped |

In large pot, pour wine and sauté onion, celery and carrot. Stir occasionally, until veggies are tender. Add potatoes, parsnips, bouillon, water, thyme, garlic, and soy sauce. Stir; bring to a simmer. Cook covered over low heat until potatoes are not quite tender, about 15 min. Add kale and cook 10-15 min longer.

# Runic Vegetive Soup

| | | |
|---|---|---|
| 2 1/2 | tsp | sunflower oil |
| 3 | oz | onion – diced |
| 1 | rib | celery – chopped |
| 3/4 | tsp | basil |
| 6 | oz | green pepper – diced |
| 1 1/2 | c | vegetable stock / bouillon |
| 3 1/2 | oz | potato – unpeeled & diced |
| 4 | oz | carrot – diced |
| 3/4 | c | frozen corn |
| 3/4 | c | frozen lima beans |
| 11 | oz | canned diced tomatoes w/juices |
| 1 1/2 | c | water |
| 3/4 | tsp | honey |
| 1/2 | tsp | dried chives |
| 1/8 | tsp | ground cardamom |
| 1 | | bay leaf |
| 1/2 | c | alphabet noodles |

Heat oil in a 3 quart or larger pan. Add onion, celery, and basil; sauté until tender. Add green pepper and saute for a minute or two. Add stock, potatoes, and carrots. Bring to a boil, adding more water as the stock boils off. When potatoes are tender, add remaining vegetables, honey, and seasonings. Cook until the frozens are heated through. Finally, put in the noodles and water and cook to desired doneness.

Es hat geschmeckt,
und niemand ist davon
gestorben; so sollen
wir uns alle freuen!

# Pleasing Peas

| | | |
|---|---|---|
| 1 - 1/2 | qt | vegetable stock / bouillon |
| 3/4 | lb | dried yellow split peas |
| 2 | tsp | olive oil |
| 3 | cloves | garlic — pressed |
| 1 - 1/2 | oz | white onion — diced |
| 2 | oz | red onion — diced |
| 3 | oz | carrot — sliced |
| 1 | rib | celery — sliced |
| 2 | tsp | chopped fresh thyme |
| 3 | oz | unpeeled potato — diced |
| 3 | oz | yams — diced |
| 3 | oz | rutabaga — diced |
| 3/4 | tsp | dry white wine |
| 1/2 | tsp | pepper |
| 3 | tbsp | chopped fresh parsley |
| 3/4 | tsp | chopped fresh sage |

Rince peas and pick through. Allow to soak overnight.

The next day, bring vegetable stock to boil. Add peas and lower heat to simmer. Cover loosely. Cook, stirring occasionally until peas are tender. In skillet, heat oil. Add garlic, onion, carrot, celery, and thyme. Sauté until tender. Add

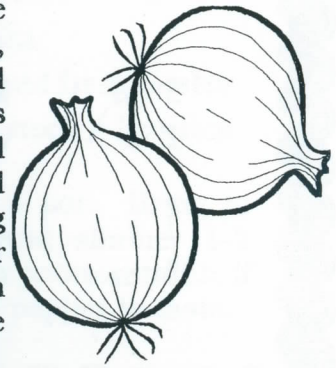


vegetables, potato, rutabaga, and wine to cooked peas. Simmer. Add pepper, sage, and parsley. Cook 30 min. more, covered, stirring occasionally, until vegetables are tender and the peas have dissolved.

# Golden Onions

| | | |
|---|---|---|
| 1 | lb | potatoes — washed and diced |
| 1 | rib | celery — sliced |
| 4 | oz | carrot — diced |
| 11 | oz | onions — sliced |
| 4 | tbsp | tamari soy sauce |
| 2/3 | tsp | dry dill weed |
| 1/3 | tsp | rosemary — ground |
| 1/2 | tsp | summer savory |
| 1/3 | c | nutritional yeast |
| 1 | qt | water |

In a large pot, combine vegetables, 1 c. water, tamari soy sauce, and spices. Sauté until onions are translucent and vegetables are soft. Add pototoes to the pot, along with the rest of the water and yeast. Boil; then simmer until potatoes are soft.



# Sweet Vegetives with Chicken and Sausage

| | | |
|---|---|---|
| 1 | | lemon |
| 1 - 1/3 | tsp | Dijon mustard |
| 1 - 1/3 | tsp | olive oil |
| 1/2 | tsp | thyme |
| 1/2 | tsp | lemon grass |
| 1/4 | tsp | salt |
| 1/8 | tsp | pepper |
| 3 | cloves | garlic - pressed |
| 1/2 | lb | acorn squash — peeled & cut bitesize |
| 1/2 | lb | rutabaga - peeled & cut bitesize |
| 1 | lb | boneless skinless chicken breast — cut bitesize |
| 5 | oz | kielbasa |
| 2 | c | chicken stock / bouillon |
| 1 | c | apple cider |
| 10 | oz | canned navy beans — drained |



Preheat oven to 450°. Using a lemon zester, scrape the outer peel off the lemon. Place in a 13 x 9 baking dish. Cut the lemon in half and juice into the same pan. Add the olive oil, mustard, and spices, including the garlic. Add the squash and rutabaga and toss. Bake until the vegetables are tender.

Combine everything in a stock pot and cook until the chicken is done.

# Steak and Ale

## by Tara O'Shea and Amy Hull

| | | |
|---|---|---|
| 3/4 | lb | stew meat — cut small |
| 1 - 1/3 | lb | potatoes |
| 6 - 1/2 | oz | onion |
| 2 | oz | mushrooms — sliced |
| 12 | fluid oz | brown ale |
| 3/4 | tsp | paprika |
| 3/4 | tsp | chopped fresh parsley |
| 1 - 1/3 | qt | beef stock / bouillon |

Throw everything in a pot. Bring to boil. Reduce heat and simmer 1-2 hours. Thicken with potato starch if desired. Add salt and pepper to taste.

## Real Easy Soup

| | | |
|---|---|---|
| 4 | oz | onion — diced |
| 22 | oz | canned whole tomatoes — chopped |
| 26 | oz | canned cannellini beans — drained |
| 2 - 3/4 | c | chicken stock / bouillon |
| 2 - 1/2 | tsp | chopped fresh parsley |
| 3/4 | tsp | oregano |
| 1/4 | tsp | pepper |

Toss everything into a stock pot and heat

## Ham Stew

| | | |
|---|---|---|
| 2 | lb | potatoes |
| 6 | c | vegetable stock / bouillon |
| 1 | tsp | salt |
| 2 | | bay leaves |
| 8 | oz | ham — diced |
| 14 - 1/2 | oz | cut green beans |
| 1/2 | tsp | ground mustard |

Wash and dice potatoes. Put in vegetable broth. Add salt and bay leaves. Boil the hell out of the potatoes, until they are very soft. The broth with thicken. Reduce to about 1/2 original volume. Reduce heat. Remove bay leaves. Add ham, green beans, and mustard. Simmer until ham is heated through and beans are done.



## Stuffed Green Pepper Soup

| | | |
|---|---|---|
| 2/3 | lb | ground chuck |
| 4 | oz | onion - diced |
| 8 | oz | tomatoes - diced |
| 12 | oz | tomato sauce |
| 1 - 1/3 | c | beef stock / bouillon |
| 1 | lb | green peppers - diced |
| 4 | oz | red pepper - diced |
| 2/3 | c | cooked rice |
| 2 | tsp | sugar |
| 4 | tsp | Steak Pleasoning* |

In a pot at least 3 qt. in size, saute meat and onion to until onion is translucent. Add tomatoes, tomato sauce, broth, and peppers. Simmer until peppers are tender. Add rice, sugar, and Steak Pleasoning. Cook to combine flavors.

*And you thought the cookbook was the only way I would get money off of you. Steak Pleasoning is a seasoned salt product made by my uncle in LaCrosse, Wisconsin. To order, call

# Edward Coke Soup
## *(with chicken and leeks)*

| | | |
|---|---|---|
| | | butter or cooking spray to coat pan |
| 18 | oz | leeks — chopped |
| 1 - 1/4 | lb | boneless, skinless chicken breast — cut bitesize |
| 3 | cloves | garlic — minced |
| 12 | oz | fresh mushrooms — quartered |
| 3 | c | chicken stock / bouillon |
| 1/3 | c | dry white wine |
| 1/2 | c | flour |
| 2 - 1/2 | c | 2% milk |
| 2 | tbsp | medium dry sherry |
| 1/2 | tsp | salt |
| 1/4 | tsp | pepper |

Coat Dutch oven with butter or cooking spray; heat. Add leeks, chicken, and garlic. Saute 10 minutes. Add mushrooms; saute 5 minutes. Add broth and wine; bring to boil. Reduce heat and simmer 10 minutes. Place flour in bowl. Add milk, stirring with wire whisk until blended; add to soup. Cook over medium heat until thickened, stirring constantly. Stir in sherry, salt, and pepper.

*Itay astedly oodgay anday obodynay ieday, etlay usay allay ejoiceray*

# Chicken with Macrows

| | | |
|---|---|---|
| 1 - 1/2 | tsp | canola oil |
| 1 - 1/2 | ribs | celery — diced |
| 4 | oz | carrot — diced |
| 1 | clove | garlic — pressed |
| 3 | oz | parsnip — diced |
| 5 | c | chicken stock / bouillon |
| 3/4 | lb | boneless skinless chicken breast — diced |
| 3 | tbsp | vodka |
| 2 | tbsp | chopped fresh baby dill |
| 1/8 | tsp | pepper |
| 2 - 1/2 | oz | egg noodles |

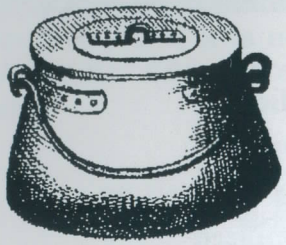
Heat oil in 3 quart pan. Sauté celery, carrot, garlic, and parsnips. Add broth and chicken to pot and bring to boil. Reduce heat and cook chicken thoroughly until done. Add vodka, dill, and pepper. Cook to combine flavors. Add egg noodles and continue cooking until noodles are desired tenderness.

# Cashew Chili

| | | |
|---|---|---|
| 3 | tbsp | butter |
| 7 | oz | green pepper — chopped |
| 6 | oz | white onion — chopped |
| 2 | ribs | celery — chopped |
| 15 - 1/2 | oz | canned kidney beans — undrained |
| 15 | oz | canned cannellini beans — undrained |
| 14 | oz | canned tomatoes — broken up |
| 1/8 | c | chili powder |
| 6 | drops | Tabasco sauce |
| 1 | tsp | cumin |
| 2 | cloves | garlic - pressed |
| 1 | tsp | basil |
| 1 | tsp | oregano |
| 1 | | bay leaf |
| 1/2 | tsp | pepper |
| 1/2 | tsp | crushed red pepper |
| 6 | oz | raisins |
| 5 | oz | salted cashews |

In large pan, melt margarine. Sauté onion, green pepper, and celery until crisp tender. Add everything but the raisins and cashews. Bring to a boil. Reduce heat,





and simmer for 30 min. to blend flavors. Stir in raisins and cashews. Simmer until raisins are plump and cashews are tender.

# Sweet & Sour Cabbage Soup

| | | |
|---|---|---|
| 1 | lb | green cabbage — shredded |
| 28 | oz can | crushed tomatoes w/puree |
| 3 | oz | onion — cubed |
| 2 | cloves | garlic — crushed |
| 1 | | lemon — juiced |
| 4 | tbsp | brown sugar |
| 1 - 1/2 | oz | fresh ginger — peeled & grated |
| 1/3 | c | brown rice |
| | | water to cover. |

Put everything in a pot at least 3 quarts in size. Add water to cover plus a little more. Boil; then reduce heat, cover, and simmer until cabbage and rice are done. That's it!

# Minestrone ala Lovett

| | | |
|---|---|---|
| 3 | tbsp | olive oil |
| 4 - 1/2 | oz | onion — diced |
| 3 | cloves | garlic — pressed |
| 2 | tsp | salt |
| 3 | ribs | celery — minced |
| 3 | | carrots — cubed |
| 5 | oz | eggplant — cubed |
| 1/8 | tsp | pepper |
| 1 | tsp | basil |
| 1 | tsp | oregano |
| 5 | oz | zucchini — cubed |
| 5 | oz | green pepper — chopped |
| 1 - 3/4 | c | tomato puree |
| 1 - 1/2 | pt | vegetable stock / bouillon |
| 18 | oz | canned garbanzo beans — drained |
| 3 | tbsp | dry red wine |
| 5 | oz | tomatoes — chopped |
| 1/2 | c | dry small pasta (orzo, etc) — uncooked |
| 3 | leaves | fresh French sorrel (if available) — chopped |

In stockpot, sauté garlic and onion in olive oil until translucent. Add 1 t. salt, carrot, celery, and eggplant. Mix well. Add oregano, pepper, and basil. Bring to a boil. Cook until carrots are soft. Reduce heat. Add zucchini, green pepper, vegetable stock, tomato puree, garbanzo beans, and red wine. Cover and simmer to mix flavors. Add chopped tomatoes, remaining salt, and French sorrel if it is available. Bring soup to a boil again. Add pasta and cook until pasta is tender.



# Maize Chowder with Little Cod Pieces

| | | |
|---|---|---|
| 2 | tbsp | butter |
| 2 | ribs | celery — chopped |
| 5 | oz | onion — diced |
| 2 | tsp | flour |
| 4 | c | fish broth / bouillon |
| 11 | oz | frozen corn |
| 11 | oz | yams — peeled and diced |
| 1 - 1/2 | tsp | minced fresh thyme |
| 3/4 | tsp | salt |
| 1/4 | tsp | pepper |
| 1 | | bay leaf |
| 3/4 | lb | frozen cod — cube into 1/2" pieces |

Melt butter in dutch oven. Add celery and onion; saute until tender. Remove from heat. Sprinkle with flour; stir well. Gradually add broth, stirring to keep from lumping. Add corn, yams, thyme, salt, pepper, and, bay leaf. Bring to a boil. Cover, reduce heat and simmer until vegetables are tender, stirring occasionally. Add fish; cover and simmer until fish flakes. Discard bay leaf.

# Big Chunks o' Meat

| | | |
|---|---|---|
| 1 - 1/3 | lb | cubed venison |
| 1 | lb | bratwurst — sliced |
| 1/2 | lb | onions — diced |
| 1 | clove | garlic — pressed |
| 4 | tsp | canned diced green chilies |
| 2 | tsp | vegetable oil |
| 1/8 | tsp | paste-style beef stock |
| 2 | tsp | cumin |
| 1/8 | tsp | dry mustard |
| 1 | dash | oregano |
| 8 | oz | tomato sauce |
| 4 | oz | tomatoes |
| 2 | tsp | vodka |
| 1 | c | beer |
| 1 | | bay leaf |

Brown deer and sausage in small amount of oil. Add remaining ingredients. Simmer for 3 hours.

# New World Pepper Pottage

| | | |
|---|---|---|
| 10 | oz | canned golden hominy — drained |
| 1 | bunch | cilantro — stems trimmed |
| 3 | cloves | garlic clove — pressed |
| 5 | oz | colored bell peppers (red, yellow, orange, purple) — diced |
| 1/2 | c | vegetable oil |
| 2 | tsp | canned diced jalapeños |
| 2 | tsp | cumin |
| 1 | tsp | oregano — crumbled |
| 8 | oz | onion — diced |
| 1 | qt | chicken stock / bouillon |
| 7 | oz | Italian sausage |
| 1 | lb | boneless, skinless chicken breasts — cut into 3/4" chunks |
| | | flour for dredging |

Chop half of the golden hominy. Finely chop cilantro. Coat bottom of Dutch oven with some of the oil. Sauté onion and red and yellow peppers until onions are translucent. Add everything except the meat. Bring to a boil, then reduce to a simmer until vegetables are tender. Cook sausage in skillet until no longer pink inside. Drain on paper towels. Season chicken with salt and pepper and dredge in flour. Add to skillet and saute until cooked through. Cut sausages into 1/2" slices, and add meats to soup. Cook until meats are heated through.



# Honey Ham Soup

## an Ostler original

| | | |
|---|---|---|
| 1 - 1/2 | qt | chicken stock / bouillon |
| 1/2 | c | pearled barley |
| 3/4 | c | old fashioned oats |
| 3 | tbsp | honey |
| 1/2 | lb | fully cooked ham — cubed |
| 4 | oz | yellow squash — sliced |
| 5 - 1/2 | oz | zucchini — cubed |
| 1 - 1/2 | oz | red cabbage — shredded |
| 1 - 1/2 | tbsp | fresh sage — chopped |
| 3/4 | tsp | summer savory |
| 1 | dash | white pepper |

Bring stock to a boil. Add barley and oats. Reduce heat to a simmer. Add honey and cook until barley is soft. Prepare the ham, vegetables, herbs, and seasonings. Add all to pot when barley is done. Continue cooking to desired doneness of vegetables.

# Borscht ala Lovett

| | | |
|---|---|---|
| 1 - 3/4 | tbsp | butter |
| 4 | oz | chopped onion |
| 1 | tsp | caraway seed |
| 1 - 3/4 | tsp | salt |
| 1 | large | carrot — sliced |
| 1 | rib | celery — chopped |
| 3 | c | chopped cabbage |
| 1 - 1/3 | c | thinly sliced potato |
| 1 | c | thinly sliced beets |
| 1 - 3/4 | pt | vegetable stock / bouillon |
| 1 | dash | pepper |
| 1/2 | tsp | dry dill weed |
| 1 | tbsp | cider vinegar |
| 1 | tbsp | honey |
| 1 | cup | tomato puree |

In large kettle, lightly sauté onions in butter. Add caraway seeds and salt. Cook until onion is translucent. Add remaining ingredients. Cover and cook until the vegetables are tender.



# Cheddar and Chips

| | | |
|---|---|---|
| 3 | oz | onion — chopped |
| 3 | cloves | garlic — pressed |
| 2 | tbsp | vegetable oil |
| 1 | lb | boneless, skinless chicken breast — cut into 1/2" cubes |
| 1 | tbsp | cumin |
| 1 - 1/2 | tsp | cayenne |
| 1 | qt | chicken stock / bouillon |
| 4 | | plum tomatoes — diced |
| 2/3 | c | tomato sauce |

— To Garnish —

shredded cheddar cheese

scallions

tortilla chips

Sauté onion and garlic in oil. Add chicken; cook until browned. Stir in cumin and cayenne; cook 1 min. Add broth, tomatoes, and sauce; bring to boil. Reduce heat; simmer 20 min. Serve over chips and top with cheese and scallions.

# Finger Foods

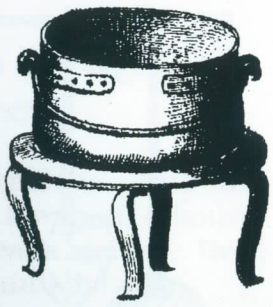
*The only thing you need to eat these foods are your fingers and a napkin*



## Cowboy Joes
### an Ostler Original

| | | |
|---|---|---|
| 1 - 1/4 | lb | ground beef |
| 1 | c | Western brand Dressing |
| 6 | oz | tomato paste |
| 2 | tsp | onion powder |
| 2 | tsp | diced jalapeño peppers |
| 15 | oz | canned black beans — drained and rinsed |
| 2 | tsp | maple extract |
| 3/4 | tsp | liquid smoke flavoring |
| 1/2 | tsp | crushed red pepper |
| 8 | | hamburger buns |

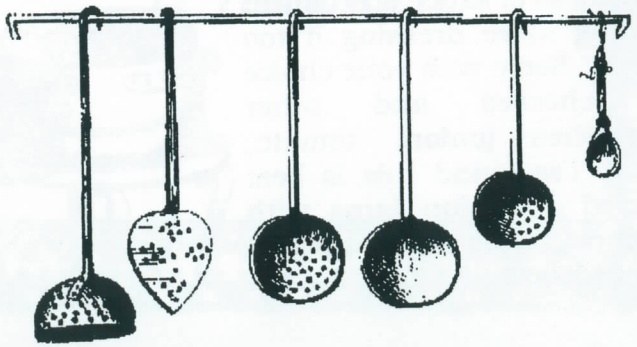
Brown the ground beef and drain off fat. Add dressing and tomato paste, stirring well to coat the meat. Stir in onion powder and chopped jalapeño. Cook a few minutes to allow flavors to combine. Stir in black beans, maple extract, liquid smoke, and red pepper. Cook until desired thickness of sauce is attained, adding more dressing if too thick. Serve with your choice of cheeses and other garnishes (onion, tomato, etc.) I've found this is best served on onion buns with pepper cheese. Makes 8 sandwiches.



# Shish-Kebab of Ground Meats and Spinach

**Makes 12 kabobs**

| | | |
|---|---|---|
| 1/2 | c | frozen chopped spinach – thawed and drained |
| 1/2 | lb | lean ground pork |
| 1/2 | lb | lean ground veal |
| 1/2 | tsp | Italian seasoning |
| 1/4 | tsp | salt |
| 1/8 | tsp | pepper |
| 1 | | egg white |
| 8 | oz | white onions — cut into 24 pieces |
| 6 | oz | cherry tomatoes |
| 12 | | wooden skewers |
| 1 | c | beef stock / bouillon |
| 1 | tsp | summer savory |
| 1/4 | tsp | ground ginger |
| 1 | tbsp | cornstarch |
| 1 | tsp | chopped fresh sage |





Squeeze out as much liquid from the spinach as possible. Combine spinach and next six ingredients. Divide mixture into thirty-six meatballs. Assemble kabobs with onions and cherry tomatoes. Boil broth and whisk in cornstarch. Add seasonings and reduce to a clingy gravy consistency. Coat kabobs with gravy. Place on broiler rack coated with cooking spray. Broil for 8 min. on each side or until done.

# Speared-Through Catfish

**Makes 8 skewers**

| | | |
|---|---|---|
| 2 | | lemon – peel grated |
| 1 | tsp | fennel seed – crushed |
| 1/2 | tsp | salt |
| 1/4 | tsp | pepper |
| 1 | lb | catfish fillets or "nuggets" |
| 8 | | wooden skewers |

Combine lemon peel and seasonings. Rub into catfish. Cover and refrigerate for about 4 hours. Spear about 2 oz. of meat on each skewer. Broil about 5 minutes per side, or until done.

# Greek Islands

**Makes 1 loaf**

| | | |
|---|---|---|
| 2 | pkg | active dry yeast |
| 1 | tbsp | sugar |
| 1 | c | warm water – 100°-115° |
| 1/3 | c | butter – cut into small pieces |
| 3/4 | c | hot water |
| 2 | tsp | salt |
| 3 | c | whole wheat flour |
| 2 | c | unbleached flour |
| 1 | | egg white – beaten |
| 6 | oz | red onion – sliced thin |
| 8 | oz | tomatoes – sliced thin |
| 2 - 1/2 | oz | spinach leaves – washed |
| 2 | oz | crumbled feta cheese |
| 1 | oz | sliced mushrooms |
| 1 | tsp | olive oil |
| 1 - 1/2 | tsp | garlic powder |
| 1 - 1/2 | tsp | dried tarragon – crushed |

Stir yeast, sugar, and warm water together in large mixing bowl. Let stand until a brown foam covers the entire surface. In the meantime, melt the butter in the hot water. Add the salt, and let cool to lukewarm. Combine with the yeast mix.



Stirring vigorously with a wooden spoon, add the flour 1 cup at a time. The last cup will not stir into the dough. Turn the entire bowl out onto a lightly floured surface. Flour your hands and scoop under the dough, taking up some of the extra flour, and fold the dough over on itself. Push it down with your fist. Continue until the dough has absorbed most of the flour and no longer develops cracks. If all the flour has been absorbed and the dough still cracks during kneading, sprinkle with a little water, barely 1/4 tsp. worth. Then flour your hands and continue kneading. When the dough is ready, let it rest for 5-6 min. Lightly flour the work area, and roll out the dough in a large rectangle, about 13 x 17 inches.

Combine the olive oil, garlic powder, and crushed dried tarragon. Using a pastry brush, paint the dough with the oil mixture. Layer with previously prepared vegetables. Roll up the dough jellyroll fashion starting on the long side. Pinch the seam closed. Place on a baking sheet seam down. Brush with beaten egg white and bake in a preheated 375° oven 45 min. The bread is done if the loaf sounds hollow when thumped. Cool on a rack prior to serving.

# Five-Times Basted Chicken Drumsticks

**Makes 16 drumsticks**

| | | |
|---|---|---|
| 2 | tbsp | bourbon |
| 2 | tbsp | soy sauce |
| 2 | tbsp | Dijon mustard |
| 2 | tbsp | ketchup |
| 2 | tbsp | firmly packed brown sugar |
| 1 | large | scallion — chopped fine |
| 1/2 | tsp | dried rosemary — crushed fine |
| 16 | | chicken drumsticks |

Preheat oven to 375°. In a bowl, stir together all ingredients except drumsticks. Arrange drumsticks on large baking dish. Brush sauce on chicken drumsticks and bake for 15 minutes. Turn drumsticks, baste with more sauce, and bake for 15 minutes. Reduce oven to 325°. Turn drumsticks, pierce with a fork, baste with more sauce, and bake for 15 minutes. Turn drumsticks, pierce with a fork, baste with more sauce, and bake for 15 minutes. Turn, baste, and bake until drumsticks are cooked through.



# Currant-Sausage Quiche

| | | |
|---|---|---|
| 1 | | prepared pie crust in a pan |
| 1/3 | lb | pork breakfast sausage |
| 1-1/2 | oz | onion — chopped |
| 1-1/2 | oz | dried currants |
| 3 | oz | Monterey Jack cheese — shredded |
| 3 | | eggs — lightly beaten |
| 1 | tsp | sage — crumbled |
| 3/4 | tsp | tarragon — crumbled |
| 1/2 | tsp | salt |
| 1/2 | c | milk |

Preheat oven to 400°F. Let frozen pie shell stand at room temperature 10 min. Bake 7 min. Remove from oven and set aside. Reduce oven temperature to 375°F. Crumble and cook sausage in large skillet over med-high heat until sausage is browned. Drain off any drippings. Add onion and sauté until translucent. Remove from heat; stir in currants. Sprinkle cheese on bottom of pie shell; top evenly with sausage mixture. Whisk eggs until blended. Add crumbled spices and salt. Pour egg mixture over sausage mixture in pie shell. Bake 55 min or until knife inserted in center comes out clean. Let stand 10 min before serving.

# Pocket Tacos
## an Ostler Original

| | | |
|---|---|---|
| 1 | c | textured vegetable protein (TVP) |
| 1 | c | vegetable stock / bouillon |
| 1 | env | taco seasoning mix |
| 2 | cans | Pillsbury Grands Golden Corn refrigerated biscuit dough (8 per can) |
| 7 | oz | tomato — diced |
| 3 | oz | onion — diced |
| 3 | oz | cheddar cheese — grated |
| 1 | | egg — beaten |
| | | vegetable oil for deep frying |

Boil vegetable broth; pour over TVP. Allow to sit for 10 minutes. Heat a little oil in a frying pan. Fry the TVP like hamberger until slightly browned (about 10 minutes). Mix in taco seasoning and water as directed on the package. Flatten each biscuit into a circle about 6" in diameter. Place on some TVP, onion, tomato, and cheese. Brush egg on edge of biscuit. Fold over filling to close and press edge with a fork to seal the pocket. Heat oil to 350°. Deep fry each pocket about 90 seconds per side. Place on a paper towel to drain excess oil.



# Aunt Millie's Honey Mustard Chicken Wings
## from Joe Pierto

| | | |
|---|---|---|
| 4 - 1/2 | lb | chicken wings — cut at lst joint |
| 3/4 | c | brown sugar |
| 1 | c | soy sauce |
| 1 | c | water |
| 1/4 | c | lemon juice |
| 1 | tbsp | mustard powder |
| 1/2 | c | honey |

Lay wings in large pan lined with foil. Heat and pour sauce over wings and bake uncovered at 400° for 1 hour, gurning and basting frequently.

# Quick Meatball Kabobs
## an Ostler Original

| | | |
|---|---|---|
| 1 | c | red wine |
| 1/2 | tsp | paste style beef stock base |
| 1/2 | tbsp | cornstarch |
| 16 | | wooden skewers |
| 96 | | frozen meatballs, thawed |

Mix wine, stock, and cornstarch in saucepan. Heat until thickened, whisking occasionaly. Skewer meatballs and brush with sauce. Cook through.

# Fit For A Queen

*wherein we share the recipes that were presented to her Grace, Queen Elizabeth, during her great feasts!*



A letter to Original Ostler from Her Majesty, Queen Elizabeth

## Master Cook:

Thy soup were delicious! We did give explicit instructions that thy bowl, with its' lid, be returned to thee. We pray that it were so. Thy sausage tasted excellent, and We did especially enjoy the asparagus, for We do not taste of it oftey.

Again, our many thanks. Perhaps We will taste of thy wares again.

Thy grateful Sovereign,

Elizabeth R

# Caraway Cakes with Rose Frosting

**Makes approx. 3 dozen**

| | | |
|---|---|---|
| 1 | stick | butter — room temperature |
| 4 | oz | sugar |
| 1/4 | tsp | ground mace |
| 1/2 | lb | flour |
| 1 | tbsp | caraway seeds |
| 1 | tbsp | sugar syrup |
| | | whole milk as needed |
| | - Frosting - | |
| 3 | oz | cream cheese — room temperature |
| 2 | tsp | milk |
| 2 1/2 | c | confectioner's sugar |
| 2 | tsp | rose water |

Preheat oven to 350°. Mix butter and sugar thoroughly. Add mace, flour, syrup, and caraway seeds. Add milk 1 tbsp. at a time until dough is workable by hand. Place dough onto plastic wrap. Shape dough into a long, thin log. Close plastic wrap and place in the refrigerator until hard enough to slice, about 12 hours. Slice the dough into thin cakes. Place on greased cookie sheets and bake for about 12 min. Cool completely on a wire rack. Mix cream cheese and milk in electric mixer. Add sugar 1/2 c at a time, mixing well. Add rose water. Spread frosting on top of cake and sprinkle with chopped nuts.



# Spiced White Wine

| | | |
|---|---|---|
| 1/2 | c | sugar |
| 1 | bottle | non-alcoholic white wine |
| 4 | | whole cloves |
| 4 | | whole black peppercorns |
| 2 | inches | stick cinnamon — broken |
| 2 | inches | fresh ginger — peeled and cut up |

Pour sugar into a cleaned 2-liter soda bottle. Pour the wine over the sugar. Cover and shake until no sugar remains on the bottom of the bottle. With a mortar and pestle, coarsely crush the cloves and peppercorns. Add to the bottle along with the cinnamon and ginger. Cover and chill at least 1 day to combine flavors. Strain before serving.

# Mushroom Bedevilled Eggs

**on Ostler Original**

| | | |
|---|---|---|
| 12 | | eggs — hard-boiled |
| 5 | tbsp | condensed cream of mushroom soup |
| 1 | oz | mushrooms — minced |
| 1 | tsp | capers — minced |
| 1/4 | tsp | garlic powder |
| | | ground marjoram |

Cut eggs in half and remove yolks. Mash yolks. Add soup, mushrooms, capers, and garlic powder. Using spoon or decorating bag, fill egg white halves. Sprinkle with ground marjoram.

# Virgin Hens
## an Ostler original

| | | |
|---|---|---|
| 4 | | Cornish game hens |
| 10 | oz jar | all-fruit orange marmalade |
| 4 | cloves | garlic — pressed |
| 1 | c | Johannesburg-Reisling wine |
| 2 | tbsp | chopped fresh basil |
| | - Stuffing - | |
| 5 | oz | Washington apples — peeled and diced |
| 1/4 | c | currants |
| 3 | oz | soft wheat bread — about 3 slices |
| 1 | | egg |
| 1 | tbsp | Grand Marnier liquor |
| 1 - 1/3 | tsp | pepper |
| 1/8 | tsp | cinnamon |

Preheat oven to 425°. Mix together marmalade, garlic, wine, and basil. Remove giblets from hens and rinse. Pat dry with a towel. Mix together stuffing ingredients. Stuff each hen with 1/2 c. stuffing. Place hens on their backs in a baking dish. Brush with sauce. Bake for 15 minutes. Turn the hens over and brush with sauce. Bake for another 15 minutes. Reduce heat to 375°. Turn the hens over and pierce with a fork. Baste, and cook 15 minutes. Repeat the turning, piercing, basting, and cooking until hens are cooked through. The cooking time varies depending on the size of the hens and the accuracy of the oven.



# William Scrot's portrait of "Princess Elizabeth" c.1536