



cooking mama

COOK OFF

Paella

INGREDIENTS

1/2 pint of oil
2 bowls of rice
5 bowls of fish broth
1/2 lb of shrimp
2 mid-sized squids
2 lb of mussels or clams
1 green pepper
1 red pepper
1 small can of peas
1 small onion
2 tomatoes
Saffron
1 clove of garlic (optional)
Parsley
Salt

PREPARATION

Start to heat half of the oil and once warm, add the chopped onion. After 5 minutes, add peeled diced tomatoes without seeds. Let it braise about 5 minutes more, mashing the tomatoes with a skimmer. Strain it and throw it in the paella pan.

In a pot filled with cold water, begin to cook the shrimp shells without the tails. In another pot, ladle cook the washed mussels with a little water. As soon as the shells open, pull them off.

Add the rest of the oil to the paella pan. Add in green pepper, cut to half inch square pieces. Add in the cut squid (ribbons or hoops) and the rice. Keep stirring with a wooden tablespoon, without letting it go brown. Throw in salt, and the broth of the fish remains, hot but not boiling. Shake the paella pan a little; take it by the handles so that its broth flows over the ingredients. All this should be done over medium heat.

In a mortar mash a little bit of garlic (optional), the parsley and the saffron, with a little bit of salt, then wet it with a few spoonfuls of water. Spill this mixture on the rice and shake the paella pan again. Add the shrimp tails and when the broth has reduced by half, decorate the paella with red pepper cut into ribbons, the mussels and the peas. Let it cook about 20 minutes.

Once the rice is cooked and the broth has reduced, remove the paella pan from the stove and let it sit for about 5 minutes on a wet cloth. Serve with some big clusters of unpeeled lemon as decoration.





Strawberry Shortcake

INGREDIENTS

*1 loaf frozen pound
cake, thawed*

*3 cups strawberries,
hulled and sliced*

1 cup heavy cream

3 Tbsp. powdered sugar

1 tsp. vanilla

PREPARATION

Using a potato masher, mash half of the strawberries. Stir in the sliced strawberries and chill. Beat cream with powdered sugar and vanilla. Slice pound cake, place each piece on a serving plate, top with strawberry mixture and a dollop of cream. Serve immediately. Feeds 8 people.





cooking mama

COOK OFF

Bouillabaisse

INGREDIENTS

4 lbs red mullet (rouget)

1 conger eel, in 4 slices

10 small crabs

3 lbs red scorpion fish (rascasse)

3 lbs monkfish (baudroie)

3 lbs red gurnard (grondin rouge)

3 lbs John Dory (Saint-Pierre)

2 lbs tomatoes, cut in 4

4 onions, sliced

2 garlic cloves, mashed

2 Tbsp. tomato concentrate

Olive oil

*Bouquet of herbs: dill (2 sprigs); laurel (1 leaf);
parsley (1 sprig); orange peel (1)*

Salt, fresh pepper

2 tsp saffron

PREPARATION

In a large stew pan, heat the onions with olive oil and garlic at a slow pace. Add tomatoes and tomato concentrate, raise heat to moderate. Add 3 liters (3.15 quarts) of water, bouquet of herbs, orange peel, and cleaned fish (red mullet, conger eels, any other small fish and small crabs) in the stew pan. Add salt and pepper. Cook uncovered at moderate heat for 20 to 25 minutes.

Remove the bouquet of herbs and the orange peel. Taste and if needed add more seasoning. Put the John Dory and the monkfish in. Add saffron. If needed add water to make sure that fish are covered. Boil for 10 minutes. Add red gurnard and scorpion fish. Boil again for 6 minutes.

Remove the large fish and put them on a serving platter with the correct seasoning. Prepare slices of bread. Pour in the bouillabaisse over the bread. Traditionally bouillabaisse is served with Rouille, a type of mayonnaise made with garlic and olive oil.





cooking mama

COOK OFF

Lamb Curry

INGREDIENTS

4-5 lbs lamb cut into 1" sq cubes

6 tbsp. oil

1 med onion chopped coarsely

*1 whole bulb minced garlic
(approx 15 cloves)*

3 tsp salt (more if desired)

*3 tsp tumeric powder
(yellow curry powder)*

6 tsp Masala powder (allspice)

1 bunch cilantro

*fresh chilies (start with little bit,
add to desired heat)*

3 med potatoes, peeled and quartered

*leaves from 1 stem of
curry leaves (optional)*

4 cups water

PREPARATION

In a large cooking pot on medium/high heat, add the oil, and heat until oil is hot, add onions, and fry until light brown. Stir in tumeric powder and 30 seconds later add the garlic and chilies. Mix for about 1 min, add the curry leaves (without stems), and stir in the lamb.

Add the Masala powder and salt and mix. Cook covered for about 5 mins. Add the water, then cover and cook for 20 minutes. Add the potatoes, and cook another 20 minutes covered.

Check to see if the meat is cooked and potatoes are softened. Add salt and chilies to taste once sauce has thickened. If needed, cook longer until the desired result. If the sauce thickens too fast during cooking then add water until the desired result. When the sauce is finished it should be the same thickness as pancake batter or clam chowder. Garnish with cilantro, serve over rice (basmati is best).





cooking mama

COOK OFF

Borscht

INGREDIENTS

- 4 medium boiling potatoes, peeled and halved*
- 2 carrots, coarsely chopped*
- 2 celery ribs, coarsely chopped*
- 1 medium onion, chopped*
- 1 Tbsp. vegetable oil*
- 14-to 15-oz can beef broth*
- 16-oz jar sliced pickled beets*
- 4 Tbsp. sour cream*
- 3 Tbsp. chopped fresh dill*

PREPARATION

Cover potatoes with cold salted water by 1 inch and simmer until tender for 20 to 25 minutes. Drain and keep warm.

While potatoes are boiling, sauté carrots, celery, and onion in oil in a 3-quart heavy saucepan over high heat, stirring frequently, until they begin to brown. Add broth and bring to a boil. Simmer, covered, until vegetables are tender, about 13 minutes. Stir in beets and their brine and simmer, covered, 8 minutes more. Ladle borscht into bowls and add potatoes. Top with sour cream and dill.





cooking mama

COOK OFF

Fish & Chips

INGREDIENTS

For the fries:

1 gallon safflower oil

4 large Russet potatoes

Kosher salt

For the batter:

2 cups flour

1 Tbsp. baking powder

1 tsp. kosher salt

1/4 tsp. cayenne pepper

Dash Old Bay Seasoning

1 bottle brown beer, cold

*1 1/2 lbs. firm-fleshed whitefish
(tilapia, pollock, cod), cut into 1-ounce strips*

Cornstarch, for dredging

PREPARATION

Heat oven to 200 degrees F. Heat the safflower oil in a 5-quart Dutch oven over high heat until it reaches 320 degrees. Using a V-slicer with a wide blade, slice the potatoes with the skin on. Place in a large bowl with cold water.

In a bowl, whisk together the flour, baking powder, salt, cayenne pepper, and Old Bay seasoning. Whisk in the beer until the batter is completely smooth and free of any lumps. Refrigerate for 15 minutes. Note: The batter can be made up to 1 hour ahead of time.

Drain potatoes thoroughly, removing any excess water. When oil reaches 320 degrees, submerge the potatoes in the oil. Working in small batches, fry for 2 to 3 minutes until they are pale and floppy. Remove from oil, drain, and cool to room temperature.

Increase the temperature of the oil to 375 degrees. Re-immerses fries and cook until crisp and golden brown, about 2 to 3 minutes. Remove and drain on roasting rack. Season with kosher salt while hot and hold in the oven.

Allow oil to return to 350 degrees. Lightly dredge fish strips in cornstarch. Working in small batches, dip the fish into batter and immerse into hot oil. When the batter is set, turn the pieces of fish over and cook until golden brown, about 2 minutes. Drain the fish on the roasting rack. Serve with malt vinegar.





cooking mama

COOK OFF

Chow Mein

INGREDIENTS

- 1 lb Veal steak cut in 1/2 inch square*
- 2 Tbsp. Butter/margarine*
- 2 cups Celery in 1/2 inch cubes*
- 1 cups Sliced onion*
- 1 can Tomato soup*
- 1 tbsp. Worcestershire sauce*
- 1 dash of Tabasco sauce*
- 1 dash of paprika*
- 1 dash of pepper and salt*
- 1 Tbsp. Celery salt*
- 1 Tbsp. Brown sugar or Chinese sweet-sauce*
- 1 can (16-oz) bean sprouts or chow-mein vegetables*
- Chow mein noodles*

PREPARATION

Brown veal in butter, put in celery and onions and when golden, add soup, Worcestershire sauce, Tabasco, paprika, pepper, salt, celery salt, and brown sugar. Place in casserole and bake in 350 degree oven for 1 hour. Mix in bean sprouts and return to oven and heat through. Serve over heated chow mein noodles.





cooking mama

COOK OFF

Salisbury Steak

INGREDIENTS

- 2 tablespoons butter*
- 4 medium onions, sliced*
- 2 medium green peppers, cut in strips*
- 1 lb lean ground beef*
- 1 cup soft bread crumbs
(about 2 slices white bread)*
- 1 egg*
- Salt and pepper*
- 1 Tbsp. all-purpose flour*
- 1 cup water*
- 2 Tbsp. ketchup*
- 1 Tbsp. dry sherry or red wine*

PREPARATION

Melt butter in a large skillet over medium-low heat; add onions and green peppers. Cook, stirring, until onions are tender. Remove to a warm platter and keep warm. In a mixing bowl, combine ground beef, bread crumbs, egg, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Mix gently with hands or fork. Shape mixture into four 1/2-inch thick oval patties.

Over medium-high heat, brown the steaks quickly on both sides; reduce heat to medium-low, cover, and continue cooking for 15 to 20 minutes longer, or until cooked through.

Combine the flour, water, ketchup, and sherry; blend well. Pour the ketchup mixture over the Salisbury steaks; cover and simmer until the sauce is thickened.





cooking mama

COOK OFF

Lasagna

INGREDIENTS

8 ounces lasagna noodles
1 lb lean ground beef
1/2 cup chopped onion
8 ounces mushrooms, optional
*1 jar (about 16 ounces)
spaghetti sauce, your favorite*
1 tsp. garlic powder
1/2 tsp. salt
1 tsp. dried leaf oregano, crumbled
1/2 tsp. dried leaf basil, crumbled
1 1/2 cups ricotta cheese
2 cups shredded Monterey Jack cheese
3/4 cup grated Parmesan cheese

PREPARATION

Cook lasagna noodles according to package directions; drain and set aside. In a large skillet, brown beef, onion, and mushrooms; drain well. Stir in spaghetti sauce, garlic powder, salt, oregano, and basil. In a 2-quart buttered baking dish (about 11x7x2-inches), layer 1/3 of the lasagna noodles, 1/3 of the sauce and 1/3 of the ricotta cheese, Monterey Jack cheese, and Parmesan cheeses. Repeat layers twice. Bake lasagna for 30 minutes, or until thoroughly heated and bubbly. Let stand for 8 to 10 minutes before cutting and serving. Serves 6 to 8.





cooking mama

COOK OFF

Mochi

INGREDIENTS

1 cup *mochiko* sweet rice flour
(glutinous rice flour)

1 cup water

1/4 cup sugar *katakuriko*,
for dusting (potato starch)

PREPARATION

Mix *mochiko* and sugar in a bowl. Add water and mix thoroughly (will be watery). Put in a microwaveable dish. Cover with plastic wrap. Microwave on high for 4 minutes. Take off plastic wrap. Cool for a few minutes, if you want. Cut. Serve.

Optional: Dust with *katakuriko* or *kinako* to prevent mochi from sticking everywhere. If you don't have these, you can just put the mochi on cellophane.

Variations for Filling: You can add red bean paste, ice cream, chocolate, etc. in the middle if you want **BEFORE** you dust. Add a teaspoon of filling and pinch edges closed.

Variations for Dough: Add a few drops of food coloring into batter for color variation. A few drops of flavoring (strawberry, grape, orange, blueberry, etc.) may also be added. For chocolate flavor, stir about 1/4 cup melted chocolate chips into mochi batter before cooking. Makes 8-10 servings.

