

Recipes included at this site do not appear in  
*A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.*

February 2022

AMERICAN CULINARY INGENUITY;  
WE DIDN'T BORROW THESE RECIPES:

**Baked Acorn Squash with Brown Sugar,  
Maple Syrup, and Butter**

**The Best Home Fried Potatoes**

**Golden Cream Cornbread**

*Pasta Primavera*

**Russian Dressing**

**Stove-Top Spanish Rice Skillet *Con Queso***

*Vichyssoise*

**Waldorf Salad**

Although our cuisine or, perhaps it is better said, what we Americans eat is undoubtedly the result of that which was brought to our shores by immigration, it is not incorrect to label it pluralistic. We incorporate our past eating experiences with the foods we encounter as we move through life. Our world expands because we are inquisitive; our cuisine expands for the same reason. When another shopper in my store questions me about the little green vegetable I am buying, when she or he finds out that it is a squash called *chayote*; when they find out that it can be braised and baked, and eaten raw, their world has expanded and so has demand for *chayotes* in my store. It is a simple, ever-expanding, process that doesn't stop at borders.

I have spent years reaching across borders and oceans to identify the source of the foods Americans eat. Sometimes I am stumped in that search and, to my surprise, I find that foods that sound like they have an exotic, foreign origin were invented right here in America. A **French dip sandwich** is not French. Two Los Angeles restaurants claim to have invented this unusual sandwich presentation in the early years of the twentieth century. Roast beef on a French *baguette*, sometimes with Swiss cheese and onions, is served with a container of beef broth or beef juices for dipping. Although **Crab Louie** was a popular item on French menus, it was also not a French dish. It was invented in San Francisco in the first decade of the last century. *Chili con carne* is not Mexican, **chop suey** and **fortune cookies** and **General Tso's chicken** are not Chinese; tomato-based **French dressing** is not French; **spaghetti and meatballs** is not Italian nor is **chicken Tetrazzini**, popular in the 1950s and said to have been a tribute to the opera singer Luisa Tetrazzini by Ernest Arbogast, the chef at the Palace Hotel in San Francisco, or *pasta primavera* [see recipe which follows] or even **Stromboli** which was created in 1950 by Nat [Nazzareno] Romano in Essington, Pennsylvania. It was named to commemorate the movie "Stromboli" during which the relationship between Ingrid Bergman and Roberto Rossellini became a scandal.

A **grilled cheese sandwich**, especially when American or Colby cheeses are used, is very much a traditional American food as is the **peanut butter and jelly sandwich**. If you have ever tried to buy peanut butter when traveling outside of the United States, you know that, what to us is a super inexpensive staple, will cost you plenty, if you can

find it. Since 1922 **peanut butter** has identified an American dish with almost pinpoint accuracy. That was the year that peanut butter was invented by the chemist Joseph Rosefield for Skippy.

**Key lime pie** is found nowhere else but in the United States. It first appeared as a specialty in the Florida Keys where the key lime is grown and it is still a menu must in Florida. Florida can also be credited with the **Cuban sandwich**.

**Buffalo wings** really did originate in Buffalo, New York. The Anchor Bar claims this appetizer as its own although wings are now served all over the country. The frankfurter, as we know it, evolved from the sausages brought to this country by emigrants from Germany and Central Europe. The all-American **hot dog** can be traced to Nathan's on Coney Island where Nathan Handwerker, a Polish immigrant, introduced the hot dog on a bun. Samuel Bath Thomas was another immigrant who came to New York City with a memory of a food that he turned into a successful American product. The **English muffin** is not English, although Thomas' memory of crumpets contributed to his invention of muffins that could be halved and toasted. If it were not for Thomas' invention, we would not have the classic brunch dish **eggs Benedict** or my slightly irreverent version without the Canadian bacon but with lots of Hollandaise sauce, **eggs Arnold**. **Swiss steak**, once a very popular dish, is the result of a meat tenderizing technique known as swissing. Sorry, Switzerland knows nothing of this American dish which is created by pounding an inexpensive meat cut into a tender meal. **Meatloaf** was introduced by Fanny Farmer in her 1918 *The Boston Cooking School Cookbook*. **Toll House chocolate chip cookies**, of course, are American. They were invented in the 1930s by the owner of the Toll House Inn, Ruth Wakefield.

If we explore one category such as sandwiches, we can see how our young cuisine influences the world. The American **breakfast sandwich** consisting of a fried egg, cheese, and sausage, can be found at most fast food restaurants and in every airport. No one can deny the **Dagwood, Elvis, fluffernutter, Philly cheesesteak, lobster roll, tuna salad on toast, peanut butter and jelly, veggie burger, and hot turkey with gravy** sound pretty American but there are many, many more. A **BLT** is very American and just as good made with vegetarian bacon. **Lox on a bagel**, yes, is an American invention as is the **Monte Cristo** sandwich and other sandwiches often grouped under the umbrella name of **melts**. The **St. Paul**, a specialty of St. Louis, Missouri, is a sandwich made with *egg foo young* and a **Denver** is a sandwich wrapped around a **Denver omelet**. A **tofu sandwich** is possible because we can buy the American invention **baked tofu**. The popular **pork roll sandwich** and **pulled pork**, and, of course **grits** are Southern specialties. The classic mid-century **club sandwich**, which to my mind is akin to the double cheeseburger of today, is American. Italian sausage on a hard roll with *mozzarella* and tomato is a Michigan favorite known as a **cudighi**. **Fool's gold loaf** is a Colorado invention made with peanut butter, grape jelly, and crisp bacon.

If we dig a little deeper for a closer look at the so-called **Italian sandwich**, which consists of meats such as *salami*, *mortadella*, and *capicola* with cheese, tomato, roasted red peppers, or *caponata* on a halved *baguette* with oil and vinegar, you'll probably recognize the sandwich under another name. Sandwiches do tend to be regional but this sandwich spread across the country with different names and a few changes with each name change. The **hoagie**, as we call it today, may (or, may not) have begun the commercialization of the Italian sandwich. The most probable explanation of the many proffered to explain the hoagie is the story of a sandwich shop owner in Philadelphia named Al De Palma. He opened his shop during the Depression after a career in music. He introduced the "**hoggie**" into the chain of restaurants that he

established across the city. Hoggies somehow became hoagies. In New York we say **hero**. The most probable origin of that name is due to the cookbook author and *Herald Tribune* food writer Clementine Paddleford who referenced this large, over-stuffed loaf in 1936. She said, “You have to be a hero to eat it.” The name hero is still the name in the New York Metropolitan area. In New England these cold cut and cheese filled loaves were generally referred to as **grinders**. In Boston the nickname **spuckies** appeared but soon the name **submarines or subs** took hold. Some think the shape of this sandwich and World War II initiated this moniker. The sandwiches were also advertised in a 1940 phone book for Wilmington, Delaware, as subs so use of that name was spreading long before the Subway chain came along. The name **zeppelin** appeared in Pennsylvania. **Torpedo** also seems to reference the shape and the power of the ingredients. Bennie and Clovis Martin introduced the Italian sandwich in New Orleans as free meal support for union workers during a streetcar strike in 1929. They called their sandwich **po’ boy**. **Mulfoletta** is also a name given to an Italian-American specialty of meats, cheeses, and olive salad served on a round bun not in a *baguette*. Its popularity in New Orleans can be traced back before the stock market crash to the mid-1920s. **Garibaldis** were sold in Wisconsin; **bombers** were sold in Buffalo, New York, and environs; **the wedge**, referencing the wedge cut in the loaf into which the filling is stuffed, appears in Westchester County, New York, and down into Fairfield County, Connecticut, to the City of New Haven. And, of course there was always the **Dagwood sandwich** which did not include the *baguette* but sure contained everything else, which spread nationwide due to lots of publicity through its frequent appearance in the comic strip “Blondie.”

Tex-Mex is another food category that reveals American creativeness. *Enchiladas, chili con queso, fajitas, spaghetti con chili, chimichangas, and tacos*, foods we accept as Mexican, were invented on this side of the border by *Tejanos*, Texans of Mexican descent. Cheese, flour *tortillas*, beans, and cumin play a much larger part in Tex-Mex cuisine than in classic Mexican cuisine attracting the Anglo and anglicized clientele but reminding people of their heritage. Tex-Mex is regarded as part of Southwestern cuisine and as a specific and different border cuisine by the Mexicans.

While writing *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America’s Immigrant Soul* I found many dishes that I could not attribute were, in fact, American dishes. My **corn chowder** can be found in *vol. II*, pp. 657-58; **chili**, *vol. II*, p. 288; **wild rice casserole**, *vol. II*, p. 663; the best **Indian pudding** ever, *vol. II*, 670-71; our favorite interpretation of the **reuben** sandwich can be found in *vol. II*, pp. 478-79 in the chapter on the Pacific Islands – Cook Islands. Have you compared **Manhattan, New England, and Long Island clam chowders**? [*see recipe archives – July 2017.*] The **Lady Baltimore cake**, often called **silver cake**, is another very American creation and one of my most favorite cakes of all the cakes in the world. I eschew the elaborate traditional filling and frosting to appreciate the texture, delicacy, and snow white beauty of this cake that is made with egg whites. You might appreciate the downsized version I posted in February of 2019. [*See recipe archives.*] The **golden cake** or **Lord Baltimore cake** will use up those egg yolks, if you were wondering. **German chocolate cake** is not German. It was named for the sweet baking chocolate bar created by Sam German in the 1850s. And while we are talking about sweet endings, don’t forget the renowned **banana split** created by David Strickler in Latrobe, Pennsylvania, in 1904. Strickler sold the banana splits in the pharmacy downstairs from his office. The wildly popular sundae sold for a mere 10 cents although it was twice the price of other sundaes. Many others claim credit to inventing the banana split but the National Ice Cream Retailers Association officially certified the City of Latrobe as the birthplace of the banana split in 2004.

A patent was granted to Italo Marchiony of New York City in 1903 for his 1896 invention of the **ice cream cone**. In 1904 the **waffle cone** was introduced at the 1904 St. Louis World's Fair as a solution to the dilemma that the ice cream vendor faced when he ran out of dishes. The waffles or *zalabis* sold by nearby vendor were rolled and filled with ice cream and there you have it, the waffle cone.

A French restaurant we frequented years ago made the most fabulous *crème brûlée*. I have always made the simple vanilla custard that is the base of this dessert but the special occasion addition of heavy cream and the burnt sugar topping was so good that I never tried any of their other dessert offerings. France, England, and Spain have all claimed this decadent custard dessert. Variations of the custard do date back to the 1400s in England; admittedly, the burnt sugar topping is credited to a student at Trinity College, Cambridge. History of the custard in Spain dates to, perhaps, the fifth century AD. Neither French nor Spanish versions seem to have discovered the burnt sugar topping that swept through this country in the 1950s and '60s when the dessert was introduced to the New York public by *Le Cirque*. Whether we can claim this dessert because of its reincarnation in America or not is very much debatable, but we at least threw it a lifeline.

There are, no doubt, hundreds upon hundreds of other American food innovations but we've talked long enough. Let's cook . . .

## **BAKED ACORN SQUASH WITH BROWN SUGAR, MAPLE SYRUP, AND BUTTER**

TPT - 1 hour and 14 minutes

*I remember a visit to my aunt and uncle at the farm to which they had retired in Parma, New York, when our daughter was very young. As I came in the door, the aroma that filled the house still stays in my memory. I flipped open the oven to find two whole trays of acorn squashes cut-side-down on one shelf and two whole trays of broasted chicken on the shelf below the squash. A salad of autumn greens and two beautiful pies sat on the countertop. There were eight of us for lunch, four generations, and not a morsel remained at the end of the meal. Acorn squash, native to this hemisphere, are wonderful when baked or steamed. Golden nugget squash, also an acorn squash, and Jack be Littles, often described as little pumpkins but really more closely related to the acorn squash, both benefit from this baking technique. The squash halves lavishly dominate the plate and present a succulent, rich sweetness that Americans take for granted, especially those who live here in the northern United States. A guest from England fell madly for these little round squashes which she had never seen before. She also had never tasted maple sugar, canned pumpkin purée, or wild rice.*

**1 medium acorn squash—well-scrubbed**

**3 tablespoons butter**

**1 tablespoon pure maple syrup\***

**1/4 cup light brown sugar**

Preheat oven to 350 degrees F.

Cut squash in half. Scape seeds and fibrous material from each half. Place *cut-side-down* in a **roasting pan or baking pan**. Pour water into the baking pan so that water comes halfway up the squash. Bake in preheated 350-degree F. oven for 30 minutes. Turn squash halves over—i. e., *cut-side-up*.

Put 1 1/2 tablespoonfuls butter, 1 1/2 teaspoons maple syrup, and 2 tablespoonfuls brown sugar into the hollow of each squash half. Return to oven for 30 minutes more. Using two large spoons, transfer a squash half to each of two heated dinner plates.

*Serve at once.*



Yields 2 servings

Notes: \*I use maple sugar when I can get it but maple syrup will do.

This recipe can be doubled, when required.

1/2 SERVING – PROTEIN = 2.9 g.; FAT = 17.1 g.; CARBOHYDRATE = 54.9 g.;  
CALORIES = 368; CALORIES FROM FAT = 42%



## GOLDEN CREAM CORNBREAD

TPT - 25 minutes

*For every-day meals our golden buttermilk cornbread will do just fine, but for special occasions there is none better than this cream cornbread. Serve this, the richest, most divine cornbread imaginable, tucked into the folds of the whitest, most divine linen napkin you own. If you feel you must, whole milk can be substituted for the cream.*

**1 cup yellow corn meal\***  
**1/2 cup whole wheat flour**  
**2 teaspoons soy flour**  
**1 tablespoon baking powder**

**1/2 cup fat-free pasteurized eggs (the  
equivalent of 2 eggs)**  
**1 cup light cream or half and half**  
**3 tablespoons butter—melted**

Preheat oven to 400 degrees F. Prepare an **8-inch square pan**—non-stick-coated, if possible—by coating with non-stick lecithin spray coating.

Sift yellow corn meal, flours, and baking powder into a large mixing bowl. Add pasteurized eggs and light cream. Beat well using a wooden spoon. Then, beat in *melted* butter.

Pour into prepared pan. Bake in preheated 400-degree F. oven for about 15 minutes, or until a cake tester inserted in the center comes out clean.

Cut into squares. *Serve hot*, wrapped in the whitest linen napkin you have. Pass butter.



Yields nine 3-inch squares

Notes: \*White corn meal *cannot* be used interchangeably in this recipe.

Leftovers, sliced in half crosswise and toasted, are delicious for breakfast or as a base for a creamed entrée.

Leftovers may be frozen quite successfully. Either toast or reheat, wrapped in foil.

This recipe may be halved. Bake in a 9 x 5 x 3-inch loaf pan. Or, if preferred, divide full recipe between two loaf pans. Freeze the second baked loaf for a future menu.

1/9 SERVING – PROTEIN = 4.6 g.; FAT = 7.0 g.; CARBOHYDRATE = 18.1 g.;  
CALORIES = 155; CALORIES FROM FAT = 41%

## THE BEST HOME-FRIED POTATOES

TPT - 2 hours and 55 minutes:  
2 hours = potato chilling period

*Home-fried potatoes are an American favorite; to me, they really say “home” and are much, much better than French fries. I never thought that there was any way to improve on the home-fries my mother prepared while my father fried those wonderful, albeit boney, small perch we had caught early that morning. It was a meal that reminded him of the “mess of fish” cooked up for supper in the camp he ran prior to World War II in the North Woods, near Hudson Bay Outpost in northern Ontario. However, I digress . . . the change from “all-purpose” potatoes to the now widely available waxy Yukon potatoes, sometimes called golden potatoes, gives a firm result that can be cooked to lovely browned crispness without the potatoes turning to mushy hash browns.*



**3 medium waxy Yukon or golden potatoes  
peeled and halved\***

**2 tablespoons butter  
Freshly ground black pepper, to taste**

**Salt, to taste**

In a large kettle of water set over *MEDIUM-HIGH* heat, boil potatoes until *tender*, but *not mushy*—about 25 minutes. Drain and refrigerate for at least 2 hours until potatoes are *completely cold*. Dice potatoes.\*

In a large skillet set over *LOW-MEDIUM* heat, melt butter. Add diced potatoes and cook, stirring frequently, until potatoes are evenly browned—about 25 minutes. Season with black pepper. Turn into a heated serving bowl.

*Lightly salt.*

*Serve at once.*

Yields 2 servings

Notes: \*If you dehydrate diced potatoes, this is an excellent dish in which to use them. Put the dried potato pieces into a saucepan, cover with water, and bring to the boil. Remove from the heat and allow the potato pieces to rehydrate for about 2-3 hours. Drain thoroughly and use as you would use freshly diced potatoes.

This recipe may be halved or doubled, when required.

1/2 SERVING – PROTEIN = 3.0 g.; FAT = 11.5 g.; CARBOHYDRATE = 31.9 g.;  
CALORIES = 243; CALORIES FROM FAT = 43%

**PASTA PRIMAVERA**  
**Fusilli Pasta with Spring Vegetables**  
**and Cream Sauce**

TPT - 32 minutes

*In 1977 the prolific cookbook authors and chefs Craig Claiborne and Pierre Franey co-authored an article about and the recipe for pasta primavera in the New York Times introducing a recipe served at Manhattan restaurant La Cirque. Sergio Maccioni, La Cirque's owner, and his two top chefs were credited with creating the dish in 1975 at the summer home of Italian Baron Carlo Amato on Robert's Island in Nova Scotia. Although the creator is contested by some, this is the story I heard. Welcome Spring on the Vernal Equinox, March 20th, with this classic dish. Everyone has their own version, even the frozen food companies have feebly attempted to dictate, but this is ours. It is light with color and taste and the promise of more in the next forkful—just like Spring, drowning only in the glory of the seasonal renewal, never in the sauce.*

**1 medium carrot—scraped or peeled and cut crosswise into “coins”**

**1 1/2 cups boiling water**

**3 quarts boiling water**

**1 tablespoon freshly squeezed lemon juice**

**1 3-inch strip lemon zest**

**4 ounces high protein, whole wheat, or Jerusalem artichoke macaroni twists (*fusilli*)\***

**1 1/2 teaspoons butter**

**10 snow peas—trimmed and cut diagonally into 1 1/2-inch pieces**

**1/2 cup small broccoli florets**

**1/2 cup tiny whole fresh mushrooms—trimmed, rinsed, and cleaned well with a brush**

**1/4 cup shelled, fresh peas or *undefrosted, frozen peas***

**2 medium scallions—sliced**

**1/2 cup light cream or half and half**

**2 tablespoons grated *pecorino Romano***

In a saucepan set over *MEDIUM-HIGH* heat, boil carrot “coins” in 3 cupfuls *boiling* water for 5 minutes. Drain thoroughly and set aside until required.

In a large kettle set over *HIGH* heat, add lemon juice and lemon zest to 3 quartfuls *boiling* water. Add macaroni and cook, stirring occasionally, over *HIGH* heat according to package directions. Drain thoroughly, discarding lemon zest.

In a wok set over *MEDIUM* heat, heat the 1 1/2 teaspoonfuls butter. Add parboiled carrot “coins,” snow pea pieces, broccoli florets, mushrooms, and peas. *Stir-fry* gently until *crisp-tender*—about 2 minutes.

Add cream and grated cheese. Continue cooking, while stirring constantly, until cream sauce thickens and coats vegetables. Turn hot, drained macaroni onto a heated serving platter.

*Serve at once.*

Yields 4 servings

Notes: \*Substitute any *pasta* you prefer; I even use these vegetables and this technique with spaghetti, *fettucine*, and *linguine*. There are no hard and fast rules.



This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 6.4 g.; FAT = 5.6 g.; CARBOHYDRATE = 25.7 g.;  
CALORIES = 181; CALORIES FROM FAT = 28%

## RUSSIAN DRESSING

TPT - 3 minutes

*By 1914 James E. Colburn of Nashua, New Hampshire, was making and bottling a mayonnaise-based salad dressing named “Russian Salad Dressing.” It is said that he invented it and that its popularity rewarded him to the extent that he was able to retire in ten years. It is also said that the original contained caviar, hence the Russian attribution. Characteristically, ketchup is added to mayonnaise with maybe some horseradish, mustard, and spices. For punch, I add Thai sweet chili sauce and commercially-available domestic chili sauce, as you would for Louie dressing which is also of American origin. It is a useful, easily-made dressing that elevates a salad of hard-cooked egg slices and is absolutely essential for a reuben sandwich.*

**1/2 cup calorie-reduced or light mayonnaise**  
**1 1/2 tablespoons commercially-available chili sauce**  
**1 teaspoon Thai sweet chili sauce**

In a small dish, combine mayonnaise, chili sauce, and Thai sweet chili sauce. Using a small whisk, combine thoroughly until no streaks of white mayonnaise remain. Turn into a serving dish. Refrigerate until ready to serve.

Cover and refrigerate any leftovers.

Yields about 10 tablespoonfuls

Note: This recipe can be doubled, when required.

1/10 SERVING (i. e., 1 tablespoonful) –  
PROTEIN = 0.05 g.; FAT = 4.0 g.; CARBOHYDRATE = 1.8 g.;  
CALORIES = 43; CALORIES FROM FAT = 84%



## STOVE-TOP SPANISH RICE CON QUESO

TPT - 1 hour and 7 minutes

*In my August 2021 column [see recipe archives] I shared an oven casserole with you that became very much an American family standby and discussed the fact that it was neither a Spanish dish nor was it a Mexican dish. In truth, the Spanish did have a hand in this because they did introduce rice to the New World. During the fourteen months without a range in the middle of a pandemic, I found it advantageous to rework some old reliable recipes. Spanish rice has been one of those reliables and I converted the oven casserole to a family skillet meal.*

**1 1/2 teaspoons extra virgin olive oil**  
**3 medium scallions—green portions only—sliced**  
**1/4 cup finely chopped green bell pepper**  
**3/4 cup dry short-grained rice—Arborio or Japanese, as preferred**

1/2 cup canned, *diced* tomatoes  
1 1/2 cups bottled water *or* refrigerated water\*  
1 1/2 tablespoons tomato paste  
1 1/2 teaspoons *dried* marjoram—crushed  
Freshly ground mixed peppercorns—red, white,  
and black—to taste

2/3 cup shredded (about 3 ounces) *sharp*  
Cheddar cheese

1 tablespoon chopped fresh coriander (*cilantro*)  
*or* parsley, for garnish

In a **10-inch non-stick-coated skillet**, with cover, set over *MEDIUM* heat, heat oil. When hot, add scallion slices and chopped green pepper. Sauté for 3 or 4 minutes until slightly softened.

Add rice and continue to sauté until rice is *lightly browned*.

Stir in chopped tomatoes, water, tomato paste, crushed marjoram, and ground mixed peppercorns. Stir to distribute seasonings and tomatoes evenly. Spread across the pan. Cover. Cook *undisturbed* over *very LOW* heat until all liquid is absorbed—about 45 minutes. *Do not stir during cooking period!* Add more water only if absolutely necessary!



Scatter shredded cheese evenly over top. Cover again. Place over *LOW* heat for about 10-15 minutes or until cheese is melted and bubbling.

Garnish with chopped fresh coriander (*cilantro*) or parsley just before serving.

*Serve directly from the skillet.* Refrigerate any leftovers, covered, and reheat over *LOW* heat.

Yields 4 servings\*\*

Notes: \*Since the chlorine in tap water destroys the B-vitamin thiamin in grains, it is advisable to cook grains in either bottled water or water that has been refrigerated uncovered for at least 24 hours.

\*\*You could halve this recipe and prepare it in a smaller skillet but we find the planned leftover concept comes into play for us. We reheat it the next day and find no loss of quality. Leftovers may also be frozen for reappearance as a side dish on a future menu.

Parboiled sweet green peppers stuffed with this mixture are almost an American tradition.

1/4 SERVING – PROTEIN = 12.5 g.; FAT = 8.6 g.; CARBOHYDRATE = 72.7 g.;  
CALORIES = 481; CALORIES FROM FAT = 16%

## **VICHYSOISE**

### **Chilled Leek and Potato Soup**

TPT - 3 hours;  
2 hours = chilling period

*Oh my, how posh this soup was when we were young. Vichyssoise, the chilled version of French creamed leek and potato soup, potage parmentier, is actually said to be the invention of an American chef. Granted, Chef Louis Diat was from Montarault, France, but he created the refreshing cold soup in New York City in 1917 where he was head chef at the Ritz-Carlton Hotel. He named it Crème Vichyssoise Glacée honoring the spa town of Vichy, France, near where he had been born.*

**1/2 cup thinly sliced leeks—white and very light green portions only\***

**3/4 cup diced potato—1 medium potato**  
**1/4 cup finely chopped onion**  
**1 1/2 cups water**  
**1/2 teaspoon salt**

**1/8 teaspoon freshly ground white pepper**  
**Dash freshly grated nutmeg**  
**1/2 cup whole milk**

**1 1/2 teaspoons finely chopped chives, for garnish**

Wash *thinly* sliced leeks in several changes of cold water and, using your fingers, remove all sand and grit. Drain thoroughly.



In a large saucepan with cover, combine diced potatoes, sliced leeks, chopped onion, water, and salt. Set over *MEDIUM-HIGH* heat and bring to the boil. Reduce heat to *MEDIUM-LOW*, partially cover, and simmer for about 45 minutes, or until vegetables are *very tender*.

Purée two or three ladlefuls at a time in the electric blender, or in the food processor fitted with steel knife, or mash finely and press through a fine sieve or food mill.\*\*

Stir in *white* pepper, nutmeg, and milk. Chill for at least 2 hours before serving.

Taste and adjust seasoning, if necessary, and pour into a *chilled* soup tureen. Serve into *chilled* soup cups, garnishing each serving with about 1/2 teaspoonful of *finely* chopped chives.

Yields 2 servings

Notes: \*Save green portions for use in preparing soup stocks.

\*\*The base for this soup may be prepared ahead to this point and refrigerated for a day or two or frozen for future use. Defrost in the refrigerator, season, and add milk.

This recipe can be doubled to yield six first-course servings, if desired.

1 1/2 cupfuls of yellow onion may be used in seasons when leeks are unavailable or over-priced.

This *VICHYSOISE* is much less rich than most you will have encountered. The richness has been somewhat compromised in an effort to increase the protein content and reduce the calories. Heavy cream may be added to enrich if the additional fat can be tolerated.

To serve hot as FRENCH CREAMED LEEK AND POTATO SOUP (*Potage Parmentier*), turn *hot*, but *not boiling*, soup into a heated soup tureen and enrich by floating 2 teaspoonfuls of butter on the surface before garnishing with chives.

1/2 SERVING – PROTEIN = 3.2 g.; FAT = 2.0 g.; CARBOHYDRATE = 16.0 g.;  
CALORIES = 95; CALORIES FROM FAT = 19%



## WALDORF SALAD

TPT - 6 minutes

*Oscar Tschirky, known as “Oscar of the Waldorf,” the maitre d’hotel of the Waldorf-Astoria Hotel from the hotel’s opening in March 1893 until his death in 1950, has always been credited with creating this salad for a society gathering of some 1,500 people who dined to celebrate the hotel’s opening. However, the story is not quite as simple as that. Author Robert W. Pelton, who wrote the 1974 “Meatless Cookery the Natural Way,” claims that his great-grandmother Sarah Horton Mitchell shared her mother’s “apple salad” with her friend Oscar Tschirky, who in turn renamed it and served it as Waldorf salad to the assembled socialites. This recipe has another historical asterisk. It was served to the Marquis de Lafayette by Huldah Rudike Horton when the general visited her Newburgh, New York, home. The walnuts, according to the original recipe, were sprinkled over the mayonnaise-bound salad. Eventually, the walnuts were simply folded into the mixture and have become an indispensable ingredient in this American favorite. I often dice the ingredients, as one would for a Moscow salad, and serve it as relish-style garnish or as an appetizer.*



**1 large red-skinned apple—very well-scrubbed\***

*(Cortland or Envy apples are our choice since neither tends to brown too quickly after cutting)*

**1 inner, white celery rib—well-trimmed and coarsely chopped to yield about 1 cupful**

**1/4 cup coarsely chopped, additive-free walnuts**

**1 1/2 teaspoons calorie-reduced or light mayonnaise**

**1/2 teaspoon freshly squeezed lemon juice\***

Core and coarsely chop apple without peeling.

In a large mixing bowl, combine chopped apple, celery, and walnuts. Toss well.

In a small bowl, combine mayonnaise and lemon juice thoroughly. Add lemon mayonnaise to apple mixture and toss to coat well.

Turn into a serving dish and refrigerate until required.

Yields 4 servings

Notes: \*If Cortland or Envy apples, which do not require acidulation for salad making, are not available, use other red-skinned apples but toss chopped apple with 1 teaspoonful freshly squeezed lemon juice.

This recipe is easily doubled, when required.

1/4 SERVING – PROTEIN = 1.8 g.; FAT = 7.4 g.; CARBOHYDRATE = 9.5 g.;  
CALORIES = 109; CALORIES FROM FAT = 61%

*Well, was that fun or was that fun?*

*If you have discovered the richness and superb flavor of extra virgin olive oil,  
then I'll be preaching to the choir next month.*

*Drop by;  
I'll share some of my favorite uses for a flavor agent  
you may not have considered,*

*Judy*

Please note that all food value calculations are approximate and not the result of chemical analysis.

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