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# Sauce and Marinade Recipes

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# Alfredo Sauces

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[amyl](#)

# Alfredo Sauce (with Bacon)

From: allene@oti-hsv.com (Beth Allen)

Date: Thu, 19 Aug 93 10:07:20 CDT

serves 4

1 pint half & half  
(or heavy whipping cream for more fattening sauce)  
3 tablespoons butter  
2 heaping tablespoons flour  
2 toes garlic, minced  
1/3 cup grated parmesan cheese  
1/4 cup coarsly chopped parsley  
1/2 pound bacon, cooked, drained and cut into bite-size pieces

In a medium saucepan, melt butter over medium-low heat. Add garlic and stir-fry for 2 to 3 minutes. Stir in flour until well-blended. Add half & half.

Stir sauce over medium-low heat. Do not allow sauce to boil or stick to bottom of pan. Reduce heat if necessary. Allow sauce to thicken (about 20 minutes), stirring frequently.

When sauce is near desired consistency, add parmesan cheese. Stir to melt cheese for 2 minutes. Remove sauce from heat. Toss in bacon and parsley.

Serve over cooked pasta.

[mara](#)

# Alfredo sauce

From: betsey@namaste.cc.columbia.edu (Elizabeth Fike)

Date: 12 Oct 1993 18:18:07 GMT

1/4 cup butter

1 cup Parmesan cheese, grated

1/2 cup heavy cream

\* Garlic (I use 2-3 cloves, you don't want too much!)

\* Mushrooms (maybe 1/2 - 3/4 cup? I don't measure...)

\* = optional

Saute' the mushrooms and garlic in some of the butter, if you're using them. Melt the rest of the butter, and remove from heat. Stir in the cheese and the cream, as well as the mushrooms and garlic if appropriate, and bring it just to a boil over low heat, stirring often.

Toss with warm noodles and serve.

[amyl](#)

# Alfredo Sauce

From: svogl@iastate.edu (Sharon A Vogl)

Date: Wed, 13 Oct 1993 13:25:05 GMT

2 cloves garlic minced  
1/2 C Butter (try to use real butter, margarine doesn't work as well)  
2 Pints Heavy Whipping Cream  
2-3 TBS Corn Starch  
Salt to taste

Sautee garlic in butter until golden brown. Add whipping cream and Corn Starch and heat until thickened (do not let it boil)  
(HINT: Never dump the corn starch into the sauce, always mix it with a little of the cream-about 1/4 of a cup-before you put it in. Otherwise it will form clumps)

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# Chef's Alfredo Sauce

From: [joseph@inland.com](mailto:joseph@inland.com) (Roger Joseph)

Date: 18 Oct 93 10:11:39 CST

ALFREDO SAUCE

An adaptation from Chef's Restaurant in Schererville, IN.

## Ingredients:

3-5 cloves garlic, minced

1-2 tsp. olive oil

1/4 to 1/2 tsp white pepper

1 or 2 Tbls fresh chopped oregano

1/2 tsp onion powder

1/4 tsp. salt

1/2 pint whipping cream

1/2 cup fresh grated parmasan

enough fettucini noodles for two med. servings

(All amounts are approximate, adjust to personal taste but all ingredients should be fresh for best flavor)

## Instructions:

In a very hot saute pan, quickly saute the garlic in a small amount of olive oil. The garlic should be very well browned and have a strong, nutty aroma. Transfer sauted garlic to another skillet large enough to hold all of the fettucini. Over med. heat add pepper, salt, onion powder and fresh oregano to the garlic. Toss together. Add noodles and toss quickly. Now begin to add the heavy cream and cheese, stirring constantly. Be sure pan is not too hot. Add cream and cheese until the desired consistency is reached.

This recipe results in a quite pungent Alfredo type sauce that has a unique flavor.

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# Marinades

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# COLLECTION: Chicken Marinadees

From: PMBST8@vms.cis.pitt.edu

Date: Sun, 25 Jul 1993 19:24 EST

The following are some of my favorite chicken marinades. They are all from The Complete Book of Sauces.

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- [Honey Mustard Marinade](#)
- [Lemon Marinade](#)
- [Brandied Marinade](#)
- [Garlic Honey Marinade](#)
- [Red Wine Marinade](#)

### Honey Mustard Marinade

1 cup Dijon Mustard  
1 cup dry white wine  
3/4 cup olive oil  
1/4 cup honey  
1 clove garlic, minced  
2 T soy sauce

Mix all ingredients.

### Lemon Marinade

2 T olive oil  
1/2 small onion, finely minced  
1 clove garlic, minced  
2 T chopped fresh rosemary  
freshly ground black pepper, to taste  
grated zest of one lemon  
1/4 cup fresh lemon juice

Mix all ingredients, use immediately.

### Brandied Marinade

1/2 cup brandy  
1/4 cup soy sauce  
2 T unsulfured molasses  
1/2 t Dijon mustard  
1 T grayed fesh ginger  
1/2 cup dry white wine

Mix together.

### **Garlic Honey Marinade**

1 small onion, minced  
1/4 cup fresh lemon juice  
1/4 cup sesame oil  
2 T kight soy sauce  
2 cloves garlic, crushed  
1 T grated freash ginger  
2 T hiney  
2 t chopped fresh parsley

Mix together.

### **Red Wine Marinade**

2 cup dry red wine  
1 bunch scallions, sliced  
1 clove garlic, minced  
1/2 cup olive oil  
1/4 cup soy or teriyaki sauce  
2 T dark brown sugar  
1 t grated fresh ginger  
1 T Worcestershire sauce

Mix together, Use as is for Marinade or biol for 10 minutes and use as a basting sauce.

[mara](#)

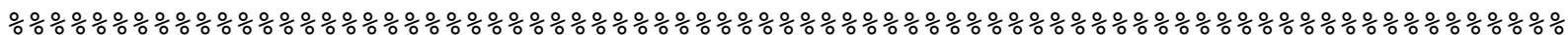
# COLLECTION: Diverse Marinades

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 19 Aug 93 10:31:33 +0200

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- [Garlic Honey Marinade For Chicken \(Pam\)](#)
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- [Lemon Marinade For Chicken \(Pam\)](#)
- [Lemony Marinade \(Sharon Curtis\)](#)
- [Marinade For Chicken And Pork \(Whitney Martin\)](#)
- [Marinade For Steak Or Chicken \(Karen Witkoski\)](#)
- [Marinade To Tenderize Steak \(Patsy Lively\)](#)
- [Marinade To Tenderize Steak \(Steve Pinn\)](#)
- [Marinate \(Sharon Curtis\)](#)
- [Mexican Smoked Chili Marinade \(Sharon Badian\)](#)
- [Pork Tenderloin Marinade \(Cheryl Ann Dougherty\)](#)
- [Red Wine Marinade For Chicken \(Pam\)](#)
- [Spicy Hot Caribbean Chicken Marinade \(Mary Smith\)](#)

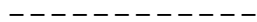


From: PMBST8@vms.cis.pitt.edu (Pam)

Source: The Complete Book of Sauces

### BRANDIED MARINADE FOR CHICKEN =====

Ingredients:



- 1/2 cup brandy
- 1/4 cup soy sauce
- 2 tblsp unsulfured molasses
- 1/2 tsp Dijon mustard
- 1 tblsp grayed fesh ginger
- 1/2 cup dry white wine

Instructions:

-----  
Mix together.

%%

From: PMBST8@vms.cis.pitt.edu (Pam)

Source: The Complete Book of Sauces

GARLIC HONEY MARINADE FOR CHICKEN

=====

Ingredients:

-----

- 1 small onion, minced
- 1/4 cup fresh lemon juice
- 1/4 cup sesame oil
- 2 tblsp light soy sauce
- 2 cloves garlic, crushed
- 1 tblsp grated freash ginger
- 2 tblsp honey
- 2 tsp chopped fresh parsley

Instructions:

-----

Mix together.

%%

From: PMBST8@vms.cis.pitt.edu (Pam)

Source: The Complete Book of Sauces

HONEY MUSTARD MARINADE

=====

Ingredients:

-----

- 1 cup Dijon Mustard
- 1 cup dry white wine
- 3/4 cup olive oil
- 1/4 cup honey
- 1 clove garlic, minced
- 2 tblsp soy sauce

Instructions:

-----

Mix all ingredients.

%%%

From: PMBST8@vms.cis.pitt.edu (Pam)

Source: The Complete Book of Sauces

LEMON MARINADE FOR CHICKEN  
=====

Ingredients:

-----

- 2 tblsp olive oil
- 1/2 small onion, finely minced
- 1 clove garlic, minced
- 2 tblsp chopped fresh rosemary
- 1/4 cup fresh lemon juice
- freshly ground black pepper, to taste
- grated zest of one lemon

Instructions:

-----

Mix all ingredients, use immediately.

%%%

From: sharon@comlab.ox.ac.uk (Sharon Curtis)

LEMONY MARINATE  
=====

Ingredients:

-----

- 2 tblsp lemon juice
- 2 tblsp tomato puree
- 2 tblsp honey
- 1 tblsp Worcestershire sauce
- 1 clove garlic, crushed

%%%

From: whitney@magnum.sybase.com (Whitney Martin)

MARINADE FOR CHICKEN AND PORK  
=====

Ingredients:

-----

5 oz        Scotch Bonnet chilis (or other hot chili, like serrano)  
 2 tblsp    fresh rosemary  
 2 tblsp    fresh basil  
 2 tblsp    fresh thyme  
 2 tblsp    fresh parsley  
 2 tblsp    mustard seed  
 1/4 cup    lime juice  
 2 tblsp    orange juice  
 2 tsp       salt  
 2 tblsp    white vinegar

Instructions:

-----

Puree the ingredients in a blender and use for marinade for about 2 lb. of meat:

I marinate the meat overnight if at all possible and grill it over indirect heat.

It's wonderful served with

BANANA CHUTNEY

=====

Ingredients:

-----

1/2 lb      ripe red bananas (can use regular)  
 6 oz        guava nectar  
 1           medium red onion, coarsely chopped  
 1 tblsp    lime juice  
 2 tblsp    veg. oil  
 1 tblsp    brown sugar

Instructions:

-----

Saute the onions in the oil until soft. Add the bananas and cook additional 5 minutes. Add guava nectar and brown sugar, and simmer for about 10 minutes. Remove from heat and add lime juice. Can be made and refrigerated the day before. Serve at room temperature.

%%%

From: dudley@oasys.dt.navy.mil (Karen Witkoski)

MARINADE FOR STEAK OR CHICKEN

=====

Ingredients:

-----  
1/2 cup olive oil  
1/2 cup lime juice  
Add garlic, oregano, pepper to taste

Instructions:  
-----

Mix together and pour over meat.  
Marinate for at least 2 hours (overnight is better).

I prick the meat with a fork to allow the marinade to seep through.  
Also, I turn the meat over several times during marinating. Then I  
cook it on my gas grill. It turns out so tender and juicy.

%%%

From: lively@titan.tsd.arlut.utexas.edu (Patsy Lively)

MARINADE TO TENDERIZE STEAK  
=====

Ingredients:  
-----

seasoning salt,  
lemon pepper,  
garlic powder  
ca. 1/2 bottle of Italian dressing

Instructions:  
-----

I usually use sirloin steak about 1 - 1 1/2 inch thick and put seasoning  
salt, lemon pepper, garlic powder and then put about 1/2 bottle of  
Italian dressing in a gallon Ziplock bag and seal for about 4 hours or  
overnite. The Italian dressing marinates the meat and this is the most  
tender meat we have ever eaten.

%%%

From: pinn@cpqhou.compaq.com (Steve Pinn)

MARINADE TO TENDERIZE STEAK  
=====

When BBQ steak I have found that using beer (any kind!) is an excellent  
tenderizer and flavoring agent.

Ingredients:  
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%%%

From: sebl@zuckuss.dr.att.com (Sharon Badian)

Source: High Flavor, Low Fat Cooking by Steven Raichlen

MEXICAN SMOKED CHILI MARINADE  
=====

Ingredients:

-----

- 1 cup fresh orange juice
- 1/4 cup fresh lime juice
- 5 canned chipotle chilies, minced plus 1 Tbl sauce
- 4 cloves of garlic, minced (about 4 teaspoons)
- 1 tsp freshly grated orange rind
- 2 tsp dried oregano
- 1 tsp cumin seeds
- 2 tblsp wine vinegar (may need more if too thick)
- 1/2 tsp each salt and freshly ground pepper (or to taste)

Instructions:

-----

Combine the orange juice and lime juice in a small saucepan and boil until reduced to 1/2 cup.

Place reduced juice and remaining ingredients in a blender and puree to a smooth paste. I strongly recommend that you DO NOT take a whiff of this stuff. It is POWERFUL!

Spread paste on the meat to be marinated.

Marinate seafood for 2 hours, poultry for 4 to 6 hours, and meat overnight, turning once or twice.

Makes 1 cup, enough to marinade 1.5 to 2 lbs seafood, poultry or meat. I used turkey legs (very Mexican) and it was great.

Note:

-----

Steven Raichlen recommends using canned chipotle chilies which usually come canned with tomato paste. You can use dried chilies but you'll have to soften them in hot water and use 2 Tbl of tomato paste.

%%%

From: cad3@ns1.cc.lehigh.edu (Cheryl Ann Dougherty)

PORK TENDERLOIN MARINADE

=====

Ingredients:

-----

- 1/2 cup soy sauce
  - 1/4 cup salad oil (I use olive oil)
  - 2 T light corn syrup
  - 2 t ginger
  - 1 t mustard
- Add garlic and onion powder to taste.

Instructions:

-----

Marinate tenderloin in refrigerator and bake at 350 for 45-60 minutes. As an option, the tenderloin tastes even better when cooked slowly on the grill.

%%%

From: PMBST8@vms.cis.pitt.edu (Pam)

Source: The Complete Book of Sauces

RED WINE MARINADE FOR CHICKEN

=====

Ingredients:

-----

- 2 cup dry red wine
- 1 bunch scallions, sliced
- 1 clove garlic, minced
- 1/2 cup olive oil
- 1/4 cup soy or teriyaki sauce
- 2 tblsp dark brown sugar
- 1 tsp grated fresh ginger
- 1 tblsp Worcestershire sauce

Instructions:

-----

Mix together, Use as is for Marinade or boil for 10 minutes and use as a basting sauce.

%%%

From: girl@slavery.EBay.Sun.COM (Mary Smith)

Source: One of the Betty Crocker mags that are at the checkstand

SPICY HOT CARIBBEAN CHICKEN MARINADE

=====

Ingredients:

-----

- 4 green onions
- 2 jalapenos (seeded)
- 1/3 cup lemon juice
- 1/4 cup honey
- 2 tblsp veg oil
- 2 tblsp fresh thyme leaves  
or 2 tsp dried thyme leaves
- 1/2 tsp salt
- 1/4 tsp ground allspice
- 1/4 tsp nutmeg
- 6 boneless, skinless chicken breasts

Instructions:

-----

Place all ingredients except chicken in food processor or blender and blend till smooth.

Pour over chicken and marinade for 2-6 hours. No longer than 6 hours.

Grill chicken and brush with marinade.

Note: I used serranos chilies instead of jalapenos.

%%%%%%%%%

[mara](#)

# Pesto

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- [Sun Dried Tomato Pesto \(1\)](#)
- [Sun Dried Tomato Pesto \(2\)](#)

[amyl](#)

# COLLECTION: Pesto Sauces

From: [vigil@esca.com](mailto:vigil@esca.com) (Luck is the residue of design)

Date: Wed, 20 Oct 1993 13:56:52 -0700

Nuts about Pesto is a newsletter I picked up at Larry's Market during Basil season.

## Pistachio Pesto

-- Nuts About Pesto

2 cups fresh basil leaves	1/3 cup shelled raw pistachio
2 large cloves of garlic	kernels
1/4 cup freshly grated Parmesan	1/2 cup olive oil
freshly ground salt and pepper	

Combine the basil, garlic, cheese and pistachios in a food processor or blender. Process to mix. With machine running, slowly add olive oil. Season to taste with salt and pepper and process to desire consistency. Let stand for 5 minutes before serving. Serve over pasta or use in any recipe specifying a basil pesto.

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## Pistachio Pesto

2 cups, packed, fresh basil	1 cup grated Parmesan cheese
1 cup pistachio nuts	1/4 cup grated Romano cheese
4 cloves garlic, minced	salt and pepper to taste
1 cup olive oil	

In a food processor fitted with the steel blade chop the basil, nuts, and garlic together until the basil and nuts are in small pieces. Then, with the processor running, add the oil in a thin stream until you have a fine, green soup. Stir in the cheeses and salt and pepper.

.....

## Walnut Pesto

-- Nuts About Pesto

3 cups packed fresh basil	1 to 1 1/2 cups light olive oil
1/2 cup toasted walnuts	3/4 cup Parmesan cheese
2 tsp minced garlic	1 to 1 1/2 tsp salt
1/2 tsp freshly ground pepper	

Combine all ingredients except olive oil, cheese, and salt in blender container or bowl of food processor fitted with stainless steel blade. Add half the olive oil, process. Add remaining olive oil as needed to make thick puree. Do not over process. Mixture should not be a smooth paste; tiny pieces of basil should be visible. Add the cheese; process just to blend. If needed, mix in salt.

To serve, toss pesto at room temperature with hot cooked fettuccine, using about 1/4 cup pesto for ever 2 cups cooked pasta.

.....

## Macadamia Nut Pesto

-- Bon Appetit, March 1990

1/2 cup olive oil	1/4 cup freshly grated Parmesan
1 small bunch fresh basil, chopped	1/2 tsp salt
1 Tbsp minced garlic	1/4 white pepper
1 cup finely chopped roasted macadamia nuts	

Blend 1/4 cup olive oil, basil and garlic in blender. Add the macadamia nuts and Parmesan cheese; blend well. Gradually mix in the remaining 1/2 cup oil. Season with salt and pepper.

[amyl](#)

# pesto

From: Ann.Adamcik@eng.sun.com (Ann Adamcik)

Date: Mon, 9 Aug 1993 12:35:39 +0800

1 cup firmly packed fresh basil leaves 1/2 cup fresh italian parsley 1/2 cup shredded parmesan 2-4 cloves garlic 1/4 cup pine nuts 1/3 cup olive oil Place everything except olive oil into food processor bowl. Process with several on-off turns until mixture forms a paste. With processor on low speed, slowly add olive oil in a thin stream. Process until mixture is about the texture of soft butter. [mara](#)



# Pesto

From: shagan@gandalf.rutgers.edu (Susan R. Hagan)

Date: 10 Aug 93 13:54:33 GMT

## \*Basil Pesto

1 Cup fresh Basil leaves (Packed)  
1 clove of garlic  
1/4 Cup of Pinola Nuts (Pine nuts) or Walnuts  
1/2 Cup olive oil  
1/4 Cup of Parmesan Cheese

In a food processor, or minichopper (I prefer the latter), finely chop basil, garlic, and nuts together. Slowly add oil. Blend. Gradually add cheese until blended.

Toss mixture into hot, cooked pasta and serve immediately.

\*Note: I am told that you can make pesto from any fresh herb that you like, just substitute the Basil here for the same amount of another herb. You could use fresh parsley or oregano.

>From time to time, I don't have enough basil in my herb garden to make a cup so I mix the herbs that are there. I once mixed Basil and parsley. Its good, but not as good as straight basil.

[mara](#)

# Sun dried tomato pesto

From: selenev@cats.ucsc.edu (Selene Vega)  
Date: 1 Sep 1993 22:37:31 GMT  
Approved: arielle@taronga.com  
Lines: 31

This is from Food & Wine magazine some years back in an article on Gifts from Your Kitchen, by Sally Schneider. I made it to give in gift baskets for the Winter holidays.

makes about 5 cups

12 oz. sun-dried tomato halves (about 48 pieces), not packed in oil  
6 medium garlic cloves, minced  
1/2 cup extra-virgin olive oil  
4 teaspoons balsamic vinegar  
2 (packed) cups basil or flat-leaf parsley leaves  
1 teaspoon freshly ground pepper  
1 1/2 teaspoons honey

1. In a large pot, boil 6 cups water. Add tomatoes & reduce heat to low. Cover and simmer until very soft, about 15 minutes. Drain, rinse with warm water and squeeze to remove most of water.

2. Combine tomatoes & garlic in food processor until coarsely chopped, about 1 minute. While machine is running, drizzle in olive oil and vinegar and process for 1 minute. Add basil, pepper & honey & process until completely mixed. Add more balsamic vinegar if desired.

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# Sun-dried Tomato Pesto

From: Charles Yeomans

Date: 19 Nov 1993 17:32:04 -0500

Having found several recipes by lurking in this group, I now contribute one, taken from "Blue Corn and Chocolate" by Elisabeth Rozin.

1 cup (lightly packed) sun-dried tomatoes (not oil-packed)  
4 cloves garlic  
1/2 tsp salt  
good handful flat-leaf Italian parsley  
1/2 cup olive oil  
1 Tb. lemon juice

1. Cover the dried tomatoes with hot water and let stand for 15-20 minutes. Drain thoroughly.
2. In a blender or food processor combine the drained tomatoes, garlic, salt and parsley. Process until the mixture is coarsely pureed.
3. Continue to process while adding the olive oil in a slow, steady stream.
4. When all of the olive oil has been incorporated, blend in the lemon juice.

Makes about 1 cup.

Comments:

I find that my Cuisinart doesn't do so well with this amount of stuff, so I typically make a double batch.

With no nuts or cheese, I imagine that this pesto keeps a very long time, though I've never had any long enough to test.

This is a very richly flavored pesto; a little goes a long way.

This pesto can be used to make a nice little appetizer (or quick meal) - take thinly sliced French bread and smear on a bit of this pesto. Top with a sprinkling of Parmesan cheese and broil at 350 degrees for 5-10 minutes.

Charles Yeomans

[amyl](#)

# potsticker Dipping Sauces

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# Pot Sticker Dipping Sauce

From: whjow@ucdavis.edu (Wyan Jow)  
Date: Fri, 10 Sep 1993 23:56:23 GMT

Soy sauce (lots)  
Vinegar (plenty, but be careful)  
Sugar (just a touch)  
Sesame oil (very little)  
maybe some ginger  
hot sauce (whatever kind you like)  
garlic (of course)

I don't know if you think this is a recipe. I don't. I just started out with some soy sauce, vinegar and hot sauce. That got kind of boring, so I stuck the other stuff in

[amyl](#)

# Pot Sticker Dipping Sauce

From: mns1@.asictest.sc.ti.com (Mark Shaw-Dallas)

Date: Thu, 2 Sep 1993 21:05:54 GMT

I make it like this:

For a cup or so of sauce:

1 clove garlic

a piece of ginger about as big as the end of your little finger

1/3 c rice vinegar

2/3 c soy sauce

a few dashes of lai yu (chili oil)

Mince the garlic and ginger VERY fine. Combine w/ everything else.

[amyl](#)

# Pot Sticker Dipping Sauce

From: eliz@ai.mit.edu (Elizabeth Willey)

Date: 1 Sep 93 17:58:52

Colleen Fong, of still-lamented Colleen's Chinese Cuisine in Cambridge, Mass., taught a cooking class during a few January IAP's at MIT. Here is her sauce for "swans" (suan la chow show), which also goes extremely well on potstickers:

2 tablespoons dark soy sauce\*  
4 tablespoons water  
1 teaspoon vinegar (white)  
1 tablespoon chopped garlic  
1/2 tablespoon minced FRESH ginger  
1 teaspoon hot oil or hot oil paste\*\*  
dash of white pepper

Combine the ingredients.

Make sauce a day ahead of time to allow flavors to blend.

You can mince scallions finely on top of it before using it to dip ravs.

If you want to double the portion, DO NOT ADD additional garlic, ginger, or hot oil.

\*Dark soy sauce can be purchased in Chinese grocery stores. Read the label---it contains molasses or sugar. It is darker and less salty than regular soy sauce. If you cannot find any, use regular soy sauce with a little bit of sugar.

\*\*To make hot oil, sprinkle a few drops of salt onto 1 teaspoon of ground red (cayenne) pepper (in a heatproof dish like Pyrex!) and set aside. Heat 1 tablesppon of cooking oil in a pan and pour it over the powder. This can also be purchased in Chinese groceries, but it isn't as good as home-made. Store extra hot oil in a clean jar. After it settles, the top layer is called hot oil and the bottom part is called hot oil paste.

[amyl](#)



Pot Sticker Dipping Sauce From: Joel Finkle [jjfink@skcla.monsanto.com](mailto:jjfink@skcla.monsanto.com)

Date: Wed, 1 Sep 1993 14:44:14 GMT

Soy sauce and rice wine vinegar in about equal amounts.  
To this you can add one or more of the following:

- 1) Chopped scallions (a must)
- 2) Grated fresh ginger (a near-must)
- 3) Crushed garlic (of course)
- 4) Sesame oil (separates out, but worth it)
- 5) Hot pepper oil (same issue, you can sometimes find a product that is both)

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[amyl](#)

# Applesauce

From: [jagordon@agsm.ucla.edu](mailto:jagordon@agsm.ucla.edu)

Date: 26 Oct 1993 15:41:56 GMT

peel, core and quarter cooking apples, granny smith, pippin, etc,  
as many as you want to deal with put in large, heavy lidded pot  
add just a bit of water to get the juices going and maybe the juice of one  
lemon  
cover and stew on very low heat, watch to prevent burning, add water as needed,  
just 1/4 cup at a time  
When apples have cooked down, stir to break up, blenderize if you want it  
smoother,  
add sugar and cinnamon to taste, brown sugar is nice.  
Jan

[amy](#)

# COLLECTION: Barbecue Sauces

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 19 Aug 93 10:31:27 +0200

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%%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

### ALL PURPOSE BARBECUE SAUCE

=====

(Servings: 4)

#### Ingredients:

-----

- 1/4 c Salad oil
- 2 tb lsp Soy sauce
- 1/4 c Bourbon, sherry, or wine
- 1 tsp Garlic powder
- 1 Pepper, freshly ground

#### Instructions:

-----

Combine all ingredients and pour over meat. Marinate in refrigerator. Also use to baste meat as you cook it. Good on red meat, fish or chicken.

%%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

BARBECUE SAUCE - NORINE JUENGER - LENZBURG

=====

(Servings: 3)

Ingredients:

-----

- 16 oz Tomato Sauce
- 2 tblsp Brown Sugar
- 1/4 cup Vinegar
- 2 tblsp Worcestershire Sauce
- 1 tsp Salt
- 1 tblsp Paprika
- 1 tsp Dry mustard
- 1 tsp Chili Powder
- 2 tblsp Chopped Green Onion Tops
- 1/8 tsp Cayenne Pepper

Instructions:

-----

Simmer 15 minutes, stirring occasionally. Serve hot. Makes 2 1/2 cups. \*\*\*\*\* While there was no indication, I would expect that this is best with Pork, since the idea of 'BBQ' in that area was nearly always pork.

%%%

From: arielle@taronga.com (Stephanie da Silva)

BARBECUE SAUCE

=====

Ingredients:

-----

- 2 cups tomato catsup
- 2 tblsp wine vinegar
- 2 tblsp soy sauce
- 1 tblsp brown sugar
- dash of Tabasco sauce

Instructions:

-----

Combine ingredients in a saucepan. Bring to a boil over moderate heat, stirring constantly. Reduce heat and simmer for 10 minutes. Serve hot or cold.

%%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

Source: "Taste of Home" Magazine but recipe from "Barbecuing and Sausage-Making Secrets" book. Posted by: Debbie Carlson - Cooking Echo

BARBECUE SAUCE WITH MUSTARD

=====

(Servings: 6)

Ingredients:

-----

- 1/2 cup Sugar
- 1/4 tsp Ground oregano
- 1/2 tsp Ground thyme
- 1 tsp Salt
- 1/2 tsp Pepper
- 1/8 tsp Cayenne pepper
- 1/2 tsp Cornstarch
- 1/2 cup Vinegar
- 1 cup Molasses
- 1 cup Ketchup
- 1 cup Prepared mustard
- 2 tblsp Oil

Instructions:

-----

Combine first seven ingredients in a small saucepan. Stir in enough vinegar to make a paste. Combine molasses, ketchup, mustard, oil and remaining vinegar; add to herb paste. Bring to a boil, stirring constantly. Reduce heat and simmer 10 minutes. Remove from heat; cool completely. Pour into a glass jar; cover tightly. Store refrigerated for up to 3 months. Baste over chicken, turkey, ham or hot dogs.

%%%

From: carrot@bear.stonemarche.org (Little red-headed girl)

BBQ SAUCE

=====

Ingredients:

-----

- 1 16 oz can of no-salt tomato sauce
- 1 4 oz can of sliced mushrooms (or a double handful of fresh)
- 2 tblsp honey
- generous amount of chopped garlic
- 1 tsp chili powder
- 1 tblsp basil
- 1 tblsp oregano
- at least a teaspoon of any other spice you like except black pepper  
(it clashes with the chili powder)

Instructions:

-----

Mix well and add to meat before you cook it. It also works really well

for baked chicken.

%%

From: mjdennis@brl.mil (Martha J. Dennison)

BBQ-SAUCE

=====

(Servings: 6)

Ingredients:

-----

- 1 cup Ketchup
- 1 6 oz can of tomato paste
- 1 1/2 cup Honey
- 1 1/2 tsp Olive oil
- 2 tsp Tabasco
- 1 tsp Cayenne pepper
- 1 tblsp Worcestershire sauce
- 1 tblsp Cocoa powder
- 1 tsp Juice of lemon
- 1/2 tblsp Soy Sauce
- 1/2 tsp Fresh black pepper
- 1 1/2 tblsp Curry powder
- 1 tblsp Paprika
- 2 cloves garlic crushed

Instructions:

-----

Stir everything together and simmer for 20 minutes.

%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

CITRUS BARBECUE SAUCE

=====

(Servings: 5)

Ingredients:

-----

- 1 Onion; Large, Finely Chopped
- 1 tblsp Ground Red Chiles
- 1/4 tsp Ground Red Pepper
- 1 Ancho Chile; seeded and finely chopped
- 1 tblsp Vegetable Oil
- 1 cup Orange Juice
- 1/2 cup Lime Juice
- 2 tblsp Sugar
- 2 tblsp Lemon Juice
- 1 tblsp Fresh Cilantro; Snipped

1 tsp Salt

Instructions:

-----

Cook onion, ground red chiles, red pepper and ancho chile in oil, stirring frequently, until onion is tender, about 5 minutes. Stir in remaining ingredients. Heat to boiling, reduce heat to low. Simmer uncovered, about 10 minutes, stirring occasionally. Makes about 2 1/3 cups of sauce.

%%

From: arielle@taronga.com (Stephanie da Silva)

DIPPING SAUCE FOR BBQ CHICKEN

=====

Ingredients:

-----

1/2 tsp dried chili flakes or cayenne  
2 cloves garlic, coarsely chopped  
1 tblsp brown sugar  
1/4 tsp salt  
1/2 cup chinese red rice vinegar  
a thinly sliced green onion  
1 tblsp coarsely chopped cilantro leaves

Instructions:

-----

Pound first 4 ingredients to a paste with mortar and pestle, then dissolve in vinegar. Alternatively, put it all in a blender and blend until smooth. Float the green onions and cilantro on top.

%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

Source: The Home Book of Barbecue Cooking. Fawcett Publications, 1963.

MY BARBEQUE SAUCE

=====

(Servings: 1)

Ingredients:

-----

1/2 cup Oil (Canola)  
1/3 cup Vinegar (Apple Cider)  
1/2 cup Ketchup  
1/2 cup Fruit juices  
1/4 cup Onion  
1 ea Hot pepper

1/4 tsp Oregano  
2 ea Garlic cloves

Instructions:

-----  
Combine all ingredients except oil in blender. Blend until smooth. Place blended ingredients and oil in saucepan. Boil for 7 to eight minutes.

%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

ORANGE BARBEQUE SAUCE

=====

(Servings: 12)

Ingredients:

-----  
6 oz Chili sauce  
1/4 c Orange juice  
1/4 c Soy sauce  
1/4 c Molasses  
2 tblsp Vinegar, chinese black  
2 tblsp Onion, grated  
1/2 tsp Ginger, grated  
2 tsp Sauce, hot pepper

Instructions:

-----  
Combine all ingredients in a large saucepan. Stir to blend then bring to a boil and let it cool. Makes about 1 1/4 cups. Will keep for a brief period if refrigerated. Serve with Barbequed Ribs, roast chicken or beef.

%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

Source: Sylvia's Soul Food--Recipes from Harlem's World Famous Restaurant  
Asbury Park Press 2/3/93 Shared By: Pat Stockett

SYLVIA'S WORLD-FAMOUS BARBEQUE SAUCE

=====

(Servings: 5)

Ingredients:

-----  
16 ounces Red Devil Hot Sauce  
2 1/2 tsp crushed red pepper flakes  
1 small onion, sliced



COLLECTION: Barbecue Sauces

- 1 small stalk celery, sliced
- 3 cups tomato puree
- 1 1/2 cups water
- 1 1/2 cups sugar
- 1 lemon, sliced

Instructions:

-----

Combine all the ingredients in a heavy pot and heat till just hot. Don't bring to a boil or the sauce will turn dark and become thin. Cool the sauce to room temperature, strain it and store it in a tightly covered jar in the refrigerator. Makes 5 cups.

%%%

[mara](#)

# Barbecue Sauce

From: RCOLE@aardvark.ucsf.edu (Renee Cole)

Date: 18 Mar 1995 05:09:36 -0700

This is my grandmother's recipe for barbecue sauce. I love it, which is why I have the recipe. I've never eaten anything close from a bottled variety. It's very hot and tangy, although the "hot" can be toned down according to taste.

## Barbecue Sauce

1 qt vinegar  
1 64 oz. bottle ketchup  
1 cup sugar  
2 Tbsp. lemon juice  
2 Tbsp. ground red pepper  
2 Tbsp. ground black pepper  
1 tsp salt

Place all the ingredients in a saucepan. Simmer on low heat until the sauce is as thick as you want it. 2 Tbsp. liquid smoke can also be added during the last 30 minutes or so if desired.

Renee Cole

[amyl](#)

# Bordelaise Sauce (good for steak)

From: athreston@copper.microlithics.com

Date: Wed, 22 Sep 1993 14:27:27 MDT

2 T butter  
1 shallot, minced  
1 clove garlic, minced  
1 slice onion  
2 slices carrot  
1 sprig parsley  
6 peppercorns  
1 clove  
1 bayleaf  
2 T flour  
1 C beef bouillon  
1/4 tsp salt  
1/8 tsp pepper  
1/3 C burgundy or other hearty red wine  
1 T chopped parsley

Saute ingredients 2 through 9 in the butter until the onion is golden. Remove from heat, add the flour and stir until smooth. Return to low heat, stirring constantly, until flour is lightly browned. Remove from heat, stir in the bouillon. Over medium heat, bring to boil, stirring constantly. Reduce heat, simmer 10 min, stir occasionally.

Strain sauce, discarding vegetables and herbs. Add salt, pepper, burgundy, chopped parsley. Reheat slowly over low heat prior to serving.

NOTES-This sauce can be made in advance-it keeps well for a few days. It's quite good with a beef fondue, or used as a base for a beef stew. For a stew, just saute some beef cubes, chopped onion, and mushrooms-add to the sauce, juice and all.

[amyl](#)

# Bourbon Sauce

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 1 Sep 1993 20:29:03 GMT

Of course you don't have to use bourbon. Substitute any liqueur you like. Or leave out the liquor and double the vanilla.

## Bourbon Sauce

1 1/2 cups milk  
1/3 cup sugar  
4 egg yolks  
2 tablespoons bourbon  
1 teaspoon vanilla extract

In a medium nonreactive saucepan, combine the milk and sugar. Bring to a boil over moderate heat.

Beat the egg yolks in a small bowl until liquified. When the milk boils, gradually whisk 1/3 of it into the yolks. Return the remaining milk to a boil over low heat and whisk in the yolk mixture. Cook, whisking constantly, until the sauce thickens, 1 to 1 1/2 minutes; do not let boil. Immediately remove from the heat.

Whisk the sauce constantly for 1 minute to cool. Strain through a fine sieve into a bowl and whisk for 30 seconds. Stir in the bourbon and the vanilla. Serve warm.

[amy](#)

# Cafe Pasqual's Green Chile Sauce

From: garhow@hpubmaa.esr.HP.COM (Garry Howard)

Date: 13 Oct 1993 12:58:33 GMT

Servings: 6

1 1/2 lb mild green New Mexico chiles  
    -roasted, peeled, seeded and  
    -chopped to measure 2 cups  
3/4 lb hot green New Mexico chiles  
    -roasted, peeled, seeded and  
    -chopped to measure 1 cup  
4 c water  
1/2 white onion  
    -medium diced  
2 ts dried Mexican oregano  
6 cloves garlic  
    -finely minced  
1 1/2 ts kosher salt  
2 Tb vegetable oil  
3 Tb all-purpose flour

From: Cafe Pasqual's Cookbook by Katherine Kagel - ISBN 0-8118-0293-0  
Cafe Pasqual's is a popular restaurant in Santa Fe, NM.

This is the sauce we use to dress omelots, huevos motulenos, huevos rancheros, enchiladas, and burritos. Called chile verde, it is the gravy of New Mexico. Gravies are the personal mark of a cook, so please feel free to make this recipe yours with your own additions or deletions.

Green chiles are available fresh, frozen, canned, or dried. If using fresh chiles for this recipe, which are preferred, make a special effort to obtain New Mexico green chiles rather than use the milder, ubiquitous Anaheim variety. If New Mexico green chiles are unavailable, substitute fresh poblano chiles. Poblano chiles are shiny, dark green, and have more of a bell pepper shape than the longer, pointed New Mexico and Anaheim varieties. Fresh chiles need to be roasted, peeled, stemmed, seeded, and chopped before using. Frozen chiles have already been prepared in this manner. If using canned chiles, the least preferable choice, rinse them thoroughly before using. Canned and frozen chile products are specifically labeled by the processor as to whether the chiles are hot, medium-hot, or mild. If using dried green chiles, soak in hot water to cover for 45 minutes to rehydrate them, then drain, seed, and chop.

Place all the ingredients, except the vegetable oil and flour, in a large saucepan over medium heat. Simmer, uncovered, until juice has thickened

and is opaque, 20 to 30 minutes. Stir occasionally, taking care the the chiles do not burn or stick to the bottom of the pan.

In a small bowl, whisk together the oil and flour until smooth and well blended, to form the base for a roux. Place in a saucepan over medium-high heat until hot and bubbling. Reduce the heat to low and whisk constantly until the roux is slightly brown and has a nutty flavor. Remove from the heat.

Add 1/2 cup of the green chile mixture to the roux and whisk thoroughly until smooth. Add the roux to the remaining chile mixture and cook over low heat until the sauce thickens and the "flour taste" disappears, about 15 minutes. Adjust to taste with salt.

Remove from the heat, let cool, cover and store in a nonreactive container in the refrigerator until needed. The sauce may be refrigerated for up to 4 days. Check it for sourness if held any longer. The sauce may be frozen for up to 2 months. To heat the sauce for serving, place it in a nonreactive pan over medium-low heat, stirring frequently to prevent scorching.

[amyl](#)

# COLLECTION: Chocolate Sauces

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 19 Aug 93 10:31:28 +0200

## Contents

- [Chocolate Almond Sauce \(Linda/BDT Burbank, Ca\)](#)
- [Chocolate-Orange Dessert Sauce \(Linda/BDT Burbank, Ca\)](#)
- [Chocolate Peppermint Sauce \(Linda/BDT Burbank, Ca\)](#)
- [Fabulous Hot Fudge Sauce \(Pamela L Karas\)](#)
- [Hot Fudge Sauce \(Linda/BDT Burbank, CA\)](#)
- [Hot Peanut Fudge Sauce \(Linda/BDT Burbank, Ca\)](#)
- [Milk Chocolate Mallow Fudge Sauce \(Linda/BDT Burbank, Ca\)](#)
- [Mint Fudge Sauce \(Linda/BDT Burbank, CA\)](#)

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From: liberty@liberty.com (Linda/BDT Burbank, Ca)

### CHOCOLATE ALMOND SAUCE

=====

(Makes About 1 Cup)

#### Ingredients:

-----

- 1 cup semi-sweet chocolate morsels (1/2 of a 12 oz pkg)
- 1/4 cup whipping cream
- 2 tblsp butter
- 1/8 tsp salt
- 1/4 cup almonds, toasted and coarsely chopped
- 2 tblsp almond flavored liqueur (amaretto)

#### Instructions:

-----

In a heavy-gauge saucepan over low heat, combine chocolate morsels, cream, butter and salt, stirring until smooth; remove from heat. Stir in almonds and liqueur; cool slightly.

Serve warm over ice cream. Refrigerate.

#### Reheating Sauce:

-----

Reheat sauce over low heat, stirring until smooth.

%%

From: liberty@liberty.com (Linda/BDT Burbank, Ca)

CHOCOLATE-ORANGE DESSERT SAUCE

=====

(Makes about 1-1/2 cups)

Ingredients:

-----

- 1 cup granulated sugar
- 1 can (5-1/2 oz) evaporated milk (not sweetened)
- 1 tblsp light corn syrup
- 2 squares (1 oz) unsweetened or semi-sweet chocolate (for sweeter sauce)
- 3 tblsp butter flavor crisco
- 1 tsp orange peel, finely grated
- 2 tsp orange-flavored liqueur or 1/2 tsp orange extract
- 1/4 tsp salt

Instructions:

-----

Combine sugar, evaporated milk and corn syrup in a 1-1/2- or 2-quart saucepan. Heat to a full boil over medium-high heat, stirring constantly. Boil for 1 minute, stirring constantly. Reduce heat to low; add chocolate and stir until smooth. Remove from heat. Blend in butter-flavored crisco, orange peel, liqueur and salt.

Serve warm over ice cream or cake.

%%

From: liberty@liberty.com (Linda/BDT Burbank, Ca)

CHOCOLATE PEPPERMINT SAUCE

=====

(Makes about 3 cups)

Ingredients:

-----

- 1/4 cup butter (1/2 stick)
- 2 squares (1 oz) unsweetened chocolate
- 1-1/3 cups granulated sugar
- 1/8 tsp salt
- 2/3 cup light cream or half-and-half
- 1/2 tsp vanilla



- 1/2 cup        whipping cream, whipped
- 1/2 cup        peppermint candy, coarsely chopped

Instructions:

-----

Melt butter and chocolate in a heavy saucepan over low heat, stirring occasionally. Remove from heat; stir in sugar and salt gradually, mixing until well combined. (Mixture will be thick and dry). Gradually stir in cream and vanilla. Return to heat. Cook over low heat until sugar is dissolved, about 5 minutes. Cool. Stir in whipped cream and candy.

Refrigerate; serve cold over ice cream.

%%%

From: karaspl@crdgw2.crd.ge.com (Pamela L Karas)

FABULOUS HOT FUDGE SAUCE

=====

Ingredients:

-----

- 3/4 cup    soft brown sugar
- 1/2 cup    unsweetened cocoa
- 1 tblsp    cornstarch
- 1/2 cup plus 3 tblsp boiling water
- 1 tsp        vanilla

Instructions:

-----

Place the first 3 ingredients into a 4 cup pyrex measuring cup (or tall sided microwave safe container). Whisk the dry ingredients together until thoroughly mixed and no trace of lumps exists.

Add 1/2 cup + 3 tablespoons boiling water to the dry ingredients and whisk until smooth.

Microwave on HIGH for 4 minutes or until quite thick ,stirring midway. Keep a careful watch on it.It should not overflow but it will boil up quite a lot.

Remove from microwave and stir in vanilla.Serve.

This sauce refrigerates to an even thicker consistency for use as a cold chocolate sauce or as a dip for sliced fruit and can be reheated to serve hot again.

Note:

-----

I recommend using a European-style (non-alkalized) cocoa (not Hershey type) because the flavor of the sauce is better but either will work.

BTW, Cocoa does contain a small amount of fat depending on quality and brand, it is not totally fat free.

%%%

From: liberty@liberty.com (Linda/BDT Burbank, CA)

HOT FUDGE SAUCE

=====

(Makes about 2 cups)

Ingredients:

-----

- 1 cup semi-sweet chocolate morsels (6 ozs)
- 4 squares (1 oz) semi-sweet chocolate
- 2 tblsp butter or margarine
- 1 can (14 oz) eagle brand sweetened condensed milk
- 2 tblsp water
- 1 tsp vanilla

Instructions:

-----

In a heavy saucepan, over medium heat, melt chips and margarine with sweetened condensed milk and water. Cook and stir constantly until thickened, about 5 minutes. Add vanilla.

Serve warm over ice cream or as a fruit dipping sauce. Refrigerate leftovers.

Reheating Sauce:

-----

In a small heavy saucepan, combine desired amount of sauce with a small amount of water. Over LOW heat, stir constantly combine all ingredients. Cook on 100 0678:1FAEower (HIGH) 3 to 3- 1/2 minutes, stirring after each minute. Proceed as above.

%%%

From: liberty@liberty.com (Linda/BDT Burbank, Ca)

HOT PEANUT FUDGE SAUCE

=====

(Makes about 2 cups)

Ingredients:

-----

- 1 pkg (6 oz) semi-sweet chocolate morsels
- 3/4 cup evaporated milk (not sweetened)
- 1/2 cup peanut butter
- 1/2 cup marshmallow creme
- 1/2 cup peanuts, chopped

Instructions:

-----

Melt chocolate in a double boiler or in a saucepan over very low heat. Add evaporated milk, peanut butter and marshmallow creme. Beat until thoroughly combined.

Ladle warm sauce over ice cream; garnish with peanuts.

%%%

From: liberty@liberty.com (Linda/BDT Burbank, Ca)

MILK CHOCOLATE MALLOW FUDGE SAUCE

=====

(Makes about 2-1/2 cups)

Ingredients:

-----

- 1 pkg (11-1/2 oz) milk chocolate morsels
- 2 cups miniature marshmallows
- 2/3 cup evaporated milk (not sweetened)
- 3 tblsp butter
- 1 tsp vanilla

Instructions:

-----

Combine in top of a double boiler over hot (not boiling) water, chocolate morsels, marshmallows, evaporated milk and butter. Stir until morsels and marshmallows are melted and mixture is smooth. Remove from heat; stir in vanilla.

Serve warm over ice cream. Over and store in refrigerator.

Reheating Sauce:

-----

Reheat sauce in top of a double boiler over hot (not boiling) water before using or microwave on high about 1 minute for each cup of sauce.

%%%

From: liberty@liberty.com (Linda/BDT Burbank, CA)

MINT FUDGE SAUCE

=====

(Makes about 2 cups)

Ingredients:

-----

- 1 cup semi-sweet chocolate chips
- 4 ozs chocolate coated mint cream patties, broken into pieces
- 1/2 cup evaporated milk (not sweetened)
- 1/2 cup light corn syrup
- 1 tblsp butter

Instructions:

-----

In a medium saucepan, combine chocolate chips, mint patties, evaporated milk and corn syrup. Cook over medium-low heat, stirring constantly, until all ingredients are melted. Remove from heat. Stir in butter until melted.

Store covered in refrigerator.

Reheat sauce over LOW heat stirring constantly.

Serve over ice cream.

%%%

[mara](#)

# Fra Diavolo Sauce

From: wilkins@scubed.com

Date: Tue, 21 Sep 93 08:26:44 PDT

From Sallie Y Williams' \_Complete Book of Sauces\_:

Fra Diavolo (makes about 2 C)

In a large, heavy saucepan over medium heat, heat:  
1/3 C olive oil.

Add:  
1/2 large green bell pepper, seeded and chopped  
2 cloves garlic, minced  
1/2 small onion, minced.  
Saute until transparent, about 5-8 minutes.

Lower heat.

Stir in:  
2 Tbl chopped fresh parsley.  
Simmer 1 minute.

Reduce heat to very low.

Add:  
4 large, ripe tomatoes, peeled, seeded and chopped  
3 Tbl tomato paste  
1/4 tsp (or more, to taste) crushed red pepper  
salt to taste.

Simmer over very low heat for 45 minutes, stirring occasionally.

Traditionally served with fresh lobster added just before pouring over linguine.

Also good with shrimp, clams, grilled fish, and any pasta.

[amyl](#)

# COLLECTION: Honey-Tint Sauce

From: sharon@comlab.oxford.ac.uk (Sharon Curtis)

Date: Mon, 25 Oct 1993 12:03:19 GMT

## HONEY-TINT SAUCE

### Ingredients:

- 1 small onion, finely chopped
- 1 tablespoon oil
- 1 tablespoon clear honey
- 3 tablespoons tomato ketchup
- 2 tablespoons soy sauce
- 1 teaspoon smooth French mustard

### Method:

Mix all the ingredients together. Do not use a metal container (as the acidic juices will react with the metal); use a glass or plastic container instead.

If left for a while the sauce will separate. No worries, just stir it to mix it in properly again.

This can be used in many many ways. Here are three:

#### 1) As a dip:

Depending on how much dip you want, you may need to double or triple the quantities. Make sure you chop the onion finely.

#### 2) As a marinate for chicken:

## MARINATED CHICKEN PIECES

### Ingredients:

- 8 chicken wings / 4 chicken thighs (take the skin off if you like)
- 1 quantity of honey-tint sauce

Method:

Make up sauce (in a glass or plastic container) and put the chicken pieces in it and make sure thoroughly coated with the marinade. Leave to marinate for either 1 1/2 hours in the fridge, or for 45 minutes at room temperature. (I often leave it to marinate for several hours in the fridge sometimes if my time schedule prefers it, and it still works out fine).

Preheat the oven to 180 degrees C

Again make sure the chicken pieces are thoroughly coated in the marinade and put the pieces on a wire rack above a roasting pan (just something to catch the drips really). Cook for 45 mins, and during that time take the tray out of the oven a couple of times to baste the chicken pieces with remaining marinade.

Enjoy!!

(Can serve with a green salad if you like, or garnished with chopped spring onions)

Serves: 2 (this recipe is so delicious that you usually want two pieces of chicken)

3) As a sauce for a stir-fry:

STIR-FRY with HONEY-TINT SAUCE

Ingredients:

- diced meat (either fresh or defrosted, uncooked)  
(could use turkey, chicken, pork, whatever you like)
- selection of vegetables (either fresh or frozen)  
(could use sweetcorn, peppers, mushrooms, beansprouts, bamboo strips, anything that takes your fancy)
- 1 large onion, coarsely chopped
- 2 tablespoons oil
- 2 tablespoons clear honey
- 6 tablespoons tomato ketchup
- 4 tablespoons soy sauce
- 2 teaspoons smooth French mustard
- extra ketchup, soy sauce and cornflour to thicken
- rice, to serve (follow instructions on the rice packet)

Method:

Start the rice going so that you can have rice with it. Having diced the meat, chop up the onion and the vegetables into

bite-sized pieces. Mix together the honey, ketchup, soy sauce and mustard in a non-metal container.

Now heat the oil in a wok. When hot, add the meat. Keep tossing and turning the meat (Chinese cooking chopsticks and a wooden spatula are very useful for this) until cooked. Next add the onions and keep tossing and turning and then add the vegetables. Keep tossing and turning until the vegetables are cooked (this will take a bit longer if you used some frozen vegetables), and then add the sauce. Keep stirring.

The final step is to get the sauce to the consistency that you want. It may be at the right consistency already, or particularly if you have added frozen veg, then it might be a bit too thin and watery. In this case repeat the cornflour step until you have the right consistency (probably only need to do it once)

Cornflour step: In the bowl you used for mixing the sauce, put a tablespoon of ketchup, a dash of soy sauce and a rounded tablespoon of cornflour. Blend together to form a smooth paste. Add to mixture in wok and stir well, heating until it thickens (it thickens at boiling point)

Serve hot with the rice.

This stir-fry freezes well (not with the rice).

Serves: 4 (well, the quantities of sauce/onion I have given for 4. It is up to you what proportions/weight of veg and meat you use, and whether you like lots of sauce or not too much sauce. Go by visual quantity to see whether you've got the right amount of ingredients.)

[amyl](#)



# Hot Sauce

From: Tom Kreitzberg tak@tazboy.Jpl.Nasa.Gov

Date: 30 Jul 1993 15:57:44 GMT

## Periperi

- 1 cup olive oil
- 1 cup whiskey
- 1 handful of very hot, dried peppers

Combine the ingredients, let stand for a month or two. Use liberally on everything.

[mara](#)

# Killer Cranberry Sauce

From: noon@lamont.lidgo.columbia.edu (maureen noonan)

Date: Fri, 29 Oct 1993 19:43:22 GMT

This is the best cranberry sauce I have ever had...

1-1/2 C sugar  
1 navel orange  
1/2 t grated ginger  
4 C cranberries  
1/2 C (2 oz.) toasted pecans

Grate the orange peel and add to a pot with the sugar and ginger.  
Add the juice from the orange into the pot and simmer over  
medium heat until the sugar is dissolved.  
Add cranberries and cook until they pop - about 5 minutes.  
Add pecans and cool sauce.

[amyl](#)

# NPR'S Mama Stamburg's Cranberry Sauce

From: **Boutwell**

Date: Fri, 19 Nov 1993 16:34:30 -0600 (CST)

The beloved radio commentator gave her traditional Thanksgiving recipe today - I woke up to it just in time to write it down this year! Some of the Norman Rockwell preciousness flew out of it when her mother conceded that this is originally Craig Clairborne's tome! Anyway...

2 C. raw cranberries  
1 small onion, chopped  
1/2 C. sugar  
3/4 C. sour cream  
2 TBS horseradish sauce

Grind together the cranberries and onion. Add the remaining ingredients and mix. Freeze this solid, but a few hours before serving remove from freezer and place in the fridge. Makes about 1 pint.

[amyl](#)

# Plum Sauce

From: [larry.moore@hillside.com](mailto:larry.moore@hillside.com) (Larry Moore)

Date: Thu, 18 Nov 1993 12:40:00 -0500

Last July 27th, kookaburra.Jpl.Nasa.Gov!eer (Elizabeth Roettger) sent me this recipe.

2 heaping spoonfuls plum jam (about 1/4 cup, I think)  
1-2 Tbsp soy sauce  
1/2 tsp hot chili oil  
1 tsp sesame oil  
1/4 tsp freshly grated ginger  
(1 tsp rice vinegar or sherry)

The plum jam I used was very sweet (compared to the stuff I used to get), so I added more soy sauce and some rice vinegar to cut the sugar. The soy and chili oil are the most important additions.

If the result is too thin, mix (maybe a teaspoon) cornstarch with enough water to make a paste, add that, and then cook the mixture till it bubbles a little. It should thicken upon cooling. (The plum jam will thin out when heated, so it ends up thinner when warm than before you added the cornstarch. Fear not.) You can make it all ahead of time and store in the refrigerator, so there's time to make adjustments.

I was wrong about needing the microwave - now that I think about it, I used a pot on the stove when needed. I didn't need it for the stuff I made last night, but if you're using it on moo shoo or something, make sure it's thick so it doesn't leak out. Good luck! -Elizabeth

[amyl](#)

# COLLECTION: Salsas (1)

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 11 Aug 1993 22:17:51 GMT

From Sunset Mexican Cookbook

## Cilantro-Lime Salsa

1 small onion, finely chopped  
1 cup chopped fresh cilantro (coriander)  
1/2 cup each chopped parsley and salad oil  
6 tablespoons lime juice  
3 tablespoons distilled white vinegar  
2 cloves garlic, minced  
1 jalapeno or other small hot chile, stemmed, seeded and minced

Mix onion, cilantro, parsley, oil, lime juice, vinegar, garlic, and chile in a nonmetallic bowl. Makes 2 1/2 cups.

## Red Chile Puree

About 9 (3 oz) dried New Mexico or California chiles  
2 cups water  
1 small onion, cut into chunks  
2 cloves garlic

Arrange chiles on a large baking sheet and cook in a 300 oven until chiles smell toasted (about 4 minutes). Let cool slightly. Discard stems and seeds.

In a 3 to 4 quart pan, combine chiles, water, onion and garlic; cover and bring to a boil over high heat. Reduce heat, cover and simmer until chiles are very soft (about 30 minutes). Remove from heat and let cool slightly.

In a blender or food processor, whirl chile mixture until smooth. Rub puree through a fine strainer and discard residue. Makes about 2 cups.

## Salsa Fresca

2 cloves garlic  
1/2 medium-size onion, quartered  
1 or 2 jalapeno or other small hot chiles, stemmed and seeded  
1 pound firm ripe tomatoes, seeded and coarsely chopped

2 tablespoons salad oil  
juice of 1 lime  
salt and pepper (optional)

Using a sharp knife, mince garlic, onion and chiles. Finely chop cilantro and dice tomatoes. Combine in a nonmetallic bowl; then add oil and lime juice. Season to taste with salt and pepper, if deseired.

You can make this in a food processor, for a moister (less chunky) texture.

### Smoky Roasted Salsa

3 cloves garlic, peeled  
1 medium-size onion, quartered  
3 large tomatoes  
1 canned chopotle chile in adobo sauce  
1/4 cup lime juice  
2 tablespoons salad oil  
1/4 cup packed fresh cilantr leaves

Place a 10 to 12 inch uncoated frying pan over high heat. Add garlic, onion, and tomatoes. Cook, turning often with tongs, until charred on all sides (about 10 minutes). Remove from pan and let cool. Cut tomatoes in half crosswise and discard seeds.

In a blender or food processor, combine vegetables, chipotle, lime juice, oil and cilantro; whirl to desired consistency. Makes 3 cups.

### Mild Chile Sauce

3 1/2 pounds tomatoes, cored and quartered  
2 Anaheim chiles, stemmed and seeded  
1 large onoin, quartered  
1 clove garlic  
3/4 cup sugar  
1 tablespoon salt  
1 1/2 cups cider vinegar  
3/4 teaspoon each ground cinnamon and cloves  
1/2 teaspoon ground ginger

In a large blender or food processor, whirl tomatoes, chiles, onion, and garlic in batches until pureed. Pour into a 4-quart pan and stir in sugar, salt, vinegar, cinnamon, cloves and ginger.

Cook over low heat, stirring often, until thickened and reduced to 1 quart (about 1 1/2 hours). Let cool. Makes 1 quart.

## Tomatillo Salsa

1 1/4 pounds tomatillos, husks removed  
1/3 cup chopped fresh cilantro  
1 jalapeno, serrano or ohte rsmall hot chile, stemmed  
3/4 cup chicken broth  
1/3 cup lime juice  
salt (optional)

Rinse tomatillos; arrange in a single layer on a baking sheet and roast in a 500 oven until slightly singed (about 15 minutes). Let cool. In a blender or food processor, whirl tomatillos with cilantro and chile. Stir in broth and lime juice; season to taste with salt, if desired. Makes 3 cups.

## Tropical Fruit Salsa

1 firm-ripe mango, peeled and diced  
1 cup each diced fresh pineapple and diced honeydew  
1/2 cup diced red bell pepper  
1/3 cup seasoned rice wine vinegar  
2 tablespoons minced fresh cilantro  
1/2 teaspoon crushed red pepper flakes

In a bowl, mix mango, pineapple, honeydew, bell pepper, vinegar, cilantro, and red pepper flakes. Makes 3 1/2 cups.

[mara](#)

# COLLECTION: Salsas (3)

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:21 +0200

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- [Some Notes On Peppers In Mexican Salsa \(Lynn Johnson\)](#)
- [Apricot Salsa \(kenf@advtech.uswest.com\)](#)
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- [Classic Salsa \(Laura Ann Wallace\)](#)
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- [Tropical Fruit Salsa \(Stephanie da Silva\)](#)
- [White Salsa Dip \(Elisabeth\)](#)

%%%

From: lynn@engineering.ucsb.edu (Lynn Johnson)

SOME NOTES ON PEPPERS IN MEXICAN SALSA  
=====

Chili:  
-----

The original Nahautl word for sweet green peppers was chilli. The Spaniards changed the spelling to chile, and in turn the English and Americans used chili. Although chili was once limited to green pepper, it is now used as a generic title for all peppers, etc. In Mexico, there is endless variety ranging through all degrees of hotness from the sweet chili ancho to the small hot brown chili piquin. Many varieties are canned. Where these are not available, various peppers found in the U.S.A. may be substituted, such as small red Italian peppers; or chili powder, to taste, with a dash of Tabasco sauce for zest.

For chili ancho -- use bell or green peppers

chili poblano -- use bell or green peppers

chili pasilla - use green peppers dried in the sun

chili serrano - use any variety small red or green hot pepper

chili jalapeno -- use any variety small red or green hot pepper

chile verde - use canned green chili peppers (like Ortega brand)

chili mulato - use any hot pepper

Also, tortilla chips can be made at home. An alternative to chips for your salsa-- serve rounds of a good, soft french bread, or sourdough bread, lavishly spread with sour cream and heaped with salsa. Yum!

Making your own tortilla chips:  
-----

Cut corn tortillas into pie shaped wedges and fry till they seem crispy, but NOT BROWN, in hot peanut oil in a deep fat fryer or fry pan, a few at a time. Drain on paper towels, lightly sprinkle with salt and place in very low heat oven to keep warm and dry out.

I tried this with a variety of tortillas, whole wheat, flour, blue corn, and got good results and compliments.

Back in the time when I was not so concerned with animal fats in my diet, I used to fry them in bacon fat. They are delicious this way too.

All of these salsa recipes taste better if prepared at least hour ahead of time and refrigerated.

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From: kenf@advtech.uswest.com

APRICOT SALSA  
=====

Ingredients:  
-----

- 1/2 red bell pepper, roasted and chopped (see below)
- olive oil
- 1 small onion, chopped
- 1 small tomato, or 2 small roma tomatoes, chopped
- 1 jalapeno pepper, minced finely
- 2 apricots, chopped
- 2 tblsp dark rum
- apple cider

Instructions:  
-----

Cut a red bell pepper in half, remove seeds, and roast half of it (brush with olive oil and put under broiler very close to heat until blackened, about 5 minutes). Chop.

Saute onion in about a tablespoon of olive oil until translucent. Add tomato and jalapeno and saute about another 5 minutes, until tomato is cooked. Add cider to cover and apricots and boil down until cider is almost all boiled off. Chopped roasted bell pepper and stir. Add dark rum and flambe. (light and swirl until it goes out). Serve hot over grilled shark, swordfish, shrimp, or marlin.

%%%

From: megatest!sfisher@uu2.psi.com (Scott Fisher)

CHIPOTLE SAUCE  
=====

If you have dried chipotles, simply tear them and add them to the chiles

when you pour the boiling water over them. If you are using canned chipotles such as chipotles en adobo (a tomato-based sauce that adds a faint sweetness; great for grilling!), just roughly chop the chipotles before adding them to the blender.

This is also a \*great\* marinade for strong-flavored fish; in fact, Kim called a few minutes ago to tell me she's making grilled shark coated with salsa roja. We've also made something like this with chipotles, adding olive oil, lime juice and cilantro to make it a kind of vinaigrette, and slathered it on salmon that we then broiled. That was terrific.

By the way, I use salsa roja as a dip for tortilla chips, as a condiment for eggs, as a taco sauce, and as the basis for my current favorite chile colorado. That's a real simple recipe:

Make 1 or 2 recipes of salsa roja, above.

Marinate 1 to 2 pounds of beef (or if you can get it, buffalo meat) in the chile sauce, letting it stand overnight.

The next evening, pour the meat and the sauce into a large saucepan (unless you were clever enough to marinate them in the saucepan, in which case you don't have to wash an extra dish and you can just shove the whole thing onto the stove). Bring the meat and sauce to a boil, then reduce the temperature to a simmer. Cook covered for 20 minutes, then remove the cover and cook to reduce and thicken the sauce, about 30 minutes longer. Serve with fresh tortillas, frijoles negros and platanos fritos.

%%%

From: arielle@taronga.com (Stephanie da Silva)

Source: Sunset Mexican Cookbook

CILANTRO-LIME SALSA

=====

Ingredients:

-----

- 1 small onion, finely chopped
- 1 cup chopped fresh cilantro (coriander)
- 1/2 cup each chopped parsley and salad oil
- 6 tblsp lime juice
- 3 tblsp distilled white vinegar
- 2 cloves garlic, minced
- 1 jalapeno or other small hot chile, stemmed, seeded and minced

Instructions:

-----

Mix onion, cilantro, parsley, oil, lime juice, vinegar, garlic, and chile in a nonmetallic bowl. Makes 2 1/2 cups.

%%%

From: walllau@karl.acc.iit.edu (Laura Ann Wallace)

Source: the Houston Chronicle (Universal Press Syndicate)

CLASSIC SALSA

=====

This classic salsa starts with fresh tomatoes, but canned tomatoes can be substituted. Tasting as you go is a must, since the heat of jalapenos varies.

Ingredients:

-----

- 3 or 4 ripe tomatoes, cored
- 6 to 10 fresh jalapenos
- 1/2 tsp chopped garlic, or to taste
- salt and freshly ground black pepper, to taste

Instructions:

-----

With a paring knife, cut a small "X" in the bottom of each tomato. Place tomatoes in a large pot of boiling water 10 seconds to loosen skins. Peel and place tomatoes in blender container. Add unseeded jalapenos, garlic, salt, and pepper. Blend to desired consistency. Makes about 3 cups.

%%%

From: jongleur@aol.com

FRESH SALSA (CHILE)

=====

If you can use a molcajete, do, otherwise use a blender for waterier salsa.

Ingredients:

-----

- 1-3 serrano peppers
- 3-4 tomatillos
- 2-4 cloves garlic
- 3-5 tomatoes, fresh or canned.

1/2 cup cilantro  
salt  
juice from one lime or lemon

Instructions:  
-----

Toast peppers (put them on a hot skillet, turning them as they blister, until they are evenly blistered). Remove papery outer skin of tomatillos and simmer until they turn from green to yellowish olive green (about 5 minutes).

Mash or blend garlic cloves. Add the peppers and the tomatillos. Add tomatoes. Add cilantro. Add salt and lime or lemon juice to taste.

Variations: add 1/2 onion. Use a blend of hot peppers (jalapanos, thai). If you remove the seeds after toasting the peppers, they won't be as hot. In general, the smaller the chile, the hotter it is.

%%%

From: tobis@skool.ssec.wisc.edu (Michael Tobis)

Source: Healthy Fiesta by Jacqueline Higuera McMahan (Olive Press, (heh) POB 194, Lake Hughes CA 93532) (1990)

JACQUIE'S EVERYDAY SALSA  
=====

Ingredients:  
-----

4 oz tomatillos  
2 lb tomatoes  
1 cup chopped onion  
1/2 cup chopped green onions  
1 tblsp minced garlic  
1/2 cup canned green chiles  
1/2 cup jalapen~o chiles, some seeds removed  
2 tsp ground red chile  
1/2 tsp ground cumin  
1/2 tsp salt  
1/2 cup minced cilantro  
3 tblsp white wine vinegar

Instructions:  
-----

1. Soak tomatillos in warm water and remove dry husks. Dip tomatoes in boiling water for 30 sec. or hold over a gas flame and char. Remove skins and squeeze out seeds. (I ignored this and just opened a large can of stewed tomatoes.)

2. ROUGHLY puree everything.

3. Simmer in an open 2 quart saucepan for 5 minutes to blend flavors and help preserve the salsa. Salsa keeps well. If you want salsa even hotter, just add more jalapenos or keep more seeds. (I didn't have jalapenos, so just added some cayenne and some tabasco to taste. I also found that about a tablespoon of lime juice was nice.)

Obviously not a gourmet recipe. But it turned out very nice, and solves the problem of what to do with the other 90% of the cilantro I buy every week or two.

%%

From: walllau@karl.acc.iit.edu (Laura Ann Wallace)

Source: \_Houston Gourmet Cooks 2\_ by Ann Criswell (Houston Gourmet, 1988) [Ann Criswell is the Chronicle's food editor.] This recipe originated with Peter Rosenberg, chef/owner of Delicatexas Food Creations Catering. It was one of the salsas served with a seared snapper dish, but can be used on its own as a dip or salsa. The jicama gives it a fresh crunch.

JICAMA TOMATILLO SALSA

=====

Ingredients:

-----

- 1 medium jicama, peeled and diced (about 3/4 cup)
- 2 pounds tomatillos (Mexican green tomatoes with a papery husk), seeded and diced (about 1 cup)
- 3 jalapenos, seeded and finely diced
- 1 tsp chopped cilantro
- 1 tsp garlic (2 cloves, chopped)
- 1 tsp shallots (1 to 2 shallots), chopped
- juice each of 1 lemon and 1 lime
- salt and freshly ground black pepper to taste
- 2 ounces peanut oil
- jalapeno vinegar to taste (see note)

Instructions:

-----

Prepare jicama; it can be diced finely or coarsely as desired -- 1/2 inch dice is typical. Place in a large mixing bowl. To prepare tomatillos, cut ends off, remove insides and dice skins. Add to jicama in mixing bowl. Add jalapeno, cilantro, garlic, and shallots. Mix all ingredients and adjust seasoning with lemon and lime juice, salt and pepper. Add peanut oil and toss to coat mixture. Correct spiciness and

heat by adding jalapeno vinegar.

Note:

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To make jalapeno vinegar, drop scraps and trimmings from 3 jalapenos into 1 cup white vinegar in a non-aluminum pan, bring to a boil, let cool and strain. Let sit until completely cool. Store in refrigerator.

%%%

From: lynn@engineering.ucsb.edu (Lynn Johnson)

JUEVOS RANCHEROS WITH RED SALSA

=====

Cover the bottom of a frying pan with salsa.

Spread a corn tortilla with refried beans and place on top of salsa, making a little well in the center. Sprinkle a couple of tblsp of grated Jack cheese on top. Break an egg in the well of beans. Gently pour some more salsa on top to cover the egg and beans. Sprinkle top with more cheese. Cover pan and simmer slowly for a few minutes until your egg is done the way you like it. Salt and pepper to taste. Slip onto a plate. Top with some chopped green onion tops and a little fresh cilanto, if you have it.

%%%

From: aperrin1@cc.swarthmore.edu (Andy Perrin)

MANGO-TOMATILLO SALSA - (c) 1993 Andy Perrin

=====

Ingredients:

-----

- 3 ripe mangoes
- 6 large cloves garlic
- 4 large ancho chilies (adjust to taste; you can use commercial chili powder if you must)
- 15 tomatillos (mexican green, tomato-type vegetables; you can mix or substitute plum tomatoes if necessary; i actually used half and half)
- 1 large white onion
- 2 limes
- 1 bunch fresh cilantro (or parsley)
- vinegar

Instructions:

-----

Roast the Ancho Chilies and the garlic in an oven. Remove the chilies when they are puffed out, and the garlic when it is soft and warm.

Dice the mangoes, tomatillos, tomatoes, and onion and mix them in a large bowl. Add a small amount of vinegar (about 1 tablespoon) and the juice of the two limes.

Puree or smash the cloves of roasted garlic and add them to the mixture.

Crumble the Chilies into the mixture. If you like it hotter, leave the seeds in; if not, take them out.

Wash and add the cilantro and any extra chili powder to taste.

Mix the salsa until it's well-combined. Put it in the refrigerator and let it sit a few hours before serving.

%%%

From: lytton@hobie.mlb.semi.harris.com (Jody Lytton)

MAX LIPPITT SALSA  
=====

Ingredients:  
-----

- 3 16oz cans of whole peeled Tomatoes
- 1 small can of green chilies (optional)
- 2 yellow or white onions (chopped)
- OR 1 bunch green onions and 1 yellow or white onion (chopped)
- 3, 6, or 9 jalopenos for mild, medium or hot
- 1 tblsp Oregano
- 1 tblsp Garlic Powder
- 1 Tsp red pepper
- 1 Tsp crushed red pepper

Instructions:  
-----

Put tomatoes, yellow/white onions and jalopenos in food processor and pulse quick just to chop up coarsely OR break up tomatoes by hand and finely chop, with knife, the yellow/white onions and jalopenos.

Chop green onions and green chilies by hand and add to tomatoes.

Add spices to taste.

You can add a little of the jalopeno vinegar to Salsa if it will not be eaten that day, for preservative.



%%

From: walllau@karl.acc.iit.edu (Laura Ann Wallace)

Source: Houston Chronicle

MESA VERDE (GREEN SAUCE)

=====

Fresh green chilies make the best salsa, and frozen ones are sometimes available in supermarkets. If you can't find either, substitute canned Ortega Fire-Roasted green chilies.

Ingredients:

-----

- 1 pound fresh green chilies, diced
- 3 tblsp olive oil
- 1/3 cup diced onion
- 1 tblsp salt
- 1 tsp granulated garlic
- 1 tsp dried leaf oregano
- 2 cups water
- 3 tblsp flour blended with 2 tbsp vegetable oil

Instructions:

-----

To prepare fresh green chilies, roast on a barbecue grill, then peel the skins under running water or by rubbing with a wet towel. Remove stem and seeds before dicing. Place chilies in a food processor fitted with the metal blade and process to puree; set aside.

Place olive oil in a skillet over medium-high heat; add onion and saute until translucent. Add salt and spices and reduce heat to medium. Add the green chili puree, then water. Bring to a slow boil, stirring occasionally.

Add the flour/oil mixture gradually, stirring constantly, until mixture thickens (you may not need to add all of it, depending on the amount of juice in the chilies). Simmer 2 minutes, stirring continually to avoid sticking. Transfer to a covered container and refrigerate. Sever chilled. Makes 1 quart.

%%

From: arielle@taronga.com (Stephanie da Silva)

MILD CHILE SAUCE

=====

Ingredients:

-----

- 3 1/2 lb tomatoes, cored and quartered
- 2 Anaheim chiles, stemmed and seeded
- 1 large onion, quartered
- 1 clove garlic
- 3/4 cup sugar
- 1 tblsp salt
- 1 1/2 cups cider vinegar
- 3/4 tsp each ground cinnamon and cloves
- 1/2 tsp ground ginger

Instructions:

-----

In a large blender or food processor, whirl tomatoes, chiles, onion, and garlic in batches until pureed. Pour into a 4-quart pan and stir in sugar, salt, vinegar, cinnamon, cloves and ginger.

Cook over low heat, stirring often, until thickened and reduced to 1 quart (about 1 1/2 hours). Let cool. Makes 1 quart.

%%

From: lromero@nyx.cs.du.edu (Lorance Romero)

MY GRANDMA'S SALSA

=====

Ingredients:

-----

- 4 16oz cans of Diced Tomatoes (sp?) Fresh are better
- 1/4 cup of cooking oil (we use canola, not grandma's)
- lots of garlic (figure out your own taste - grandma always used too much)
- ca. 4 medium onions (yellow are best, to taste)
- 1 bunch of celantro - fresh is best, including stems
- 1/2 tsp of salt
- 6 freshly roasted anehiem (sp?) peppers - diced

Instructions:

-----

I get a big bowl throw it all together take half of it and put about 6 more chilies in another bowl (this makes this portion hotter) :-). Now I have some hot and some medium. I put it in freezer containers freeze it and it lasts for a while.

The real key to this receipt is the chilies. If you can roast them just before, peel them and then put them in the salsa they taste better. one other thing I usually let the salsa sit around for about a half day to let it ferment. I know grandma would be proud.

%%%

From: arielle@taronga.com (Stephanie da Silva)

PINEAPPLE SALSA  
=====

Ingredients:  
-----

- 1/2 medium pineapple, peeled, cored and cut into 1/2 inch dice, juices reserved
- 1 small red bell pepper, cut into 1/2 inch dice
- 3 medium green onions, minced
- 1 serrano chili, seeded and minced
- 1 1/2-inch piece fresh ginger, peeled and minced
- 1 tblsp fresh lime juice
- 1/8 tsp salt

Instructions:  
-----

Mix all ingredients including reserved pineapple juices in medium bowl. Cover and let stand at least 1 hour at room temperature.

%%%

From: walllau@karl.acc.iit.edu (Laura Ann Wallace)

Source: Houston Chronicle

QUEMADA SALSA  
=====

(Makes about 3 cups)

"Quemada" literally means "burnt" -- and that is what is done to the tomatoes and green onions, giving the salsa a smoky flavor and rich color.

Ingredients:  
-----

- 1 pound tomatoes, cored
- 1 bunch green onions, trimmed and washed
- 1/2 bunch fresh cilantro
- 1 tblsp vegetable oil
- 3 serrano peppers, stemmed
- 1 tblsp garlic puree
- 1 tblsp lime juice
- 1 tsp salt
- 1/2 tsp freshly ground white pepper

1/2 tsp ground oregano  
1 cup water

Instructions:

-----

Place tomatoes and green onions on a hot mesquite grill (over hot coals, not flames). Pile the cilantro on top, so that it does not touch the grill. Grill the vegetables 10 to 15 minutes, or until the peppers are soft.

Place the vegetable oil in a saute pan over medium-high heat. Add the serranos and saute until the peppers are soft.

Place the serranos, tomatoes, onion, and cilantro in a food processor fitted with the metal blade. Process until coarsely ground. Remove tomato mixture to mixing bowl and stir until ingredients are evenly distributed. In a separate bowl, mix garlic, lime juice, salt, white pepper, oregano, and water until well-blended. Add garlic mixture to ground vegetables and mix thoroughly.

%%%

From: arielle@taronga.com (Stephanie da Silva)

RED CHILE PUREE

=====

Ingredients:

-----

About 9 (3 oz) dried New Mexico or California chiles  
2 cups water  
1 small onion, cut into chunks  
2 cloves garlic

Instructions:

-----

Arrange chiles on a large baking sheet and cook in a 300 oven until chiles smell toasted (about 4 minutes). Let cool slightly. Discard stems and seeds.

In a 3 to 4 quart pan, combine chiles, water, onion and garlic; cover and bring to a boil over high heat. Reduce heat, cover and simmer until chiles are very soft (about 30 minutes). Remove from heat and let cool slightly.

In a blender or food processor, whirl chile mixture until smooth. Rub puree through a fine strainer and discard residue. Makes about 2 cups.

%%%

From: garhow@hpubmaa.esr.HP.COM (Garry Howard)

SALSA  
=====

This is a recipe for salsa that is very different. I got it from a friend in New Mexico. I don't usually measure ingredients when I make it so use your own judgement.

Take 1 can whole tomatoes and extract the juice into a food processor. I open the can, pour out the juice and then squeeze the tomatoes with my fingers to extract more. Add about 1/4 of a small onion, 2 - 3 cloves of fresh garlic, 2 - 3 canned jalapenos (or more to taste), and 1 tsp of honey to the food processor. Process until smooth. Add the tomatoes and just hit the button on the food processor a couple of times to chop the tomatoes. DO NOT process them. The salsa has a slightly sweet flavor due to the honey combined with the hotness of the jalapenos gives it a unique taste.

%%%

From: v932514@vms.ucc.okstate.edu

Source: Back of Rotel Cans

SALSA  
=====

Ingredients:

- 
- 1 Can Rotel Diced Tomatoes and Chiles
- 1 Large Tomato
- 2 Green Onions
- 1/2 Lime (its juice!)
- 1 Garlic Clove
- 1 tsp salt

Instructions:

-----  
Basically, just cut/dice everything up very well and mix together, put it in the fridge a while to get the flavor throughout. (You better make a double at least!!! It's really addictive)!

%%%

From: lynn@engineering.ucsb.edu (Lynn Johnson)

SALSA CAMPECHANA

=====

(Campeche-Style Sauce)

Ingredients:

-----

- 1 cup       parsley, chopped very fine
- 6 cloves   garlic, broiled and chopped fine
- 1/2 tsp     pepper
- 2 tblsp    vinegar
- 1           large onion, chopped fine
- 1/2 cup     olive oil
- 1 tblsp    butter
- 1           sweet pepper, seeded and chopped very fine.

Instructions:

-----

Allow parsley to stand in one-fourth cup of water for 2 hours, or until very soft and drain. Add garlic, pepper and vinegar. Fry onion in hot olive oil until transparent. Add parsley and simmer for ten minutes. Add butter remove from fire when melted and add sweet pepper. serve with cooked fish or cold meats. Yield 6 servings.

%%%

From: lynn@engineering.ucsb.edu (Lynn Johnson)

SALSA CRUDA

=====

(Raw Tomato Sauce)

Ingredients:

-----

- 3-4         tomatoes, chopped, with skins
- 1-2         green onions, chopped, green tops too
- 1/4 cup     chopped white or yellow onion
- 1-2         jalapeno peppers if you like it hot
- 1-2         anahiem or other type of long green pepper
- 1 tblsp     olive oil
- splash     tabasco sauce
- 1 tblsp     lemon juice
- 2-3 tblsp   fresh cilantro leaves
- salt and pepper to taste

%%%

From: lynn@engineering.ucsb.edu (Lynn Johnson)

SALSA DE JITOMATE Y QUESO

=====

(Tomato And Cheese Sauce)

Ingredients:

-----

- 2 large tomatoes
- 4 small green chiles
- 2 tblsp fat
- 3-oz. cream cheese, sliced

Instructions:

-----

Heat tomatoes in water to cover and drain. Peel and grind with chiles. Add fat and cheese and the water in which the tomatoes were cooked. Simmer for three or four minutes. Yield 6 servings.

%%%

From: lynn@engineering.ucsb.edu (Lynn Johnson)

SALSA ESCABECHE PARA CARNE

=====

(Pickled Sauce for Meats)

Ingredients:

-----

- 4 dried chilies
- 1 clove garlic
- 1/4 tsp cumin
- 1/2 cup vinegar
- 1 tsp salt, or less
- 1 bay leaf
- 1/4 tsp thyme
- 1 onion, chopped fine
- 1 cup zucchini, cooked and diced
- 1/2 cup peas, cooked
- 1/2 lb potatoes, cooked, peeled and diced
- 2 tblsp olive oil
- 1/2 pkg cream cheese.

Instructions:

-----

Remove seeds from chilies and soak overnight. Drain and grind with garlic and cumin. Add vinegar, salt, bay leaf, thyme, onion, zucchini, peas, and potatoes. Allow mixture to stand one day or longer. When the sauce is to be served with any meat, add the olive oil. Garnish with very thin slices of cream cheese. The sauce will keep if stored in refrig. Yield 8-10 servings.

%%%

From: knabe@ecrc.de (Fritz Knabe)

SALSA FRESCA

=====

(about 3 cups)

Ingredients:

-----

- 2 lbs (about 10) ripe Italian plum tomatoes (or other ripe tomatoes),  
seeded, juiced, and cut into 1/4-inch dice.
- 3 large fresh jalapenos, stemmed
- 1/3 cup finely chopped onion
- 1/2 cup tomato juice
- Juice of 1 lime (about 3 tblsp)
- 1/2 tsp salt
- 1 cup clean fresh cilantro leaves

Instructions:

-----

In a food processor fitted with a metal blade, combine half the tomatoes, the jalapenos, half the onion, the tomato juice, the lime juice, and salt. Process until smooth and transfer the puree to a bowl.

Stir in remaining tomato and onion. Finely chop the cilantro leaves, stir them into the salsa. Let stand at room temperature for 30 minutes before using.

Tips: Don't puree the cilantro (this will make the salsa brown), and don't make more than 3 to 4 hours in advance, since the freshness is a big part of the taste.

%%%

From: arielle@taronga.com (Stephanie da Silva)

SALSA FRESCA

=====

Ingredients:

-----

- 2 cloves garlic
- 1/2 medium-size onion, quartered
- 1 or 2 jalapeno or other small hot chiles, stemmed and seeded
- 1 pound firm ripe tomatoes, seeded and coarsely chopped
- 2 tblsp salad oil
- juice of 1 lime
- salt and pepper (optional)



Instructions:

-----

Using a sharp knife, mince garlic, onion and chiles. Finely chop cilantro and dice tomatoes. Combine in a nonmetallic bowl; then add oil and lime juice. Season to taste with salt and pepper, if deseired.

You can make this in a food processor, for a moister (less chunky) texture.

%%%

From: lynn@engineering.ucsb.edu (Lynn Johnson)

SALSA FRITA

=====

(Fried Sauce)

Ingredients:

-----

- 2 medium sized tomatoes, peeled
- 1 small onion
- 1 clove garlic
- 1 canned chili serano
- 1 tsp salt, or less
- 2 tblsp olive oil

Instructions:

-----

Grind vegies together, add salt and fry in olive oil over low flame about five minutes. Serve hot, yield 8 servings.

%%%

From: lynn@engineering.ucsb.edu (Lynn Johnson)

SALSA FROM CANNED INGREDIENTS

=====

Ingredients:

-----

- 1 large can whole tomatoes, chopped
- 1/2 can chopped Ortega chili peppers
- 1-2 yellow banana peppers, chopped
- 1-2 canned jalapeno peppers
- 1 tblsp olive oil (or salad oil)
- 1 tblsp lemon juice
- 1/2 tsp dried oregano
- 3 tblsp chopped onion
- splash tabasco sauce

salt and pepper to taste

Instructions:

-----

Chop all ingredients and place in covered bowl in refrig to marinate flavors. Keeps for a week.

%%%

From: walllau@karl.acc.iit.edu (Laura Ann Wallace)

SALSA FROM MY MOM

=====

Ingredients:

-----

- 4 medium tomatoes, peeled and chopped
- 1/2 cup finely chopped onion (up to 1 cup)
- 1/2 cup finely chopped celery
- 1/4 cup finely chopped green pepper (bell pepper)
- 1/4 cup oil
- 2 tblsp finely chopped green chiles
- 2 tblsp red wine vinegar
- 1 tsp mustard seed
- 1 tsp cilantro (coriander) seed, crushed (or fresh cilantro leaves)
- 1 tsp salt

Instructions:

-----

Combine all ingredients. Cover and chill, stirring occasionally. Serve with corn chips.

%%%

From: megatest!sfisher@uu2.psi.com (Scott Fisher)

SALSA ROJA

=====

Ingredients:

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- 3 dried New Mexico, pasilla, guajillo, or ancho chiles
- 3 dried serrano, chile arbol, or Thai bird chiles
- 3 medium cloves of garlic, separated from the head but skins left on
- Boiling water
- Salt to taste

Instructions:

-----

Heat a large flat griddle or skillet over high heat. Place the chiles on the dry skillet, along with the garlic. Check them every few minutes, looking for brown spots as they toast on the dry griddle; turn both the chiles and the garlic cloves, keeping an eye on the color and more importantly on the aroma. When the scent changes and takes on a toasty, rich character, they're done. Remove them from heat and let them cool for a few seconds.

When cool enough to handle (the peppers cool more quickly than the garlic, which in turn takes longer to cook), pull out the stems, veins, seeds and placentas from the chiles. Tear the skins into medium-sized chunks and place them in a small bowl. Pour boiling water over them just to cover, then place a smaller bowl or saucer over the peppers to keep them immersed in the water. Set your timer for at least 30 minutes before continuing.

After the peppers have had time to soak well, pour the peppers and water into a blender. Peel the skins off the garlic cloves (which should smell sweet, smoky and wonderful in their own right) and drop them into the blender as well. Puree thoroughly. The sauce will be chunky; if appearance is important, you can strain it through a wire strainer to get the larger pieces of the skin out of the mixture. (I begrudge the amount of sauce that clings to the mesh myself...) Taste it; add salt and serve immediately.

%%%

From: arielle@taronga.com (Stephanie da Silva)

#### SMOKY ROASTED SALSA

=====

#### Ingredients:

-----

3 cloves garlic, peeled  
 1 medium-size onion, quartered  
 3 large tomatoes  
 1 canned chopotle chile in adobo sauce  
 1/4 cup lime juice  
 2 tblsp salad oil  
 1/4 cup packed fresh cilantr leaves

#### Instructions:

-----

Place a 10 to 12 inch uncoated frying pan over high heat. Add garlic, onion, and tomatoes. Cook, turning often with tongs, until charred on all sides (about 10 minutes). Remove from pan and let cool. Cut tomatoes in half crosswise and discard seeds.

In a blender or food processor, combine vegetables, chipotle, lime juice, oil and cilantro; whirl to desired consistency. Makes 3 cups.

%%%

From: arielle@taronga.com (Stephanie da Silva)

TOMATILLO SALSAS

=====

Ingredients:

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- 1 1/4 lb tomatillos, husks removed
- 1/3 cup chopped fresh cilantro
- 1 jalapeno, serrano or ohte rsmall hot chile, stemmed
- 3/4 cup chicken broth
- 1/3 cup lime juice
- salt (optional)

Instructions:

-----

Rinse tomatillos; arrange in a single layer on a baking sheet and roast in a 500 oven until slightly singed (about 15 minutes). Let cool. In a blender or food processor, whirl tomatillos with cilantro and chile. Stir in broth and lime juice; season to taste with salt, if desired. Makes 3 cups.

%%%

From: arielle@taronga.com (Stephanie da Silva)

TROPICAL FRUIT SALSAS

=====

Ingredients:

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- 1 firm-ripe mango, peeled and diced
- 1 cup each diced fresh pineapple and diced honeydew
- 1/2 cup diced red bell pepper
- 1/3 cup seasoned rice wine vinegar
- 2 tblsp minced fresh cilantro
- 1/2 tsp crushed red pepper flakes

Instructions:

-----

In a bowl, mix mango, pineapple, honeydew, bell pepper, vinegar, cilantro, and red pepper flakes. Makes 3 1/2 cups.

%%%

From: soc1071@vx.cis.umn.edu (Elisabeth)

From: Above & Beyond Parsley, Food for the Senses  
presented by The Junior League of Kansas City, Missouri

WHITE SALSA DIP

=====

(makes 4-5 cups)

Ingredients:

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- 1 cup mayonnaise
- 1 cup sour cream
- juice of 3 limes
- 4 cloves garlic, crushed
- 1.5 cup finely chopped fresh cilantro
- 1 (6-oz) can pitted black olives, drained and coarsely chopped
- 1.5 cup finely chopped scallions
- 5 tsp hot pepper sauce, or to taste
- salt and freshly ground white pepper to taste (optional)

Instructions:

-----

In a medium bowl, combine mayonnaise and sour cream. Add lime juice, garlic, cilantro, black olives, scallions, hot pepper sauce, salt and pepper. Taste and adjust seasonings if desired. Chill until serving.

Serve with blue corn tortilla chips.

%%%

[mara](#)

# COLLECTION - Sauces

From: bi900@cleveland.freenet.edu (Dean B. Reardon)

Date: 14 Oct 1993 15:13:35 GMT

## Contents

- [\\_\\_\\_\\_\\_ - White Sauce](#)
- [\\_\\_\\_\\_\\_ - Low-Calorie White Sauce](#)
- [\\_\\_\\_\\_\\_ - Almond Sauce](#)
- [\\_\\_\\_\\_\\_ - Cheese Sauce](#)
- [\\_\\_\\_\\_\\_ - Curry Sauce](#)
- [\\_\\_\\_\\_\\_ - Herb-Garlic Sauce](#)
- [\\_\\_\\_\\_\\_ - Lemon-Chive Sauce](#)
- [\\_\\_\\_\\_\\_ - Mexicali Sauce](#)
- [\\_\\_\\_\\_\\_ - Parmesan Sauce](#)
- [\\_\\_\\_\\_\\_ - Sherry Sauce](#)

(all recipies taken from 'Better Homes and Gardens', "New Cook Book", 1989, ISBN: 0-696-00826-2)

\*\*\*\*\*

\*

- White Sauce

1 tbs margarine or butter  
1 tbs all-purpose flour  
1/8 tsp salt  
    Dash pepper  
3/4 cup milk

In a small saucepan melt margarine or butter. Stir in flour, salt and pepper. Add milk all at once. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 minute more. Makes 3/4 cup (twelve 1-tbs servings). Calories: 18

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## - Low-Calorie White Sauce

Prepare as above, except omit margarine or butter and substitute skim milk for the milk. In a screw-top jar combine flour, salt, pepper, and milk. Shake till blended. Cook as above. Calories: 8

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\*

## - Almond Sauce

Prepare as above, except toast 1/4 cup slivered almonds in melted margarine or butter. Omit salt and add 1 tsp instant chicken bouillon granules with the flour. Serve with vegetables or fish. Makes 1 cup. (sixteen 1-tbs servings). Calories: 25

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\*

## - Cheese Sauce

Prepare as above, except omit salt. Over low heat, stir 3/4 cup shredded process Swiss, American or Gruyere cheese or 1/4 cup crumbled Blue chees into cooked sauce till melted. Serve with vegetables. Makes about 1 cup. (sixteen 1-tbs servings).  
Calories: 32

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\*

## - Curry Sauce

Prepare as above, except cook 1/2 to 1 tsp curry powder in the melted margarine or butter for 1 minute. If desired, stir 1 tbs chopped chutney into the cooked sauce. Serve with fish and poultry. Calories: 21

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\*

## - Herb-Garlic Sauce

Prepare as above, except cook 1 clove garlic, minced in the melted margarine or butter. Stir in 1/4 tsp caraway seed or celery seed, or dried basil, oregano, or sage, crushed with the flour. Serve with vegetables or poultry. Calories: 19

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\*

- Lemon-Chive Sauce

Prepare as above, except stir in 1 tbs snipped chives and 1/2 tsp finely shredded lemon peel with the flour. Serve with vegetables, poultry, or fish. Calories: 19

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\*

- Mexicali Sauce

Prepare as above except cook 1/2 tsp chili powder in melted margarine or butter for 30 seconds. Stir 2 tbs diced green chili peppers into cooked sauce. Serve with beef or pork. Calories: 19

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\*

- Parmesan Sauce

Prepare as above except omit salt. Over low heat, stir 1/4 cup grated parmesan cheese into cooked sauces till melted. Serve with beef, pork, poultry, or vegetables. Calories: 28

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\*

- Sherry Sauce

Prepare as above except stir 1 to 2 tbs dry sherry or dry white wine into cooked sauce. Serve with veal. Calories: 20

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[mara](#)



# Spaghetti Sauce Recipe

From: hadden@wrc.xerox.com (lucy hadden uffa 0128-29e)

Date: Mon, 9 Aug 1993 07:45:05 PDT

2 28-oz. cans of tomatoes (I tend to like diced, but whole, pureed, or any combination work fine)  
1 3-oz.(?-the smallest you can find) can tomato paste  
1 medium-sized onion  
3 or so cloves garlic, or to taste  
(optional: a smallish, say 1 x 1/2 inch, chunk of ginger)  
1 bay leaf  
oregano, thyme, rosemary (dried or fresh)  
(marjoram, basil are also possible)  
oil for sauteeing

Peel and chop the onion, garlic, and, if using it, ginger. Get these as small as you can/have patience for. I use the food processor.

Saute onion and garlic (and ginger) in the oil for a few minutes, until the onion is transparent, but not brown. Add the canned tomatoes, including the juice. Also add the tomato paste, and mix. Add the bay leaf and other herbs. Simmer for at least 1/2 hour, or until the consistency is right; you may need to add a little water.

I don't tend to use measured amounts of herbs, but experience has shown that you don't want to add too much rosemary (a tsp. is probably enough, and a Tbsp. too much), but it does fine with lots of oregano and a goodly amount of thyme.

Also, it keeps really well in the refrigerator and freezes quite successfully.

Enjoy.

[mara](#)

# COLLECTION: Sweet Sauces

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 19 Aug 93 10:31:38 +0200

## Contents

- [Coconut Pecan Sauce \(Linda/BDT Burbank, CA\)](#)
- [Mocha Walnut Sauce \(Linda/BDT Burbank, CA\)](#)
- [Peanut Caramel Sauce \(Linda/BDT Burbank, CA\)](#)

%%%

From: liberty@liberty.com (Linda/BDT Burbank, CA)

COCONUT PECAN SAUCE  
=====  
(Makes about 2 cups)

### Ingredients:

- 
- 1 can (14 oz) eagle brand sweetened condensed milk
  - 2 large egg yolks, beaten
  - 1/4 cup butter or margarine
  - 1/2 cup flaked coconut
  - 1/2 cup pecans, chopped
  - 1 tsp vanilla

### Instructions:

-----  
In a heavy saucepan, combine sweetened condensed milk, egg yolks and butter or margarine. Over medium heat, cook and stir until thickened and bubbly, about 8 minutes. Stir in remaining ingredients.

Serve warm over ice cream or cake. refrigerate leftovers.

### Reheating Leftovers:

-----  
In a small heavy saucepan, combine desired amount of sauce with a small amount of water. Over LOW heat, stir constantly until heated through.

Microwave: In a 1-quart glass measuring cup with a handle, combine sweetened condensed milk, egg yolks, and butter or margarine. Cook on 70 0678:1FAEower (MEDIUM-HIGH) 4 to 5 minutes, stirring after 3 minutes. Proceed as above.

%%%

From: liberty@liberty.com (Linda/BDT Burbank, Ca)

MOCHA WALNUT SAUCE

=====

(Makes about 2-1/4 cups)

Ingredients:

-----

- 1 tblsp instant coffee (your favorite brand)
- 1 tblsp water (boiling)
- 1/2 cup whipping cream
- 1/2 cup granulated sugar
- 1/2 cup butter
- 1 pkg (6 oz) semi-sweet chocolate morsels
- 2 large egg yolks
- 3/4 cup walnuts, chopped

Instructions:

-----

In a measuring cup, dissolve coffee in boiling water; set aside.

In a heavy gauge saucepan, combine cream and sugar. Bring just to a boil, stirring constantly, over medium heat. Add butter, chocolate morsels and coffee; stir until smooth. Remove from heat.

In a small bowl, beat egg yolks. Gradually stir in 2 tablespoons of the chocolate mixture; mix well. Return to chocolate mixture in saucepan. Cook over low heat, stirring constantly, for 3 minutes; remove from heat. Stir in walnuts.

Serve warm over ice cream. Cover and store in refrigerator.

Reheating Sauce:

-----

Reheat sauce in top of a double boiler over hot (not boiling) water before using or microwave on high about 1 minute for each 1 cup of sauce.

%%%

From: liberty@liberty.com (Linda/BDT Burbank, Ca)

PEANUT CARAMEL SAUCE

=====

(Makes about 1-1/2 cups)

Ingredients:

- 1 cup light brown sugar, firmly packed  
1 tblsp all-purpose flour  
1/8 tsp salt  
1 cup water  
1/2 cup peanut butter  
1 tsp vanilla

Instructions:

-----  
In a medium saucepan, mix sugar, flour and salt. Stir in water. Cook and stir over low heat until mixture comes to a full rolling boil. Add peanut butter and bring again to a boil, stirring constantly until smooth. Remove from heat. Add vanilla.

Serve hot or cold over ice cream.

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[mara](#)

# Various Ketchups

From: arielle@taronga.com (Stephanie da Silva)

Date: Sat, 31 Jul 93 18:00:53 CDT

Not all ketchups are created equal....

## Contents

- [Apple Ketchup](#)
- [Blackberry Ketchup](#)
- [Lemon Ketchup](#)
- [Old-fashioned Tomato Ketchup](#)
- [Wild Plum Ketchup](#)
- [English Ketchup](#)
- [Prince of Wales Ketchup](#)
- [Oyster Ketchup](#)
- [Lobster Ketchup](#)
- [Walnut Ketchup](#)

### Apple Ketchup

12 large, firm, tart apples, peeled, quartered and cored  
1 cup (1/4 liter) sugar  
1 tsp (5 ml) ground white pepper  
1 tsp (5 ml) ground cloves  
1 tsp (5 ml) dry mustard  
2 onions, finely chopped  
2 cups (1/2 liter) white vinegar  
2 teaspoons (10 ml) ground cinnamon  
1 tablespoon (15 ml) salt  
1/2 cup (125 ml) freshly grated horseradish

Place the apples in an enameled, tinned or stainless steel pan, cover with water, and cook slowly, without a lid, until the apples are soft and the water has almost completely evaporated, about 30 minutes. Rub the apples through a sieve or a food mill. Add all of the other ingredients; heat to boiling, then reduce heat to low and simmer for an hour. Put in jars and process or place in plastic containers with tight fitting lids and keep refrigerated. Makes about 2 pints (1 liter).

### Blackberry Ketchup

#### Various Ketchups

4 lb (2 kg) ripe blackberries (about 3 1/2 quarts [3 1/2 liters])  
2 lb (1 kg) brown sugar  
2 cups (1/2 liter) vinegar  
2 teaspoons (10 ml) ground cloves  
2 teaspoons (10 ml) ground cinnamon  
1 teaspoon (5 ml) ground allspice

Cook the blackberries slowly for two hours with the sugar, vinegar, cloves, cinnamon, and allspice. When all is soft, put into jars and cover. Process. Makes about 5 pints (2 1/2 liters).

#### Lemon Ketchup

6 lemons, peeled  
1/3 cup (75 ml) salt  
3 tablespoons (45 ml) shallots, finely chopped  
1 garlic clove, finely chopped  
3 1/2 tablespoons (17 ml) ground mace  
1 teaspoon (5 ml) whole cloves, crushed  
2 tablespoons (30 ml) ground ginger  
1 teaspoon (5 ml) cayenne pepper  
2/3 cup (150 ml) freshly grated horseradish  
3 1/2 cups (825 ml) white vinegar

Cut off a piece from both ends of each lemon and rub in the salt. Rub the outsides of the lemons with salt. Put them in a jar with the shallots, garlic and spices, reserving a little of the mace and ginger. Add the horseradish.

Boil the vinegar for five minutes with the reserved mace and ginger, and pour this over the lemons. Cover lightly and when cold, close the jar tightly. Refrigerate. Strain after six months, or after 12 months. The strained ketchup should be put into small bottles with new corks. Makes about 2 1/2 pints (1 1/4 liters).

Variation: Pack a few slices of ripe tomato in each jar.

#### Old-fashioned Tomato Ketchup

33 lb (15 kg) tomatoes, slice (about 15 quarts)  
1/2 cup (125 ml) salt  
3/4 cup (175 ml) ground black pepper  
1/3 cup (75 ml) cinnamon  
2 tablespoons (30 ml) ground cloves)  
1 tablespoon (15 ml) cayenne pepper  
2/3 cup (150 ml) sugar  
4 quarts (4 liters) vinegar

Stew the tomatoes in their own juices until soft and rub through a fine

sieve. Boil the pulp and juice down to the consistency of apple butter, stirring steadily to prevent burning. Mix the spices and sugar with the vinegar, and add to the tomatoes. Boil up twice, then bottle. Process. Makes about 22 pints (11 liters).

#### Wild Plum Ketchup

10 lb (4 1/2 kg) plums, stemmed (about 7 1/2 quarts)  
10 cups (2 1/2 liters) sugar  
1 quart (1 liter) white vinegar  
1 teaspoon (5 ml) ground cinnamon  
1/2 teaspoon (2 ml) grated nutmeg  
1/2 teaspoon (2 ml) ground cloves

Add the sugar to the plums, and place them in an enameled or stainless-steel pan over medium heat. Cover. After 30 minutes, increase the heat and stir the plum-sugar mixture. Break some of the plums with a wooden spoon.

Continue cooking, stirring the mixture occasionally, so that it does not stick to the pan. In 15 minutes, all of the plums should be cooked through and mashed. Remove from heat and cool.

Mash the mixture with a wooden spoon. Put the mashed pulp through a fine sieve, and continue mashing until all of the liquid and some of the pulp go through. Discard the pits and the skins. There should be about 4 quarts of liquid. Boil the vinegar together with the spices for a few minutes. Add the vinegar-spice mixture to the plum liquid, then boil vigorously, stirring constantly, for 15 minutes, or until the liquid has reduced to 4 quarts again. Pour into bottles or jars. Process. Makes 8 pints (4 liters).

#### English Ketchup

6 lbs (3 kg) mushrooms, broken into pieces (about 7 1/2 quarts)  
1 cup (1/4 liter) salt  
2 1/2 cups (625 ml) vinegar  
20 salt anchovies  
1 teaspoon (5 ml) ground mace  
1 teaspoon (5 ml) ground cloves  
1 tablespoon (15 ml) pepper  
1 slice fresh ginger  
1 1/2 cups (375 ml) shallots, sliced

Mix the mushrooms with the salt in a bowl, cover and let them stand for nine days, stirring once or twice a day. Put them into a stoneware crock, cover tightly, and set the crock in a pan of water. Cook over low heat for three hours. Strain the mushrooms through a sieve into a pot, and add

the remaining ingredients to the juice -- the proportions given for 5 cups of mushroom liquid. Keeping the pot covered, boil together over low heat until the liquid is areduced by half, then strain it through a jelly bag. Bottle the ketchup and cover. Process. Makes about 2 1/2 pints (1 1/4 liter).

### Prince of Wales Ketchup

2 1/2 cups (625 ml) elderberry vinegar

To make the elderberry vinegar, place 2 cups (1/2 liter) of stemmed elderberries in an ovenproof dish. Cover with vinegar. Cook in a 300F (150C) oven for 1 1/2 hours, or until the berries burst. Let the mixture stand overnight, then strain through a jelly bag.

5 salt anchovies

3 tablespoons (45 ml) shallots, thinkly sliced

1 teaspoon (5 ml) whole cloves

1 teaspoon (5 ml) ground mace

1 teaspoon (5 ml) ground ginger

1 teaspoon (5 ml) grated nutmeg

Place all the ingredients in an enameled or stainless-steel pan. Bring to a boil. Simmer gently, until the anchovies are broken up, about 20 minutes. Let cool; strain and bottle. Cork tightly. Refrigerate. Leave for two weeks before opening. the ketchup will keep for about six months. Makes about 1 pint (1/2 liter).

### Oyster Ketchup

16 live oysters, shucked, the liquor reserved

2 1/2 cups (625 ml) dry sherry

2 tablespoons (30 ml) salt

1/2 teaspoon (2 ml) ground mace

1/4 teaspoon (1 ml) cayenne pepper

1 tablespoon (15 ml) brandy (optional)

Pound the oysters in a mortar, and add the oyster liquor and the sherry. Bring the mixture to a boil, then add the salt, mace and cayeene pepper. Boil up again, skim, then strain through a sieve. Stire in the brandy. Put in jars and cover. The ketchup will keep for 6 weeks, if refrigerated. Makes about 2 1/2 pints (1 1/2 liters).

Variation: Use mussels instead of oysters. A pounded anchovy or two may also be added.



## Lobster Ketchup

1 3 lb (1 1/2 kg) female lobster, boiled in water to cover for 10 minutes,  
drained, body shell cut lengthwise in half, claws cracked with a mallet  
6 salt anchovies  
1 1/4 cups (300 ml) sherry or Madeira  
1 teaspoon (5 ml) cayenne pepper  
2/3 cup (150 ml) chili or shallot vinegar  
3 1/2 cups (875 ml) shallot wine  
black peppercorns

Pick out all the lobster meat and pound the coral (roe) with the anchovy fillets in a mortar. When completely bruised, add the lobster meat; pound and moisten it with the remaining ingredients. Mix well, and put the ketchup into wide-mouthed jars. Put 1 teaspoon (5 ml) peppercorns into each jar. Close tightly. Refrigerated, the ketchup will keep for up to two months.

Notes: Add 4 to 5 tablespoons (60 to 75 ml) of this ketchup to 1 cup (1/4 liter) of melted butter as a sauce for fish dishes. For chili vinegar, use 10 dried hot chilies. Shallot vinegar is made by steeping eight chopped shallots in 2 1/2 cups (625 ml) of wine vinegar for three weeks; shallot wine by steeping the shallots in dry white wine.

## Walnut Ketchup

24 green walnuts  
3/4 cup (175 ml) salt  
5 cups (1 1/4 liter) water  
2 quarts (2 liters) vinegar  
2 teaspoons (10 ml) ground cloves  
2 teaspoons (10 ml) ground mace  
12 garlic cloves

Put the walnuts and salt into the water and leave them for nine days. Remove the walnuts from the brine and pound them in a mortar. Combine the walnuts and vinegar and leave them for a week, stirring every day.

Strain the mixture through a muslin bag, squeezing to extract all the liquor. To this add the cloves, mace and garlic; boil for 15 to 20 minutes, strain and then bottle it. Cover and process. Makes about 3 pints (1 1/2 liters).

[mara](#)