



Westbury Favorite Recipes

Brown Betty

Preheat oven to 350 degrees F.

Ingredients:

1 pack graham crackers, crushed
1/3 cup melted butter
5 cups peeled diced or sliced apples
1/2 cup packed brown sugar
1 teaspoon cinnamon
1/4 teaspoon each nutmeg and cloves
1/4 teaspoon salt
1 teaspoon grated lemon rind
1 teaspoon vanilla
1 tablespoon lemon juice
2 tablespoons water

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2 tablespoons water
1/4 cup raisins (optional)

Instructions:

- Combine graham cracker crumbs and melted butter. Line the bottom of a baking dish with one-third of crumb mixture. This has enough butter so that no greasing is necessary.
- Sift together: brown sugar, cinnamon, nutmeg, cloves, salt.
- Add grated lemon rind and vanilla.
- Place half of the apples in the dish. Cover the layer with half the sugar mixture. Sprinkle with 1 tablespoon lemon juice. Add 2 tablespoons water.
- Cover the apples with 1/3 of the crumb mixture, and add raisins if you are including them. Add the remaining apples and sprinkle them as before with sugar mixture, remaining 2 tablespoons lemon juice, and 2 tablespoons water.
- Place the last third of crumb mixture on top.
- Cover, bake 40 minutes until apples are nearly tender.
- Uncover, increase heat to 400 degrees and let pudding brown for about 15 minutes.
- Serve hot with whipped cream or lemon sauce.

Kimchi

Ingredients:

- 1 medium head green cabbage, chopped coarsely
- 1-2 inch knob of ginger, peeled
- 6-8 cloves garlic, minced
- 1-2 fresh hot peppers, minced
- 1-2 carrots, finely chopped
- 1 medium daikon radish, finely chopped
- ½ large leek or ½ white onion, thinly sliced
- 1-2 tablespoons dried red chili powder or sambal oelek (purchase at an Asian store)
- 3 tablespoons unrefined sea salt

Instructions:

- In a large bowl, toss cabbage with two tablespoons of sea salt. This can sit up to six hours.
- In a small bowl, stir together ginger, garlic, peppers, and one tablespoon salt.
- In a larger bowl, stir together carrots, radish, and onions or leeks.
- Wearing gloves, toss the ginger/garlic/pepper mixture and sambal oelek into the vegetables.
- Pack into glass or ceramic fermentation jars and apply weight. (Plastic bag filled with water, smaller glass jars, boiled stones all can be used as weight.) DO NOT SEAL WITH LID. Put plate or tray under jars in case of overflow.
- Check after 6–12 hours to ensure brine has covered vegetables. If not, you may add non-chlorinated water to cover vegetables. (Chlorinated water can wreck fermentation process.)

Suggestions:

- The longer you allow the cabbage to sit with salt, the more liquid will be drawn from the cabbage. This way you don't damage the cabbage leaves by squishing.
- Traditional recipes use fish sauce or shrimp paste. If you add this, be sure there are no preservatives or dye.
- The longer the fermentation goes on, the more developed the sour taste will be.
- The peppers will be the spiciest in the first weeks but mellow over time. Allow 2-4 week fermentation between 60-70 degrees before packaging for the fridge for up to six months.
- Use organic ingredients to make sure the fermentation works properly.

This-and-That Chicken Soup

Preparation time: 30 minutes

Cooking time: 45 minutes

8 servings

Ingredients:

1 large onion, chopped

2 celery stalks, chopped

2 carrots, chopped

2 lbs naturally-raised skinless chicken thighs, cut up and fat removed

1 Delicata squash, deseeded and chopped, with skin left on
(or substitute sweet potato)

1 large or three small yellow beets, scrubbed and chopped

1 quart organic chicken stock, boxed is fine

2 cups water

½ red bell pepper, chopped

3 large cloves garlic, chopped

1½-2 inches fresh ginger, chopped

3 broad shakes of Mrs. Dash, any of the flavors

1 glug of inexpensive sherry

1 bunch kale or chard, coarsely chopped

Instructions:

- Sauté onion first until softened, add celery and carrots and sauté for 5 minutes.
- Add chicken, squash, and beets. Sauté for 10 minutes.
- Add the stock and rest of the ingredients except kale or chard.
- Bring to boil and turn down, simmer for about 30 minutes. Then add kale or chard to the soup. Simmer another 15 minutes.
- Top with grated Parmesan cheese, if that's a treat for you, and serve with seeded French bread.

Note: the sweetness of this soup comes from using winter squash and beet, *not* potato.

Venison Stew

A hearty stew you can make on your stove top. If venison seems too gamy, soak the meat in milk for two days in your refrigerator. Discard the milk.

Cooking time: 2 hours 30 minutes

8 servings

Ingredients:

1 (3 pounds) venison roast cut into 1½ inch cubes
Mrs. Dash, any flavor, to taste
3 tablespoons olive oil, divided
2 onions diced
2 stalks celery, finely chopped
2 cloves garlic, minced
3 tablespoons all-purpose flour
1 tablespoon tomato paste
1 cup dry red wine
2 cups chicken broth
5 sprigs fresh thyme or 1 teaspoon dried
2 bay leaves
1½ pounds potatoes, scrubbed and quartered
4 carrots, peeled and sliced
1 cup frozen peas

Instructions:

- Dry venison pieces with paper towel; season with salt and pepper.
- Heat 1 tablespoon oil in a large stockpot or Dutch oven over medium-high heat. Add half the meat in a single layer and cook until browned on one side, about 5 minutes. Flip each piece of venison and continue cooking until browned on the second side.
- Remove the first batch and set aside in a bowl. Adding more oil, repeat with remaining venison until browned. Transfer to bowl.
- Heat last tablespoon of oil. Add onion and celery and cook until softened, about 5 minutes. Stir in garlic until fragrant, about 30 seconds.
- Stir in flour and cook until lightly browned, about 2 minutes. Add tomato paste, wine, chicken broth, thyme, bay leaves, and browned venison, scraping up any browned bits on the bottom of the pan.
- Bring to a boil. Reduce heat, cover, and simmer for 1 hour.
- Stir in potatoes and carrots. Return to a boil, reduce heat, cover, and simmer 1 hour longer, until venison is tender. Remove bay leaves. Stir in peas and cover for 5 minutes. Season to taste.

Dark-Chocolate Bread Pudding

Total time: about 1 hour 40 minutes

Preheat oven to 325 degrees F.

Ingredients:

1 (1-pound) loaf French or Italian bread, cubed

3 cups milk

¼ cup heavy cream

1 cup sugar

1 cup packed light brown sugar

¼ cup natural cocoa powder

1 tablespoon vanilla extract

2 teaspoons almond extract

½ teaspoon cinnamon

6 eggs, lightly beaten

8 ounces semisweet chocolate, grated (or use melted dark chocolate drops)

whipped cream (optional)

Instructions:

- Lightly grease a 13 by 9-inch baking dish and place bread in the dish. In a large bowl, whisk together milk and cream.
- Using another bowl, combine sugar, brown sugar, and cocoa powder and mix well.
- Add sugar mixture to milk mixture and mix well.
- Add vanilla, almond extract, and cinnamon to the beaten eggs.
- Combine the egg mixture with milk mixture and mix well.
- Stir grated chocolate into the mixture and pour over cubed bread in pan.
- Let stand, stirring occasionally for approximately 20 minutes or until bread absorbs most of the milk mixture.
- Bake 1 hour or until set. Check pudding by inserting a knife through the middle: it should come out clean.
- Serve the pudding warm, or refrigerate and serve chilled with whipped cream if desired.

