

THE UMBRELLASM
STUDIO ARTS

The Umbrella Artists Potluck Recipes

June 2020

Images Provided by Diana Kennedy

Last Minute Party Dip by Deb R.

Two blocks 8 oz. cream cheese

1 cup drained oil-packed sun-dried tomatoes, coarsely chopped

One 7.5 oz. jar marinated quartered artichokes, drained and chopped

1 cup minced green onions (light and dark green parts)

1 tsp. Garlic powder

1 tsp. Kosher salt

1 tbsp. Freshly ground pepper, or to taste

Bagel crisps (I prefer Stacy's Multi-grain chips)

Beat all together (except pepper) until well combined

Transfer to serving bowl and top with as much pepper as you like
(Leftovers can store in fridge for up to 3 days)

Makes about 4 cups

Enjoy!

Deb R.



Carol's Fake It 'Til You Make It

OMG It's nearly time. Here's my recipe:

1 cup of panic

1 trip to Verrill Farm

20 Dollar bills

1 Beautiful ceramic bowl

Combine all ingredients in said bowl. Look like
you know what you are doing!
Carol



Nancy's Couscous Recipe

NANCY'S COUSCOUS SALAD

INGREDIENTS

1 cup instant couscous
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup orange juice
 $\frac{1}{2}$ cup olive oil
1 tablespoon red wine vinegar
1 tablespoon balsamic vinegar
12 dried apricots, thinly sliced
 $\frac{1}{4}$ cup black raisins
 $\frac{1}{2}$ cup golden raisins
2 teaspoons grated fresh ginger
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup red onion, finely diced
4 tablespoons pine nuts, toasted

Pour couscous into small mixing bowl.

Combine water, orange juice, olive oil, and vinegar in saucepan and bring just to a boil.

Stir in the dried fruit, ginger, and salt, and pour immediately over the couscous.

Cover the bowl and let sit for 20 minutes.

When the couscous is ready, stir in the onion and pine nuts.

My Bestemor's (Norwegian) Waffles by Lois Andersen

4 eggs

1/4 c sugar (or less)

2 c flour

1-2 ts. baking powder

1 pint sour cream

2 tsp baking powder

1/4 c melted butter (or more) or oil

2 tsp. ground cardamom

milk to thin

Mix all until smooth. Bake in a waffle iron (small hearts are nice) Use spray oil on the waffle iron if needed. Serve with sour cream or whipped cream and lingonberries or raspberry jam, or eat plain! Everywhere you travel in Norway, this is the snack you can always find, with coffee.

This recipe is fairly flexible; you can have more sour cream and less milk and so on.



“La Brea Tar Pit Chicken Wings” recipe from Gourmet magazine by Lonnie Harvey

4 pounds chicken wings, split at joint and wing tips discarded

1 cup soy sauce

½ cup dry red wine

½ cup plus 1 tablespoon sugar

¼ teaspoon ground ginger

Cut off wing tips, reserving them for another use, and halve wings at joint. Arrange wings, skin sides down, in a roasting pan large enough to hold them in one layer.



In a small saucepan heat remaining ingredients over moderately low heat, stirring, until sugar is dissolved and pour evenly over wings. Bake wings in middle of oven 45 minutes. Turn wings over and bake until cooking liquid is thick and sticky, about 45 minutes to 1 hour more.

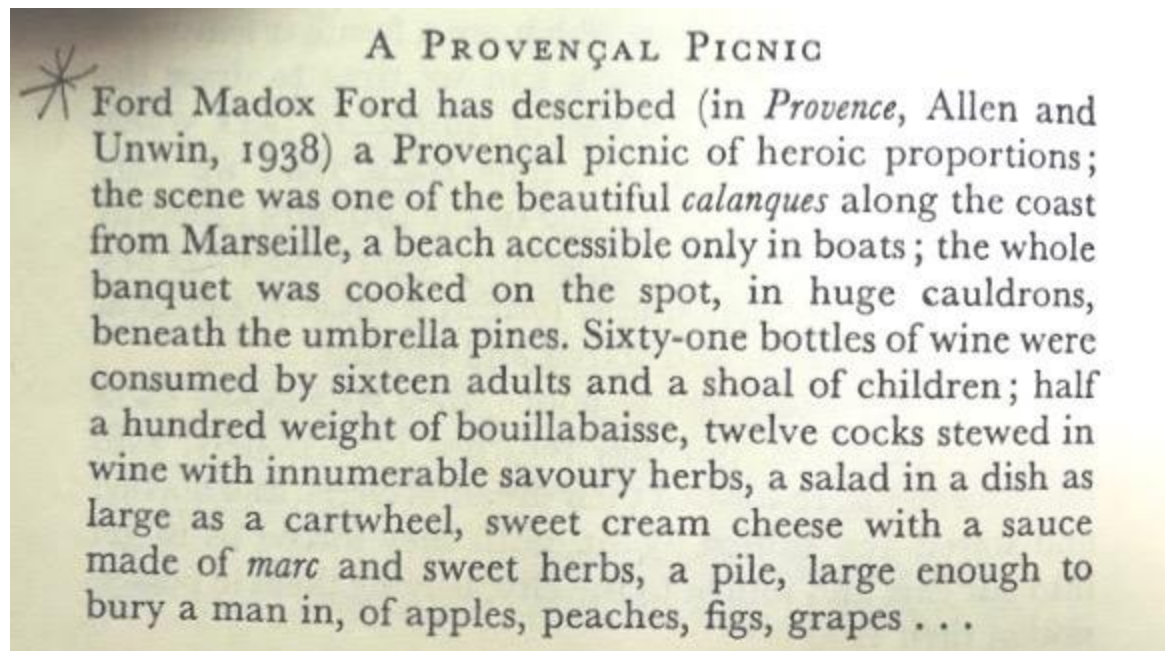
Transfer wings with tongs to a platter.

Notes: You pour the marinade on the wings before you cook it. Set the temperature of the oven to 400 degrees (forgot to add that!). With the high heat of the oven, and the length of cooking (1-1/2 to 2 hours), the marinade gets really sticky, hence the name “La Brea Tar Pit”. 😊

A Provençal Picnic by Max Payne

This is the picnic of my dreams just now. It comes from Elizabeth David's "Summer Cooking" I usually don't know what to bring, but would probably bring something of no recipe like fresh figs sliced in half and arranged around some really nice goat cheese and a little pot of fig jam.

Max Payne



Deb's Beet Salad

About 6 Tbsp Sugar

1/2 c Apple Cider Vinegar

1 tsp Whole Cloves

Simmer until the sugar dissolves. Cool to room temperature, and discard cloves.

Cook, peel, and cut into bite-sized pieces 8 - 10 medium sized beets.

Marinate in the vinegar mixture in the refrigerator overnight, stirring occasionally.

Drain beets. Add 1/2 to 3/4 c fresh parsley leaves, and 2 or 3 finely sliced green onions.

Just before serving, peel and dice 1 Granny Smith Apple and thoroughly coat it in a few Tbsps of any good olive oil.

Mix the apples and beets, adding a little more olive oil, if necessary.

Add freshly ground pepper, and Jane's Krazy Mixed-Up Salt to taste. Garnish with more parsley.

Deb Loverd

PS Kayo doesn't like this Salad, as she hates beets. Don't listen to her. 😊❤️



Noodles with Spicy Peanut Sauce by Chris Clark

(Recipe from Chris Clark, April, 1993. Chris was a member of the Umbrella pottery group, and is now living in Asheville, NC - and still potting)

10 oz. spaghetti or angel hair pasta

1/4 c smooth peanut butter (I use super chunk)

3 T sugar

1/4 c low salt soy sauce

1 t chili pepper flakes (or 1 t sambal uleck)

3 T toasted sesame oil

1 T minced garlic

3 T olive oil

Garnishes: slivered carrots, green onions, red peppers, toasted sesame seeds, toasted peanuts, fresh cilantro chopped.

Cook pasta in large pot of boiling salted water till done. Rinse with cold water until noodles are cold. Let noodles drain.

Whisk together rest of ingredients (not including garnishes) 'til blended.

Toss pasta with sauce. Let stand at room temp. for at least 4 hours before refrigerating. Serve within 2 days.

Toss before serving and garnish. (And it's even better if it is served in a bowl that Chris Clark has made!)

Barbara Willis

June, 2020



Brussels Sprout Salad from Kayo Burmon

Brussels Sprout Salad. Shredded Brussels sprouts, crisp tart apples, feta cheese, cranberries, and walnuts all tossed in a tangy honey dijon vinaigrette.

Ingredients

- 1.5 lbs fresh Brussels sprouts
- 1 apple granny smith
- 1 teaspoon lemon juice
- 2/3 cup dried cranberries
- 1/4 cup chopped walnuts
- 3 oz feta cheese crumbled



Dressing

- 1/3 cup olive oil
- 3 tablespoons cider vinegar
- 1 tablespoon fresh lemon juice
- 2 tablespoons honey
- 1 1/2 teaspoons dijon mustard
- 1/2 teaspoon garlic powder
- salt and pepper to taste



Instructions

- Combine all dressing ingredients in a small jar and shake well to combine.
- Shred Brussels sprouts, rinse well and dry.
- Chop apple and toss with lemon juice to prevent browning.
- Combine all remaining salad ingredients in a large salad bowl. Toss with dressing and serve.



Watermelon / Pineapple Salsa From Cathie Regan

2 C. diced watermelon

1 C. diced pineapple

1 C. diced onion

¼ C. orange juice

¼ C. chopped fresh cilantro

1 T. Caribbean Jerk seasoning

Whisk jerk seasoning into orange juice. Dice and mix remaining ingredients. Refrigerate for at least 1 hour prior to serving to blend flavors. Stir before serving.

Enjoy!



Strawberry and Ricotta Cake From Ilse Plume

Thursday picnic recipe for you!!!

Love all things Italian, & Annie thought you'd really love this one Ilse 🎨📖🎈

prep 20 mins cook 40 mins total 60 mins; yield 8

This recipe is based on one by Ina Garten. While hers calls for figs, I used strawberries. Any juicy soft fruit will do: plums, peaches or even kiwis.

Ingredients

- 1¼ sticks/ 140 gr unsalted butter, at room temp
- 1 cup sugar
- 3 large eggs
- 1 cup fresh whole milk ricotta
- 2 tablespoons whole fat plain yogurt
- 1 teaspoon vanilla extract
- grated lemon zest (from one lemon)
- 1¼ cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 12-14 large strawberries, stem removed and cut in half
- 2 tablespoons light brown granulated sugar



Instructions

- Preheat oven to 350F/ 180C.
- Butter and flour a 9-inch spring form pan
- If you have a stand mixer it makes things easier.
- Cream the butter and sugar till light and fluffy. Add the eggs, one at a time, beating each one in.
- Next add the ricotta and the yogurt, vanilla and lemon zest and mix well.
- Mix the dry ingredients together, then add them to the wet mixture, just folding them in until mixed. Don't over beat.
- Pour the dough into buttered cake tin, and level it out with a spoon. Place the strawberries on top of the batter, cut side up, pressing them in a bit. Sprinkle the cake with the sugar and bake for 40 minutes.
- Let cool, remove from pan and serve with whipped cream or creme fraiche.

Recipe by Elizabeth Minchilli at

<https://www.elizabethminchilli.com/2020/04/strawberry-ricotta-cake/>

Chicken Afghanistan from Kathy Warren

My recipe for a favorite dish, Afghan Chicken. I add extra cayenne pepper.
Kathy Warren

Chicken Afghanistan 6 SERVINGS

Double 1 1/2 cup 1/3 cup 1/2 cup

4 TLB 18 4

2 TLB 4

2 3 6 4

2 4

2 4

1/2 TSP cayenne pepper

5 min @ side

skewers @ 200

1/4 cup plain yogurt
2 tablespoons lemon juice
1 tablespoon vegetable oil
1 teaspoon salt
1 clove garlic, crushed
1 teaspoon ground cumin
1 teaspoon ground ginger
1 teaspoon paprika
1 teaspoon almond extract
2 1/2-pound broiler-fryer chicken, cut up
1 lemon, thinly sliced
Paprika

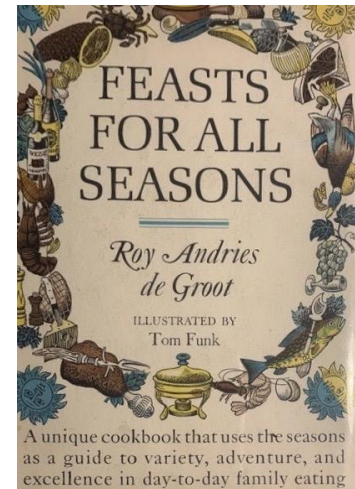
Mix yogurt, lemon juice, oil, salt, garlic, cumin, ginger, 1 teaspoon paprika and the almond extract; pour over chicken pieces. Cover and refrigerate at least 1 hour.

Remove chicken; reserve marinade. Cover and grill chicken, bone sides down, 5 to 6 inches from medium coals, 15 to 30 minutes; turn chicken. Cover and grill, turning and brushing 2 or 3 times with reserved marinade, until chicken is done, 20 to 40 minutes longer. Sprinkle lemon slices with paprika; arrange on chicken.

Ernest Hemingway's Gazpacho recipe from Anne Denna

This has always been a family and friends favorite - the BEST thing for a hot humid day.

Best, Anne Denna



ERNEST HEMINGWAY'S GAZPACHO

For a party of 8 to 10

There are many versions of *gazpacho* in different parts of Spain. In Seville and Segovia they thicken it slightly with bread crumbs; in Málaga, with mashed rice; in Córdoba, with corn flour. Here we use bread crumbs.

Check Staples:

Aromatics: crystal salt,⁷ freshly
ground black pepper,⁸ garlic (1 or
more cloves, to taste)

Scallions (1 bunch)

White bread (3 slices)

Olive oil⁹ (several tsp.)

Italian seeded and peeled plum
tomatoes (2 lb. 3 oz. can)

Spanish Sherry vinegar¹⁰ (about 1/2
cup)

White bread (about 2 cups cubed for
croutons)

Salt butter (enough to fry the
croutons)

Shopping List:

White celery (1 head)

Tomatoes (4 medium)

Green pepper (1 medium)

Cucumber (1 small)

The Day Before

Gazpacho is nothing if it is not refrigerated for at least 24 hours, so that the vegetable juices can mingle with the aromatics. We use a large open punch bowl that holds a little more than $\frac{1}{2}$ gallon. The garlic is thinly sliced into the bottom of the bowl, then bruised with a wooden pestle. The slices of bread are then put in and vinegar is poured over them until the bread is thoroughly soaked and will absorb no more. With the pestle now mash the bread into the garlic, adding a few teaspoons of olive oil, just enough to make a smooth paste. Blend in 1 cup of the canned tomatoes, mashing thoroughly.

Add the vegetables, and extreme accuracy of measurement is not required. They should all be fairly coarsely chopped, since they will be eaten with a spoon in a liquid: the 4 tomatoes, the head of white celery, with a few of its leaves more finely chopped, the green pepper, the scallions, and the cucumber, sliced with the rind. Add salt and freshly ground black pepper to taste, remembering that they will be partly absorbed by the vegetables. Stir well.

The next operation requires judgment, which comes from the experience of making the dish a few times. At this point the *gazpacho* tastes bland; by tomorrow it will have developed a sharp and exciting flavor. Yet today the bowl must be filled up with the right balance of flavoring liquid. First we add 1 quart of cold water, stir, add 2 more cups of the canned tomatoes, stir again, and taste. There should be a definite flavor of tomato, yet diluted by the water so that the anticipated flavor of the vegetables will not be overpowered. Then more canned tomatoes or cold water, or both, are added until the bowl is filled to within 1 inch of the top. Cover and refrigerate overnight. The final balancing will be done tomorrow.

Just Before Serving

We fry bread croutons in butter, and these are served at the table in a side dish. Now comes the final stirring, tasting, and adjustment of flavor. More water or canned tomatoes, or both, are added to fill the bowl. The soup plates are chilled and 1 or 2 cubes of ice are placed in each. The *gazpacho* is ladled so that each diner gets a fair balance of the crisp vegetables and icy liquid. The croutons are sprinkled over the top.

Spinach Lasagna From Craig Elliott

Hi, I thought you might like this recipe from [Forks Over Knives - The Recipes](#):

Ingredients

- 1 12oz. pack silken tofu
- 1 lb. water-packed firm tofu
- 2 tsp garlic
- ¼ cup nutritional yeast
- ½ tsp sea salt
- ½ tsp freshly ground black pepper
- 1 tbsp parsley flakes
- 1 tsp dried basil
- 1 tsp dried oregano
- ¼ cup lemon juice
- ¼ cup soy milk
- 1-2 lbs. fresh spinach
- 8 oz no-boil lasagna noodles
- 7 cups fat-free pasta sauce
- ½ cup soy or vegan parmesan



Method

- To make the tofu ricotta, combine the silken tofu, firm tofu, garlic, nutritional yeast, sea salt, black pepper, parsley flakes, dried basil, dried oregano, lemon juice and soy milk in a food processor and process until fairly smooth. Place into a large bowl, and set aside.
- To make the spinach, steam at least 1 pound of fresh spinach (2 if you really like spinach) for about a minute or two, just until slightly wilted.
- Drain well, then either mix the spinach into the ricotta or layer the spinach over it when assembling the lasagna.
- Preheat the oven to 350°F.
- To assemble the lasagna, spread 1 cup of the pasta sauce over the bottom of a 9x13 baking dish. Then cover the sauce with a layer of noodles.

- Next, spread half of the ricotta mixture (and half of the spinach if not mixed into the ricotta) over the noodles, and top with 2 more cups of the sauce. Add another layer of noodles, the rest of the tofu mixture (and spinach if separate), 2 cups more of the sauce, and the rest of the noodles.
- Spoon the remaining 2 cups of sauce over the noodles (make sure you cover all the edges), and sprinkle some parmesan over the top. Cover with parchment paper and then with foil.
- Bake for 60 minutes. Remove from the oven and let rest for 30 minutes before cutting.

Forks Over Knives - The Recipes contains over 160 whole-food, plant-based recipes, with new recipes added every week! Download it now on the **App Store**