

Part 1

This first part is a product of old technology: hand printed recipes illustrated with whimsical ink line drawing single frame cartoon images of animal characters in human situations. Although bob always enjoyed creating such sketches, it was the crash with culture shock during his one year stay in Rome that stimulated production. The idea of putting together the sketches into a little book-like collection came the next year in Munich. Some of these images bob would photocopy for humorous letterhead decoration on old technology letters. Eventually it occurred to bob that instead of throwaway images with a short entertainment payoff, combining recipes with the cute illustrations would at least have the potential for providing longer term rewards for the recipient. Thus the dr bob international food newsletter was born, not seriously in terms of recipe quality of course, but over the years experience improved the product and the idea (1984, George Orwell's famous year) of combining them into a collection seemed natural, and easier than dealing with one shot recipes in the mail. This finished recipe collection slowly grew until the merger with ms_ani devoured the free time that had previously been devoted to the drawing and hand lettering activities, although the draft collection continued to grow with the new cooking partnership.

part1.htm: 27-may-2004 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

spinach chicken glop

- [pdf](#)

ingredients

instructions

- 1.

notes

1. This was actually not the first dr bob recipe, but somehow got listed first in an attempt to put desserts at the end and stayed that way for decades so why change now? This was post September 1983, when bob took up residence in his Bryn Mawr apartment as a single math professor at [Villanova University](#).

spchkglop.htm: 24-mar-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]



Spinach Chicken Glop

One night, not unlike any other night, the dr. bob cooking team came home from work and guess what. No meat out of the freezer. So we said Big Deal. We're not gonna let a little frozen meat get the best of us. We'll just pop those little suckers into the pressure cooker for 15 minutes. Which we did. Two chicken legs with thighs. And then dumped an 8oz package of fresh spinach in a big pot with a little boiling water. After rinsing it.

Like the package said. And grated a little onion up and sautéed it in a couple tablespoons of butter (margarine). After a

while, when we realized there wasn't enough butter (margarine) and those little onion pieces were screamin' for help, we threw in some rice (1 cup) and doused it with cheap white wine (dry) while 3 cups of hot water got to boilin' in the teapot. (This saves time.) When it was ready we dumped 2½ cups into the rice with some salt and let it simmer covered for 20 minutes. Meanwhile we drained the spinach and chopped it up good and then slapped it into a fryin' pan with a little hunk of butter (margarine). And hit it with nutmeg (generous) salt & pepper and let that go on low for a while. Meanwhile we threw a can of mushroomy cream of chicken soup into a pot to heat up with a quarter cup of milk. Or was it chickeny cream of mushroom? Finding the situation well under control, we grated up a cup or so of jack cheese we found loafing around the fridge. And then a little fresh parmigiano we had flown in from Rome. (That's parmesan for you hardcore Americans.). Then the chicken admitted defeat and we cooled down the pressure cooker and hit it with some cold water and poked into the meat a bit with our fingers to let the water get inside and cool it down enough so we could wrip it all off the bones by hand and then chop it up into little pieces. Just to make sure it was dead we drowned it in the hot soup. We saved some of the chicken liquid for future use and gave the spinach a shot of it for good measure. Finally the rice was done (still moist) so we dumped it into a big casserole dish, scattered some jack cheese over it then the spinach then the rest of the jack and then the drowned chicken soup and sprinkled parmigiano over the top and popped it into the oven (400°) for 15 minutes maybe 20. Serves 4 hungry people. More with salad and a good dessert. Oh yeah. There will be lots of stuff to wash afterwards. Stick somebody else with this part if possible.

Handy ingredient list

some chicken, like 2 legs with thighs attached
or a pair of good lookin' breasts

1 8oz package fresh spinach

1 can creamy chicken of mushroom soup

1 little onion

a hunk of jack or cheddar cheese

a bit of parmigiano

a douse of cheap white wine (dry)

hardly any milk

no bananas

heart attack casserole

- [pdf](#)

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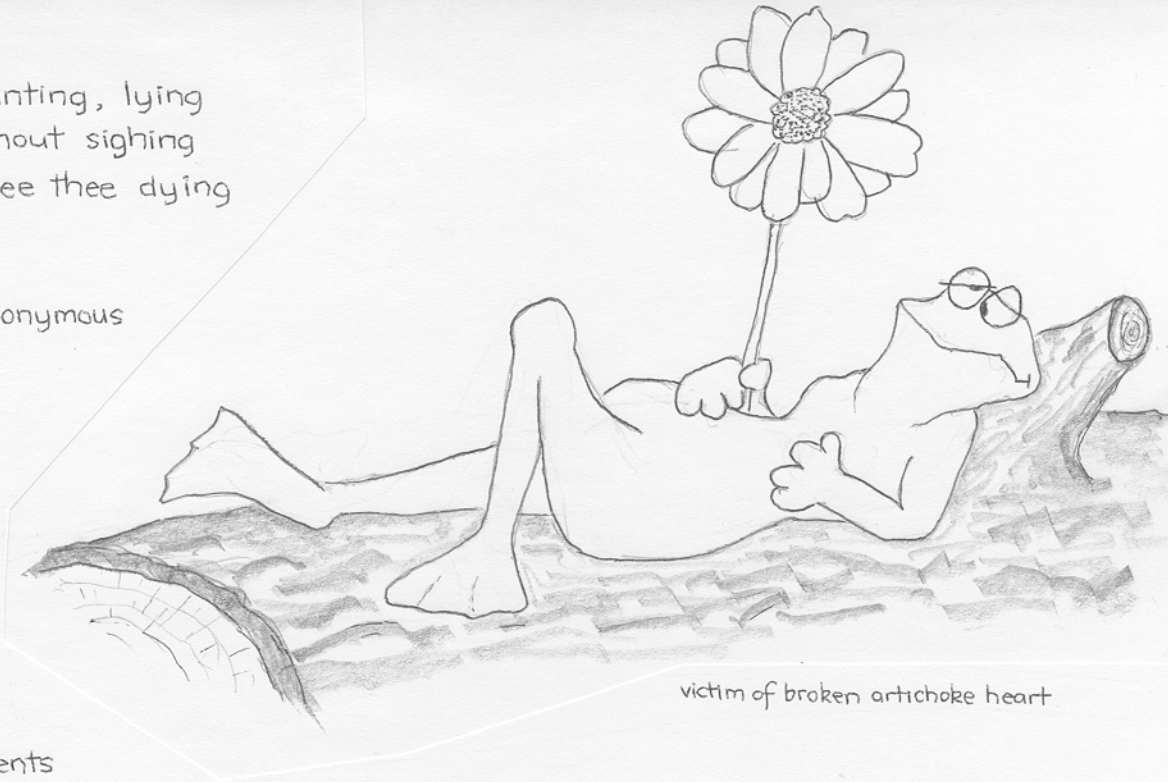
notes

1. This was the first dr bob recipe, inspired by his dad's first heart attack in 1977 when bob was a grad student in physics out at UC Berkeley and not much of a cook yet. The [frog](#) drawing was in turn inspired by a photo of a sculpture "frogg" by jessica destefano in an ad in the magazine [Woman's Day](#), October 26, 1982, which means that this recipe must have been done in [Cambridge](#), in direct conflict with bob's memory. Of course bob's memory is not always so reliable...

hrtatccs.htm: 2-aug-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

Can I view thee panting, lying
On thy stomach without sighing
Can I, unmoved, see thee dying
On a log
Expiring frog?

- anonymous



victim of broken artichoke heart

dr. bob's kitchen
testing laboratory presents
its *FIRST ORIGINAL RECIPE*

HEARTATTACK CASSEROLE

not even inspired by an existing
published or unpublished recipe
of any kind

We was all just sittin around in the lab one night when we suffered a massive artichoke heart attack. We knew it was serious - no time to waste shopping around for ingredients. Emergency measures, quick thinking and pure chance inspired the following improvization, proving that almost anybody can break the imagination barrier under the right circumstances. If hack cooks like us did it, so can you.

just the two of us *

- 1 small cauliflower
- 1 8.5 oz can artichoke hearts
- 1 small onion
- 1/4 green pepper
- some white wine, dry
- 1 cup cheddar cheese, grated
- 1 can cream of mushroom soup

* or you and yourself on two separate occasions

just the four of us **

- 1 large cauliflower
- 2 cans artichoke hearts
- 1 regular size onion
- 1/4 green pepper
- a little more white wine, dry
- 2 cups cheddar cheese, grated
- 1 can cream of mushroom soup
- 1/4 can milk

** if one of us is on a diet or there is a good dessert later on

just the 48 of us

- 30 lb cauliflower
- 1 case artichoke hearts
- 2 dozen onions
- 1 dozen green peppers
- 6 bottles cheap white wine, dry
- 6 quarts cheddar cheese, grated
- 1 case cream of mushroom soup
- 1 gallon milk

Terse no frills recipe: Sauté grated onion, grated green pepper in butter until soft. Add halved artichoke hearts, white wine, cover till soft over medium heat, maybe low heat, wing it here, reducing wine and softening the hearts. Add already heated mushroom soup, previously mixed with milk. Mix up with pressure cooked cauliflower florets and grated cheddar cheese in casserole dish. Spread mixture of grated Parmesan cheese and Italian bread crumbs on top, sprinkle with olive oil. Jam in 350°F oven 20 minutes or less, hoping the crust finishes before your patience does.

Serving suggestions: Eat on plates with forks. Buttered bread or buns optional. Choice of drink advised.

dr bob's incredible meatloaf (and dr bob's secret meatloaf sauce)

- [pdf](#)

ingredients

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notes

1. This was one of the Bryn Mawr bachelor days recipes. Meat loaf is a favorite dr bob food along with mashed potatoes, but he hardly ever gets any. Where's the beef?

drbmtlf.htm: 2-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

dr bob's incredible meatloaf

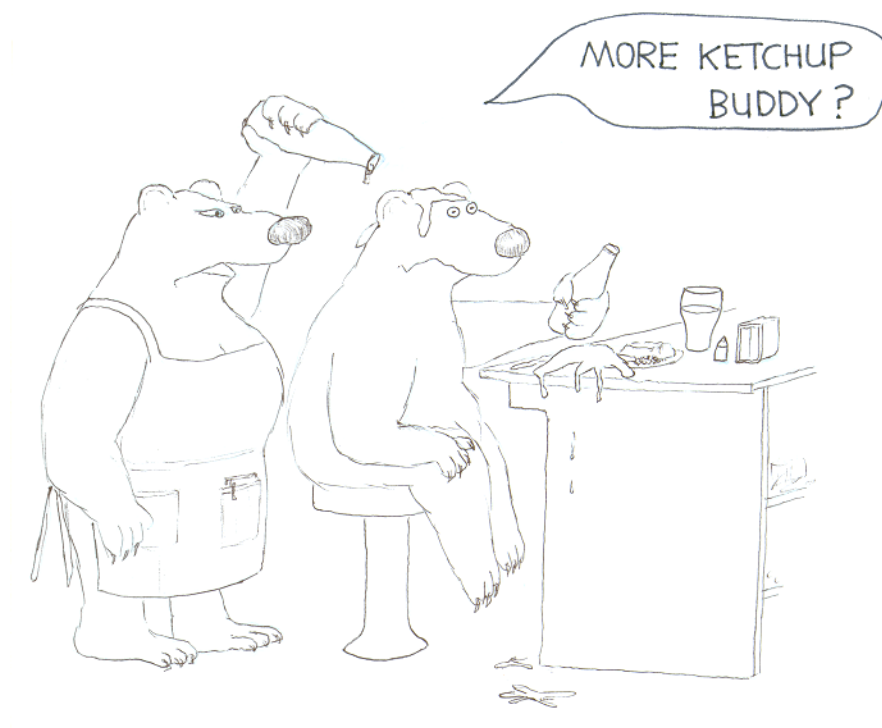
1 lb ground beef, cheap
½ can Campbell's Golden
Mushroom soup
1 egg of chicken
⅓ cup Italian bread
crumbs
3 tablespoons ketchup
¼ cup grated Parmesan
cheese
some chopped black olives



When you think of meatloaf, what comes to mind?
A sleazy diner special, \$2.75 with peas and instant
mashed potatoes? What? Hold the peas?

Well, you can't recreate that same great dining
atmosphere in the privacy of your own home, but at
least you can compensate by improving on the meatloaf.

We use cheap ground beef but those of you with qualms
about greasy food might consider putting out for the lean stuff.
Make sure it's not frozen. Pressure cookers don't solve that
problem here. Mix all the ingredients together, in a mixing
bowl. We like to get our hands into this one and squeeze a
little homogeneity into it. Once we're satisfied on this point,
it goes into a 4"x4"x3" Corningware dish nicely, mounding
it a bit. 1 hour in the oven at 350° does the trick. Don't be
surprised if this meatloaf is rather flexible. Maybe sitting 10
minutes will stiffen it up a bit. Maybe not. We usually pour
off the grease before serving. Lean beef makes this
unnecessary, probably. We don't know for sure since we're
too cheap to try it. If we'd thought of it we'd have probably
thrown in a grated onion. Maybe next time.



serving suggestion: use ketchup sparingly or this will have been a waste of time cuz all you'll taste is ketchup

or use

dr bob's secret meatloaf sauce

This requires planning. The night before or even several nights before the meatloaf, come home with no idea for supper. Remember the two frozen porkchops in the freezer. Throw the chops into the pressure cooker. Dump half a can of golden mushroom soup on them. Add half a cup of water. Cook at full steam 20 minutes. Throw some other stuff together to eat with the chops. When cooker is cooled, the chops should be dead. The bones can be picked out of the glop. Don't eat too much of the "gravy" or you won't have enough for the meatloaf. Reheat with a little hot water to serve on the meatloaf. Hopefully the chops will have left something special behind. Anyway what else would you have done with the other half can of soup you need for the meatloaf?

serves one hungry person twice



Bavarian apple tort

- [pdf](#)

ingredients

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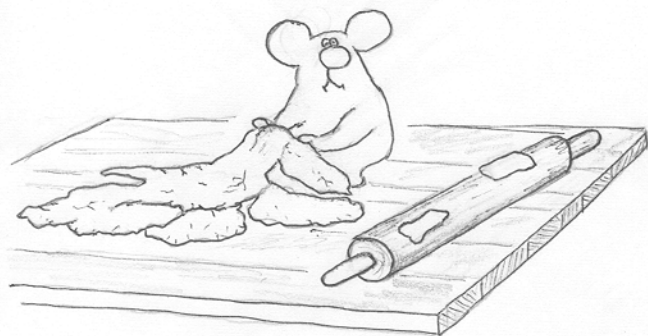
notes

1. This was probably a product of the HS-CFA postdoc period in Cambridge at the start of the eighties, after a jumpstart in desserts during the Chapel Hill postdoc in 1978-1979 when bob met Bon Appetit through a then current subscriber. Dim memories associate this with a Philadelphia cream cheese recipe booklet, perhaps. It once prompted a call from Naples back to dr bob's mom for the recipe to use in a baking contest with nadia: she did the [tiramisu](#). bob lost, but the competition was not fair. Tiramisu is such a natural winner.

bvapltrt.htm: 2-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)

presents

Bavarian Apple Torte



starring

ONLYONE CREAMCHEESE (!!)

and

MAYBESIX APPLES

and introducing

SLICED (you won't miss 'em if you don't have 'em) **ALMONDS**

also featuring

THE ROLLING PIN PROOF CRUST

produced by the Kraft Corporation

advertising by dr. bob studios

CAST (in order of appearance)

$\frac{1}{2}$ cup margarine

$\frac{1}{3}$ cup sugar

$\frac{1}{4}$ teaspoon vanilla

1 cup flour

1 8 oz **PHILADELPHIA**
brand cream cheese

$\frac{1}{4}$ cup sugar

1 egg

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{3}$ cup sugar

$\frac{1}{2}$ teaspoon cinnamon

4 cups peeled thin
apple slices

$\frac{1}{4}$ cup sliced almonds

SCREEN PLAY

Cream margarine, sugar and vanilla. Blend in flour. Spread dough onto bottom and 2 inches high around sides of 9-inch springform pan.

(Lots a luck!)

Combine softened cream cheese and sugar, mixing until well blended. Add egg and vanilla; mix well. Pour into pastry-lined pan. Do not wait for applause.

Combine sugar and cinnamon; toss with apples. Spoon apple mixture over cream cheese layer. Use of hands is permitted. Sprinkle with nuts. IF you have them. Bake at 450°, 10 minutes. Pay no attention to screaming apples. Reduce oven temperature to 400°, continue baking 25 minutes.

Cool. Chill in refrigerator. Serve. Expect bountiful praise.

Do not acknowledge Kraft Corporation. Say it was just a casual experiment. Prepare written recipe to photocopy for friends.

Name it after yourself. (example: dr. bob's fabulous apple cheese cake)

dr bob's apple pie substitute and melancholy cure

- [pdf](#)

ingredients

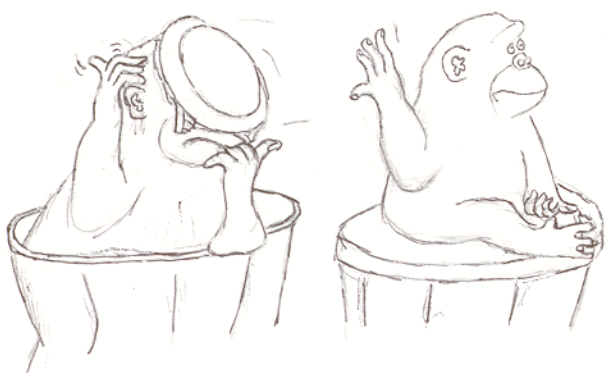
instructions

- 1.

notes

1. Becoming independent meant being able to stay up late and watch Saturday Night Live from 11:30pm till 1am. The problem was bob had trouble staying awake till the end. The monkey sketch must have been earlier in the show before glazed eyes set in.

appleck.htm: 2-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]



apple pies? who needs 'em

INGREDIENTS you may find useful:

Gee Whiz says

- 2 eggs
- 1 c. brown sugar
- 1/2 c. granulated sugar
- 1/4 c. oil
- 2 t. vanilla
- 1 1/2 c. flour
- 3 t. baking powder
- 1/2 t. salt
- 1 1/2 t. cinnamon
- 1/4 t. cloves
- 4 c. pared, coarsely chopped
Gee Whiz Granny Smith
apples
- 1 c. chopped walnuts

WHAT TO DO:

Gee Whiz says

Beat eggs until light. (Beating eggs doesn't seem to make them weigh less. We guess this means light in color.)
Add brown sugar, granulated sugar, oil and vanilla; beat until smooth. (How can you go wrong here?)
Sift flour, baking powder, salt, and spices together. (We disagree with the comma after salt.)
Stir dry ingredients into egg mixture; fold in apples and nuts. (We've folded a lot of sacks, but apples? Dump 'em in and start mixing it up. At first it will seem like there are too many apples, but be persistent. They will eventually get the idea. Ignore the nuts. They will go away.)
Turn into greased, floured 13x9x2-inch baking pan. (Trying to confuse us again. Read "turn" as "dump" and you'll be okay. Isn't this simpler than pie crust?)
Bake at 350°F for 40 to 50 minutes or till cake tests done. (It may go overtime with the increase in recipe. Be patient. Don't try an oral exam. The cake won't be up to it.)

YIELD: 12-15 servings

(What a joke. We say eat it with a friend in two sittings. Refrigerate between sittings. And don't forget that ice cream!)

Tired of uncooperative pie dough?
Not looking forward to the moment of truth when you start rolling it out?
Feeling a bit lazy, but still have that slice of apple pie a la mode on your mind?
Well, cheer up. The answer is here. Don't wait to try

dr. bob's apple pie substitute and melancholy cure

(also known as the Gee Whiz Granny Smith Apple Cake)

A LA MODE CLAUSE. Your acceptance of this recipe is conditional on the premise that you agree never to serve the final product without an accompanying portion (35% by volume, placed directly on said product) of sufficiently high quality vanilla ice cream. Should any evidence of noncompliance with this clause become known to us, all further recipe communications will be suspended for life.

dr. bob's kitchen testing laboratory says increase by 50% and observe the following helpful hints and comments

- 3 eggs (as long as they come from chickens, caviar does not work here)
- 1 1/2 c. brown sugar (something for all you Rolling Stones fans)
- 3/4 c. granulated sugar (why not white sugar, do we detect a bit of racism here?)
- 3/8 c. oil (3/8 c. ? guess on this one, but don't use motor oil)
- 3 t. vanilla (don't confuse this ingredient with the a la mode clause)

- 2 1/4 c. flour
- 4 1/2 t. baking powder (what can you say about these guys, they're pretty dry stuff)
- 3/4 t. salt

- 2 1/2 t. cinnamon

cloves? cloves belong in hams not cakes, we say leave the doves where they belong

who buys apples by the cup? Try 8 medium no name brand Granny Smith apples. We got ours on sale. Spotty looking things. Tasted great. Fix 'em like they were headed for a pie. They won't know the difference.

chopped walnuts? What a hassle. We never put 'em in our chocolate chip cookies either. Who needs 'em.

(we say)

chocolate velvet cream

- [pdf](#)

ingredients

instructions

- 1.

notes

1. The cat in this recipe illustration was ripped off from the "[Escape to Rio](#)" 1982 dr bob christmas card. Borrowing characters from previous sketching activities is not unusual for this artist.

chcvlcr.htm: 3-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

If you like chocolate, you'll love

CHOCOLATE VELVET CREAM

the Rolls Royce of chocolate cream pies

So good you'll
want to dive
right in...

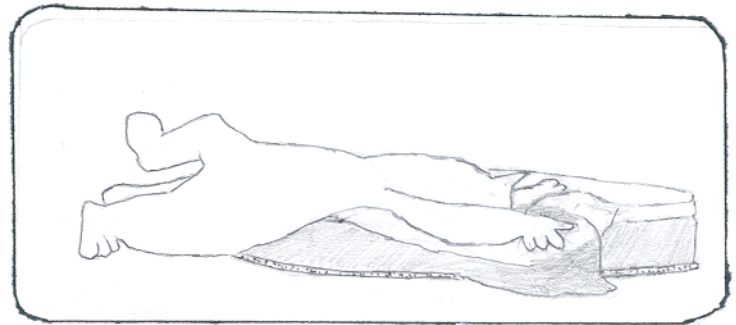


another amazing discovery by
dr. bob's kitchen testing laboratory

unfortunately already created by the Kraft corporation © 1980

cost: not cheap

cost effectiveness: maximal



INGREDIENTS

- 1 1/2 cups chocolate wafer crumbs
- 1/3 cup Parkay margarine *(butter!)* (or is that another brand)
- 1 8oz pkg Philadelphia brand cream cheese
- 1/2 cup sugar
- 1 teaspoon vanilla
- 2 eggs, separated or divorced
- 1 6oz pkg semi-sweet chocolate pieces, melted
- 1 cup heavy cream, whipped
- 3/4 cup chopped pecans

HANDY SHOPPING LIST

- 1 pkg Nabisco chocolate wafers
- 6 oz pkg chocolate chips
- 1 pint whipping cream
- 1 8 oz pkg. cream cheese
- 2 live lobsters
- 1 gallon formaldehyde
- 4 oz sperm oil (as in whales)
- 2 lbs cheesecloth

HOW TO DO IT BY THE BOOK

Combine crumbs and margarine. Press onto bottom of 9-inch springform pan.
Bake at 325°, 10 minutes.

Combine softened cream cheese, 1/4 cup sugar and vanilla, mixing until well blended.

Blend in beaten egg yolks and chocolate. Beat egg whites until foamy;
gradually add remaining sugar, beating until stiff peaks form.

Fold egg whites, whipped cream and nuts into cream cheese mixture.

Pour over crust. Freeze. Garnish with shaved chocolate or additional whipped cream.

OUR COMMENTS

First you'll probably have a hassle finding the famous Nabisco (not owned by Kraft) chocolate wafers in your local supermarket. You may have to settle for a second rate substitute. Then you will have to crum them in a blender. If no blender is available, a hammer and bag might work. We do not recommend this method. Melt the chips (probably Nestles, also not Kraft related) in a double or tripler boiler, immediately before using, or you're in trouble. And a little cream of tartar makes those egg whites cooperate. As for the nuts, we say again: Who needs 'em?

Instead add final layer of whipped cream, maybe 1/2 cup heavy cream, whipped.

NOTE FROM THE HUMOR DEPARTMENT. Due to the unusually high quality of this recipe, it was unanimously decided to waste a minimal amount of talent on its presentation, warranting only one smile and a half smirk. Thankyou for your cooperation.

easy chocolate moose cake

- [pdf](#)

ingredients

instructions

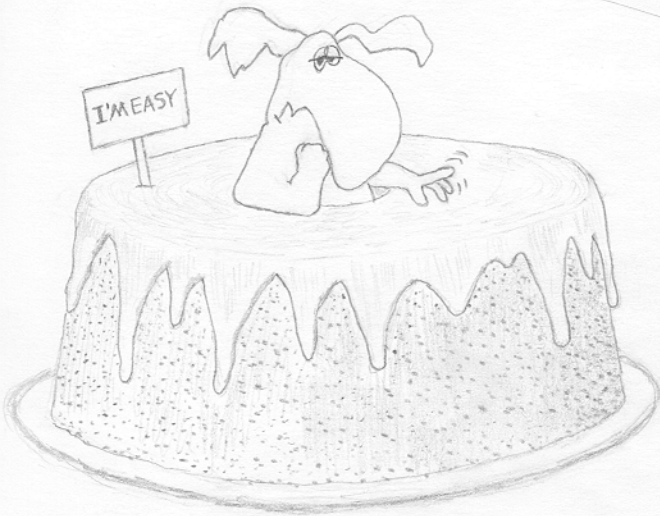
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notes

1. This one almost got away. Somehow looking for an apartment at the Harvard housing office near Harvard Square in the summer of 1981, dr bob sat down his bag or clipboard at the time with the original recipe project in plain view and forgot it. Later that evening he remembered and swung by and could see it through the window. Hoping it would be there in the morning, he returned first thing, and it was.
2. Angel food cake with chocolate icing was a big favorite of dr bob in his youth. Duncan Hines or Betty Crocker. He and mom were big box cake devotees. Every now and then mom comes through with one even late in life. This recipe is clearly more complicated, but worth doing at least once.

ezchcmck.htm: 2-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

EASY CHOCOLATE MOOSE CAKE

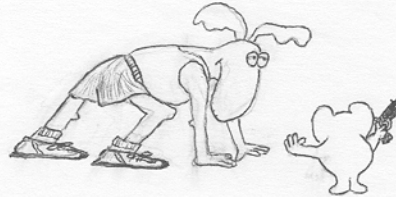


We once made a complicated compact rich chocolate glazed crusty brownie veneered super heavy chocolate moose filled bomb, with 4 pounds of pure chocolate and lots of effort from a fancy Buon Appetit recipe (that's a sophisticated not cheap cooking magazine we can't afford a subscription to). 3 pounds in the moose and 1 in the glaze. Our collaborator kept the recipe and we're not sorry. Normal cake portions were nearly lethal. Once in a lifetime was enough. We have pictures to look at when we get nostalgic. Now when we get the moose fever, only 6 oz. of chocolate, light angelfood cake, twice the volume and a recipe inspired by a suggestion from a well known brand angel food cake mix (who prefers to remain anonymoose) lighten up this deadly dessert memory from our dim past, which thanks to our generosity, you too can enjoy.

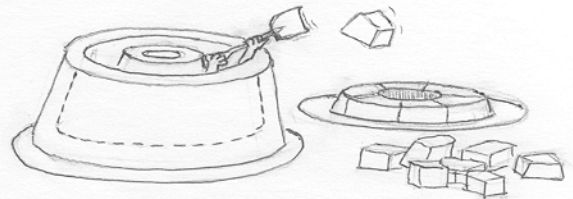
You start by making in advance 1 your favorite brand angelfood cake mix and cooling it completely, which takes time (over an hour), which is why you gotta do this part in advance (the day before even)



When ready to start the moose,



perform the indicated cake excavation:



With a sharp serrated knife, cut down parallel to the inner and outer sides of the cake about $\frac{3}{4}$ inch from the edge to within about $\frac{3}{4}$ inch from the bottom. Then cut the cake between the cuts into 6 equal sectors and tear off the top inch.

Save for replacement. Escavate the rest. Discarded cake pieces may be eaten plain or with peaches and cream or strawberries and icecream or fed to FIDO.

← We don't care.

Next make half a chocolate moose recipe, given below. When finished, dump it into the excavated cake interior. Replace the 6 top pieces so level top results. Fudge this step if necessary. Make the chocolate glaze as described below and apply to cake. In the best of all possible worlds, the result should look like the above illustration. The last time we did it, we goofed on the consistency and had to ice the entire cake with the glaze. So what. Chill the result, glazed or iced.

CHOCOLATE MOOSE (half measures in parentheses)

- | | |
|--|---|
| { 8(4) oz semisweet chocolate | { 6(3) eggs, separated |
| { $\frac{1}{2}$ ($\frac{1}{4}$) cup water | { $\frac{1}{2}$ ($\frac{1}{4}$) cup sugar |
| { 1 ($\frac{1}{2}$) teaspoon vanilla | dash (?) salt |
| { 1 ($\frac{1}{2}$) tablespoon rum | $\frac{1}{4}$ ($\frac{1}{8}$) cup sugar |
| 1 ($\frac{1}{2}$) cup heavy cream, whipped | |

Melt chocolate (choc. bits are most economical) and water (generally found in already melted state) in double boiler. Cool a couple minutes. In large bowl beat egg yolks & $\frac{1}{2}$ ($\frac{1}{4}$) cup sugar. until thick and pale. Blend in chocolate vanilla & rum. Fold in whipped cream. Beat egg whites until stiff peaks form. Isn't this boring. Fold into chocolate mess. Chill at least 6 hours in fridge when not stuffing cake, then serve at will with more whipped cream.

CHOCOLATE GLAZE

- $\frac{1}{3}$ cup butter (=margarine)
2 oz unsweetened chocolate

- 2 cups confectioners' sugar
1 $\frac{1}{2}$ teaspoons vanilla
2 to 4 tablespoons hot water

Melt butter and chocolate (grated with cheese grater while not wearing wool sweater) in double boiler. Remove from heat, stir in sugar and vanilla. Stir in water 1 tablespoon at a time until glaze is desired consistency. Beat smooth with electric beaters. It will look like you screwed up at first but be persistent.

the tollhouse deluxe cake

- [pdf](#)

ingredients

instructions

- 1.

notes

1. The cookie monster (another cat) in these illustrations was inspired by the Harvard-Smithsonian Center for Astrophysics relativity group cookie duties forced upon dr bob and his officemate. Who were supposed to make sure there were cookies available for the afternoon tea or something. Chocolate chip cookies have been a dr bob favorite since his youth when he used to make them at Christmas for his teachers in elementary school. The chocolate chip cookie cake seemed like a great idea too. Apparently it was.

tlhdlxck.htm: 24-mar-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]



What's better than a chocolate chip cookie?

better than two chocolate chip cookies?

better even than sixteen chocolate chip cookies with milk?

What's the worst thing about baking 8 dozen chocolate chip cookies? Could it be the 96 times you have to push those reluctant sticky little dough balls off those teaspoons? Or the 18 times you have to check up on the little buggers in the oven? Or the burnt ones that come out first cuz the oven was too hot and you waited for the timer? And the rest that come out flat and whimpy looking when everybody else's always seem to turn out fine? What's the answer?

It's a chocolate chip cookie so big you have to call it a cake. And that's just what dr. bob's kitchen tasting laboratory calls it.

the tollhouse[®] deluxe cake

In fact so do the folks down at Nestles who helped inspire us to this giant leap forward in the chocolate morsel trade, not to mention page 256 of the Consumer Guide Favorite Brand Name Recipe Cookbook.

Let's get right to it.

STUFF FOR THE CAKE:

- | | |
|----------------------------------|--------------------------------|
| 3 cups unsifted flour | 1 teaspoon vanilla extract |
| 1 tablespoon baking flour | 4 eggs |
| 1 teaspoon salt | 1 cup milk |
| 1 cup butter, softened | 1 12oz pkg (2 cups) Nestlé |
| 2 cups firmly packed brown sugar | Semisweet Real Chocolate |
| | Morsels, divided and hereafter |
| | called "chocolate chips" |

STUFF FOR THE CHOCOLATE GLAZE:

- 1/2 cup (3oz) chocolate chips, reserved from package listed above
- 1/4 cup boiling water
- 1 cup sifted confectioner's sugar

HOW TO CAKIZE THE CAKE STUFF

Preheat oven to 350°F (200°C in Europe). In small bowl, combine flour, baking powder and salt; set aside but do not lose track of. In large bowl, combine butter, brown sugar and vanilla extract; beat until creamy or cries of "uncle" are heard, whichever occurs first. Add eggs, one at a time (how many can you crack open simultaneously? our limit is two, holding on to the shells, unlimited disregarding the shell restriction), beating well after each addition. No subtractions are required at this point. Alternately blend in flour mixture with milk. This should make the batter thinner. If not, maybe your problem was powdered milk. Stir in 1 1/2 cups chocolate chips. Spoon batter evenly into well-greased and floured (not flowered) 10" Bundt pan or tube pan. Bake at 350°F (200°C in Europe) 60 minutes. The oven should already be at this temperature. Control oven thermometer. (Skip this step in Europe, just wing it.) Cool 15 minutes. Remove from pan. Cool completely. We forgot to do this but had no problems. Pour chocolate glaze over top. You will have to spread rather than pour if you stuck it in the fridge for 20 minutes like it says below. Let glaze set at room temperature 15 minutes before serving.

HOW TO GLAZIZE THE GLAZE STUFF

In blender, combine remaining 1/2 cup chocolate chips and boiling water; process at high speed until smooth. This step is a bit tricky without a blender. (dr. bob's lab was saved from buying one by inviting itself to dr. bob's sister-in-law's for dinner and finishing it there.) Gradually blend in confectioner's sugar; process until smooth. Refrigerate 20 minutes or so until desired consistency, whatever that is.

EATING ADVICE. Eat to excess with milk. With vanilla icecream and milk is also good.

People on diets may exercise self restraint. Others may just pig out.



chocolate chip cookies for italians

- [pdf](#)

ingredients

instructions

- 1.

notes

1. Since chocolate chip cookies are bob's favorite cookies, it seemed natural to want to share them with his Italian friends. Unfortunately at the time (last century), chocolate chips were not something that existed in the Italian food scene, so a substitution was required. This century, with the global economy continuing to grow, chocolate chips may actually be found in some of their supermarkets.

chchckis.htm: 2-oct-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

CHOCOLATE CHIP COOKIES

i biscotti tipicamente americani

INGREDIENTI IMPERIALISTICI:

550g. farina tipo 00

1 cucchiaino lievito per i dolci

1 cucchiaino sale

^{ch}
225g. burro ammorbidito

150g. zucchero

150g. zucchero bruno

1 bustina vaniglia

^{co}
2 uova

^{ch}
400g. cioccolato fondente spezzettato
in piccoli pezzi

PROGRAMMA DI ATTACCO:

- (1) In una terrina piccola, unite la farina, il lievito e il sale. Mischiateli e lasciateli stare, senza giornale e senza fumetti. Devono essere molto annoiati quando si uniscono con gli amici loro per ottenere l'effetto desiderato.
- (2) In una terrina grande, unite il burro, lo zucchero, lo zucchero bruno e la vaniglia. Dovete prima fare dissolversi la vaniglia in un cucchiaino di acqua tiepida. Se avete aggiunto la vaniglia prima di aver letto questa istruzione, buttate via tutti gli ingredienti di passi (1) e (2) e ricominciate da capo.
- (3) Sbattetelo finché l'impasto è cremoso e non si sente più i gridi del burro. Questo significa che il burro è morto oppure che si finge morto. Comunque è importante solo che l'impasto rimane silenzioso a questo punto, quindi entrambi le possibilità vanno bene qui.
- (4) Incorporate le uova, continuando a sbattere bene l'impasto, e poi aggiungete poco a poco la mistura di farina, mescolandoli bene finché si arriva a la consistenza di fanghiglia.
- (5) Aggiungete i pezzetti di cioccolato e mescolate l'impasto fino a che sono sono distribuiti uniformemente. Quando sono molto amici con l'impasto ma prima che sono pronti per uscire insieme a mangiare la pizza, prendete un cucchiaino colmo dell'impasto (una pallina di circa 3 centimetri in diametro, cioè la misura familiare) e mettetela su una teglia. Lui comincerà presto a sentirsi molto solo, quindi dovete velocemente ripetere questo passo molte volte, però lasciando almeno 4 o 5 centimetri fra le palline in modo che non possono fare atti osceni insieme. Poi quando stanno discutendo quale film tutti quanti vogliono andare a vedere dopo la pizza, metteteli improvvisamente alto nel forno già riscaldato a 190°C. e non apritelo per almeno 6 minuti. Poi controllate la strage. Prima che si diventano troppo seccati o scuri (7 o 8 minuti forse) toglieteli dal forno e lasciateli raffreddarsi. Continuate, mangiando un biscotto tiepido ogni tanto. Quando sono tutti fatti, trovate un posto sicuro per nasconderli bene. Mettete di sopra la bandiera americana.



strawberry velvet cream

- [pdf](#)

ingredients

instructions

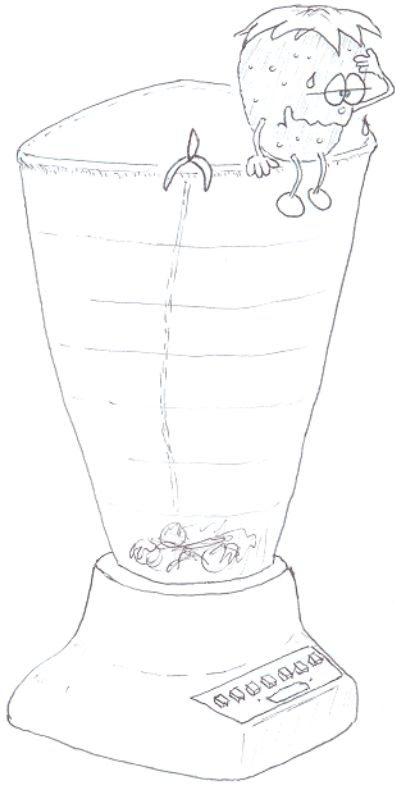
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notes

1. This recipe relied on a "strawberries and cream" liqueur that bob hasn't spotted in decades. Seems like such a great flavor. Strange that it wasn't more successful. Just finding a plain strawberry liqueur isn't that easy either. So perhaps an imaginative substitution is called for here. In fact the recipe states that its original version had lemon juice instead, so the cream liqueur was already an imaginative substitution. Apparently too imaginative.

strvlcrm.htm: 3-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

STRAWBERRY VELVET CREAM



crust: 1 cup graham cracker crumbs

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup butter (margarine) melted

cream: 1 3-oz package cream cheese, softened

1 14oz can sweetened condensed milk

2 $\frac{1}{2}$ cups fresh or frozen unsweetened thawed strawberries, blenderized

3 tablespoons Wimbledon Strawberries & Cream Liqueur

1 cup ($\frac{1}{2}$ pt) whipping cream, whipped

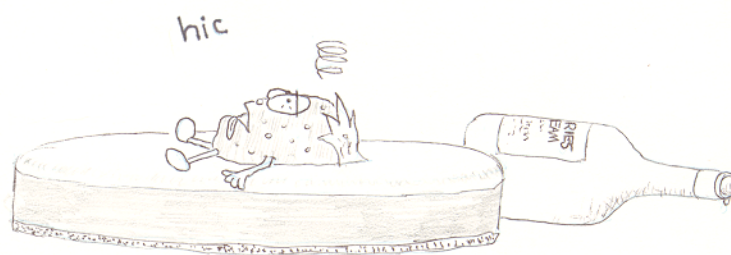
serving touch: $\frac{1}{2}$ cup whipping cream, whipped (maybe a few fresh or leftover frozen strawberries, maybe even a lot of them)

You guessed it. A strawberry version of chocolate velvet cream but this time another brand name is responsible (guess which one) so the lineup of ingredients is a bit different. Plus we made a few improvements (we'd like to think). Start with your basic bottom only graham cracker crust in a 9 inch springform pan. (Mix crumbs and sugar, then melted butter, tamp down evenly in bottom of pan, insert into 350° oven for 8 minutes, remove and insert into freezer for quick cooldown.) Then whip the cream in a medium bowl. Then blend the strawberries in a blender (what else?). We used a 16oz package of frozen strawberries with sugar (sugarfree came only in a bigger package with a bigger price). In fact it wasn't even considerate enough to thaw in hot water by the time we needed it so we put the frozen chunks right in the blender and added the strawberries and cream liqueur, without which no progress would have been made.

If you don't want to put out the bucks for the liqueur, or if you live in a liquor controlled state like Pennsylvania where free enterprise is not allowed to tempt you with this delicious liquid consummable and the state doesn't have enough imagination to make it available, then you might try 3 tablespoons of lemon juice like in the original recipe. Next beat up the softened cream cheese until fluffy, if you can believe cream cheese can be fluffy, otherwise just give it a good shot of the electric beater, add the sweetened condensed milk and finally the blended strawberries and liqueur and continue beating until a uniform pink color is obtained (if the color is bright red at this point you've messed up somewhere, count your fingers before proceeding), a clear signal that you've mixed it enough, so fold in the whipped cream. Then you're gonna be saying to yourself looks like I screwed up anyway, this is a liquid mess, it'll never freeze, I wonder what it tastes like? At this point you must restrain yourself because it tastes like a great blender drink and you could easily put down half your not yet realized cream pie (alternate serving suggestion). So pour it into the springform pan and place in the freezer quick. We don't particularly like unsymmetrical cakes and probably you don't either so make sure it's level. Then wait several hours. To serve let stand in the fridge about $\frac{3}{4}$ hour or outside maybe 15 minutes. Spread the $\frac{1}{2}$ cup whipped cream on top just as you remove the pie from the freezer. Strawberries too if you want.

RESERVING PROBLEMS

If you don't eat the whole thing at one sitting, return to freezer. The next time you want a piece you'll have a slight problem. The pie will return to its liquid state long before the frozen whipped cream even thinks of softening up. So plan ahead if it's clear reserving will occur. Apply the whipped cream to individual pieces as you serve it. Better yet, apply directly to your guests' faces. Won't they be surprised.



zuppa inglese americanizata

- [pdf](#)

ingredients

instructions

- 1.

notes

1. The diving hippo in the illustration here was ripped off from the [cheesecake hippos](#) who came first. The chicken too. The killer bee came from the [1978](#) dr bob christmas card and the mouse from the [1981](#) card. Recycled artistry works when imagination runs low.
2. We haven't had a box of instant pudding on our shelves now for what seems like forever. But they are always right there in the supermarket—we should be think about duplicating this event again.

zupaingl.htm: 3-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

zuppa inglese americanizzata

(literally "Americanized English soup")

Zuppa inglese is one of those superb Italian desserts that just takes too much effort unless you cheat, something we Americans are known to have few scruples about doing. Thanks to one of our great national treasures, known simply as instant pudding, you too can create a classic refrigerator cake that a real Italian may scoff at but which is guaranteed to fool any true American.

The only work involved is in making the 3 pandi spagna layers (Italian sponge cake, literally "Spanish bread"). Get the following stuff together:

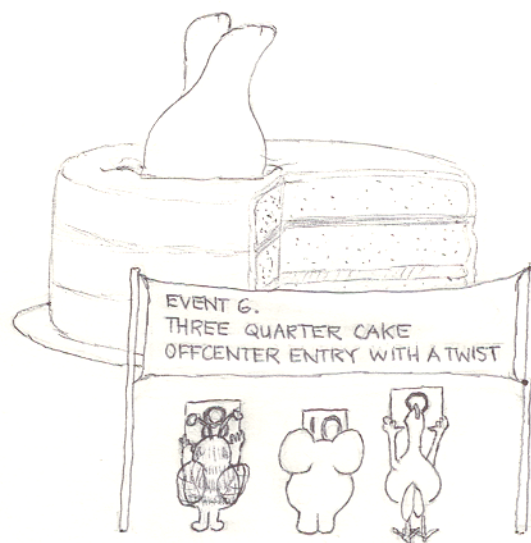
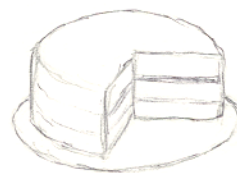
- | | | | |
|-----|------------------------------|-----|----------------------------|
| ① { | 5 egg yolks | ② { | ½ teaspoon salt |
| | ½ cup sugar | | ½ teaspoon cream of tartar |
| | 2 tablespoons lemon juice | | 5 egg whites |
| | 1 teaspoon grated lemon peel | | ½ cup sugar |
| | 1 teaspoon vanilla | ③ { | 1 cup sifted flour. |

Combine group 1 in medium bowl and beat 3 or 4 minutes at medium speed (electric mixer!). Add salt and cream of tartar to egg whites in a large bowl and beat until frothy; gradually add sugar while beating until stiff peaks form. Fold yolk mixture into whites; sift flour over result, ¼ cup at a time, gently folding until just blended each time. Grease and flour 2 round 9" cake pans and 1 9" cheesecake pan (or 3 round pans if you have them, we don't) and dump batter in pans, equally divided. Bake at 325°F (220°C) for 30 to 35 minutes. Cool 10 minutes; remove from pans. Cool some more.

Now you need:

- | | |
|---|---|
| { | 2 small packages (3¾ oz) instant pudding and pie filling, 1 vanilla and 1 chocolate |
| { | 4 cups milk |
| { | 1 20 oz can crushed pineapple, drained completely |
| | ½ cup rum mixed with 2 tablespoons cold water |
| { | 1 cup heavy or whipping cream, whipped and then blended with 1 teaspoon vanilla, several tablespoons confectioners' sugar |

First put down first layer cake, sprinkled with ⅓ rum mixture. Make vanilla pudding, wait a few minutes till solid, add pineapple and dump most of it on cake. (A bit may be better off saved.) Lay down 2nd layer cake, ditto with the rum sprinkling. Make chocolate pudding and when thickened enough, dump most of it on cake. Hit with 3rd rum sprinkled cake layer. Ice with whipped cream and stick in refrigerator. (This is the tough part if your fridge is anything like ours.) Tastes better the second day. Tell your friends how many hours you slaved over this cake. Keep a straight face.



(simple) soft touch cheesecake

- [pdf](#) [jpg](#)

ingredients

instructions

- 1.

notes

1. The illustration for this came from several hard stares at a stuffed hippo in a store in [Faneuil Hall](#) in downtown Boston to fix the image for a later sketch which bob revealed to an adult education cartoon class instructor who was working on a book on greeting card products. It found a place in it, bob's first official published sketch if you discount the high school yearbook drawings (class of 1970). [Designing Greeting Cards and Paper Products: A Complete Guide](#), by Ron Lister, ISBN: 0-13-201880-2, Prentice Hall, p.154. This was the time that [Sandra Boynton](#) had just revolutionized the greeting card industry with her hippos and other whimsical creatures that climbed from nowhere into a major subindustry. A fact that was not lost on bob. Who, however, continued on in physics anyway.

sstchck.htm: 29-mar-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

Don't need a cheesecake that'll put your guests under the table?

The dr. bob cooking team invites you to try the

(Simple) **Soft Touch** cheesecake

It's got that killer cheesecake taste without the lethal consequences and it's so simple even a barely educated chicken could make it



This is what we in the sophisticated baking trade call a 3 layer cheesecake. First of all we don't count the crust. That means the 3 ingredient groups below cannot correspond to the 3 layers, since group 1 is the crust. Group 2 is layer 1, the cheese group, which makes this a cheesecake and not another kind of cake, like a banana cake. Group 3 is layer 2 and 3, which are added in quick succession, so we don't need to bother making individual groups of them. Besides these are very social ingredients and like the company.

Group 1: $\frac{1}{4}$ cup margarine or butter, melted
or otherwise convinced to pour
1 cup graham cracker crumbs
 $\frac{1}{4}$ cup sugar

Group 2: 2 (8oz) packages cream cheese, softened
1 (14oz) can sweetened condensed milk
3 eggs
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup lemon juice no bananas

Group 3: 1 (8oz) container sour cream
2 tablespoons sugar

1 (16oz) can freestone peaches, drained and diced
1 (10oz) package quick thaw Birds Eye® strawberries,
quickly thawed and drained

WHAT TO DO (start here chickens)

Combine ingredients of group 1 in reverse order and press evenly in bottom of buttered 9-inch (or near metric equivalent) cheesecake pan (called a springform pan in the sophisticated baking trade). These pans do not come buttered so use your imagination here. Consider group 2. Beat the first ingredient until you lose patience, then beat in the rest until smooth. Switch from hand beating to electric beater at some well chosen point, to avoid muscle strain. Bake in preheated 300° oven 50 or 55 minutes or until cake springs back when lightly touched. This is a judgement call. We suggest you chickens use an oven thermometer and remove cake after 55 minutes. 5 minutes less than 1 hour. Cool to room temperature then jam in the fridge. When inspired deal with group 3. This may occur any time after or shortly before cake reaches room temperature. Mix sugar with sour cream and dump on cake. Spread it around a bit. Don't slop over the edge. Then drop the peach pieces evenly over the top, for which reason this layer is often called the topping. Follow quickly with the strawberries. Wasn't that simple?

cheesecake di bob: versione italiana

- [pdf](#)

ingredients

instructions

- 1.

notes

1. In 1979 dr bob began his campaign to impress Italians with cheesecake. They were impressed. But not enough to try making one themselves. This is the somewhat poorly translated version of the [simple soft touch cheesecake](#), with some additional humor not found in the original. [Additional notes](#) in English for Italian consumption followed.

chckitly.htm: 3-oct-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

CHEESECAKE DI BOB : VERSIONE ITALIANA

150 g briciole di biscotti fatti con
farina integrale e malto
(sbriciolate i biscotti nel frullatore)

3 cucchiaini di zucchero

75g burro fuso

460 g formaggio fresco tipo Philadelphia,
ammorbidito

1 scatola (397g) latte intero
condensato zuccherato

3 uova

1/4 cucchiaino di sale

sugo di un limone (4 cucchiaini)

per esempio: { Barilla "i Mugnai"
Saiwa "Cruscoro"
Pavesi "Digestivi"

2 scatole piccole di Fiorello

1 scatola piccola di yogurt alla fragola

1 cucchiaino di zucchero

fragole fresche or surgelate, ben
scolate poi tritate

2 pesche di scatola (o ben mature),
ben scolate poi tritate

Mettete le sbriciole di biscotti e lo zucchero in una terrina e mescolateli insieme con una forchetta. Unite il burro fuso e mescolate il composto finché tutte le briciole non rimangono bagnate. Poi spargetele uniformemente nel fondo del "springform pan" (uno stampo rotondo con lato togliabile) e premetele giù facendo la crosta (con la base di un bicchiere per esempio).

Sbattete un po' il formaggio Philadelphia usando un

cucchiaino di legno o qualsiasi sostanza preferita. Meglio se il formaggio si trova in una terrina grande (fuori scatola) prima di cominciare. Unite il latte condensato zuccherato (non latte condensato!) e continuate a sbattere il composto fino ad ottenere una crema soffice, usando adesso un frullino elettrico se la vostra cucina è abbastanza avanzata di averne uno. Aggiungete le uova, il sale e il sugo di limone uno alla volta, sempre mescolando il composto finché non risulta omogeneo. Versate il composto nel "springform pan" e mettetelo nel forno già riscaldato a 150° C per 55 minute circa, finché il centro della torta non rimane piatto dopo averlo toccato leggermente. (Come? Questa è la famosa prova della torta: se fate un'impressione con un dito che rimane invece di sparire, non solo hai saputo che la torta non è finita pero avete anche rovinato la sua superficie perfetta; meno male che si copre con altra roba.)

Quando è fredda, mettete la torta nel frigorifero per almeno 4 ore. Quando vi pare, mescolate insieme il Fiorello, lo yogurt e lo zucchero e spalmate questa crema deliziosa sulla torta, coprendola uniformemente con i pezzi di pesche e poi quelli di fragole. E un po' difficile fare tutto questo nel frigorifero, quindi meglio se invece di mettetevi dentro, portate la torta fuori per questa tappa.

Poi rimettetela nel frigo.

Se la portate a un amico in prigione, controllate prima se c'è il frigo in cella. Poi non dimenticatevi di mettere dentro la pistolina.

cheesecake supplement for english speaking italians

chocolate version

Replace "briciole di biscotti fatti con farina integrale e malto" with chocolate cookie crumbs (not necessary).

For cheesecake batter use: 680g Philadelphia cream cheese, 1 scatola di latte intero condensato zuccherato,

4 uova, 1 bustina vaniglia, 350g cioccolato semifondente fuso.

Bake for 65 minutes at 150 C° (300° F). Then cool and put in fridge.

OPTIONAL: Add mandorle tritate to the cheesecake batter before baking.

"sour cream" toppings in Italy

Mix 1 large scatola di Fiorello with 1 small yogurt of your choice.

Add sugar to taste (circa 2 cucchiaini).

Pour on cheesecake at end of baking period and bake 5 minutes at 230 C° (450° F).

Refrigerate.

fruit toppings: strawberry

1 liter fresh strawberries, or frozen, pulite (washed and hulled)

1/4 cup (60 milliliters) water

3/4 cup (175g) sugar (zucchero)

1 1/2 teaspoon (cucchiaino) cornstarch (amido di grano)

1 teaspoon butter (cucchiaino di burro)

Puree 1 cup of berries in blender (frullatore), add rest of ingredients except butter, blend.

Pour in saucepan, boil for about 2 minutes until thickened.

Blend in butter. Remove from heat.

Pour back into blender and puree. Let cool slightly.

Arrange rest of whole berries on cheesecake and spoon glaze over them (what you just made is the glaze).

Refrigerate.

fruit toppings: peach (alla pesca)

Substitute 2 or 3 very mature peaches for 1 cup berries.

Since peaches are juicy, probably no water will be necessary.

Cut up 2 or 3 very mature peaches in small thin slices and arrange on top of cheesecake and cover with glaze.

Refrigerate.

fruit toppings: pineapple (all'ananas)

Substitute 1 cup canned pineapple for 1 cup berries.

Cut up 3 or 4 rings of pineapple into small pieces and arrange in rings on cheesecake and cover with glaze.

Refrigerate.

cheesecake hints

If the cake puffs up and cracks excessively the oven is too hot. Lower heat.
Do NOT open oven during first 3/4 of baking time.
If possible make the cheesecake 24 hours before serving time.

notes

1. As part of the failed Italian cheesecake campaign, some helpful hints for doing various cheesecakes in Italy in English.

chckitl2.htm: 3-oct-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

spring

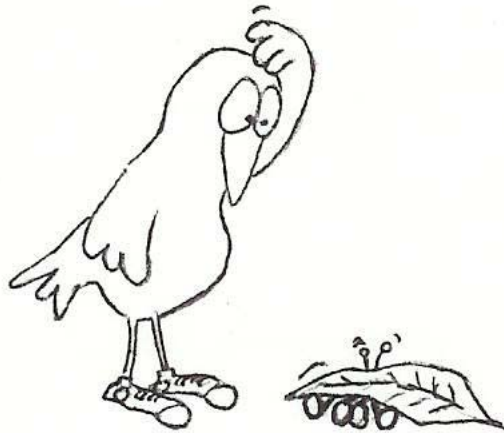
- [jpg](#) [[.htm](#)]

notes

1. Somehow this little sketch (spring -> birds and the bees -> two ants) on a single page by itself slipped into the collection without any real connection to food. As an amusing interjection.

spring.htm: 10-mar-2004 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

spring



no excuses left cheesecake

- [pdf](#)

ingredients

instructions

- 1.

notes

1. In 1979 dr bob began his [campaign](#) to impress Italians with cheesecake. This one was the result of being forced to deliver without any recipe on hand of his own, so an American cookbook of the host provided a no-frills version that was then implemented in her kitchen. An American citizen of Russian/Austrian parents who had spent some time in PA when she was born but then moved to Italy where she grew up Italian, and a bit mixed up. But she understood cheesecake rather quickly, the desire that is. Probably never did on one her own though. The Italian influence apparently.

chcknox.htm: 3-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

NO EXCUSES LEFT CHEESECAKE



This is your basic emergency cheesecake, for use on foreign turf where few resources are available. We got cornered into this one in Rome, having extolled the virtues of cheesecake to the wrong displaced American, who countered our excuse of traveling without recipes with a 1950 Betty Crocker cookbook older than all of us. Sure enough there was the following cheesecake recipe in it:

Beat 4 egg whites until stiff, fold in 1 cup sugar.

Beat three 8 ounce packages cream cheese until soft or cries of uncle are heard.

Then fold in egg white mixture and 1 teaspoon vanilla.

Bake at 350° for 25 minutes. [180°C]

Meanwhile blend 2 cups sour cream, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon vanilla and slap on the cake for an additional 5 minutes at 475° [245°C]

When we tried it, the cream cheese wasn't thin enough to allow anything to be folded into it let alone the mousey looking eggwhites so we added an egg yolk first. Maybe it had something to do with the fact that we beat the sugar up with the cream cheese instead of the egg whites, who knows. You gotta be flexible in this business. Like we used four 100 gram packages of cream cheese (Kraft Philadelphia) since ounces don't live in Europe. And there wasn't any vanilla on hand ("a" bustino of powdered vanilla) so we grated some lemon peel into it instead. Hey, why not? The next hitch was the sour cream. There isn't any sour cream in Italy. You folks in Italy can try mixing 2 small packages of Fiorello and 1 small yogurt doppia panna, which we couldn't find either. Throw in some sugar to sweeten it up. We had to use some kind of wierd honey flavored yogurt but the guests never knew the difference. Just before serving the chilled cake we threw on some thawed frozen strawberries (drained of course). Didn't know they existed in Italy but our friend really came through on that one. The dri bob cooking team disclaimed all responsibility for the result but it turned out to be a hit anyway. What do they know.

bob's converted Lindy's strawberry cheesecake

- [pdf](#)

ingredients

instructions

- 1.

notes

1. This came from modifying a recipe from an article "Cheesecake: A Baker's Dozen of the Very Best" by Jack Hanle in Bon Appetit, February, 1978 (p.35), for use in Italy by Italian friends. Mere wishful thinking. Several cheesecakes from this source were tested by the dr bob team and should certainly be revisited decades later when this project seems to be finally coming together. 1978 was the year [Bon Appetit](#) entered bob's life through a friend in Chapel Hill, North Carolina. She had a sub. What was her name...?
2. Vague memories remain of trying to use a scientific thermometer to regulate oven temperature since oven thermometers did not seem to be on the market in Rome at the time. See the [side notes](#) for Italians.
3. This was originally done in Italy on longer A4 paper which for decades was cut off at the bottom in the US 8.5x11 inch photocopy editions, now extended to a second page with the magic of technology.

chcklndy.htm: 3-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

BOB'S CONVERTED LINDY'S STRAWBERRY CHEESECAKE

2 cups graham cracker crumbs	← sbriciolare "biscotti con farina integrale e malto", per esempio: Pavese "Digestive", Saiwa "Cruscoro", Barilla "i Mugnai"
3/8 cup melted butter (= 6 tablespoons = 80g) (= 3/4 american stick)	← burro fuso
3 tablespoons sugar	← zucchero
3 8oz cream cheese (room temperature)	← 3 200g scatole di Kraft Philadelphia
1 1/4 cup sugar	← 1 100g scatola di Prealpi Quick
2 tablespoons flour	← ammorbidito
1/4 teaspoon vanilla	← farina
1 teaspoon lemon peel	← vaniglia 2 pacchetti
1 teaspoon orange peel	← buccia di limone
3 eggs	← buccia di arancia
1 egg yolk	← 3 uova intere
3/16 cup whipping cream (or milk)	← tuorlo
	← panna montata (o latte)

FORMAGGIO QUARK!!

1 cup ≈ .130 litro, tablespoon ≈ cucchiainata, teaspoon ≈ cucchiaino
blender = frullatore

- (1) Combine cookie crumbs and sugar, then add butter. Press evenly on bottom and sides of 9" springform pan. Bake 5 minutes at 350°F (180°C). Cool.
- (2) Beat cream cheese until soft. Blend in sugar, a bit at a time. Add other ingredients in succession (eggs one at a time). Put in springform pan.
- (3) Bake 10-12 minutes at 500°F (260°C), then 1 hour at 200°F (95°C).
- (4) Cool outside oven (draft free place).

TOPPING

1 quart (≈ 1 litro) fresh strawberries, washed and hulled	← fragole fresche
3/4 cup sugar	← zucchero
1/4 cup cold water	← acqua fredda
1/2 teaspoon cornstarch	← amido di grano
pinch of salt	← pizzico di sale
1 teaspoon butter	← burro

HINTS: The temperature is very important. Too much heat and the cheesecake will rise and then fall. Too little and it won't bake. Since oven thermometers don't exist here I use a scientific thermometer to control the temperature. It may take 1 1/4 hours at 95°C before the surface feels firm to the touch. I put the cake directly into the refrigerator to cool an hour or two before arranging the berries on top (otherwise they will sink in). I crush the strawberries in the blender first instead of last and cool the syrup in the refrigerator while putting the remaining berries on the cake. For best results refrigerate many hours (or overnight).

Crush about 1 cup berries in a saucepan. Add rest of ingredients except butter. Stirring constantly, boil mixture for about 2 minutes. Blend in butter. Remove from heat, pour in blender and puree. Let cool slightly. Arrange whole berries on cheesecake and spoon glaze over them. Chill several hours.

PINEAPPLE SUBSTITUTION (ANANAS)



Cut 3 or 4 rings of ananas from a large can and arrange in 3 consecutive rings on cheesecake. Crush rest of ananas plus enough from another small can to make 1 cup. Make topping as above.



tiramisu!

- [pdf](#)

ingredients

instructions

- 1.

notes

1. bob discovered tiramisu in Rome in 1979-80 way ahead of most americans. An apprenticeship with nadia got him started and he went solo in Munich the following year, managing to find the right stuff for production in Italian shops in the city center. This recipe is from the plastic wrap lady finger ("savoardi") package in Italian, still in the dr bob archives. It was spelled "tiramesu", not a misspelling since independent confirmation of the "e" for an "i" in another recipe is also filed there. Must be dialect. Decades later affluent Americans everywhere have discovered this dish. But meanwhile other problems have forced [a few changes](#) in its safe home kitchen production.

tiramesu.htm: 10-apr-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]



"TIREME SU"

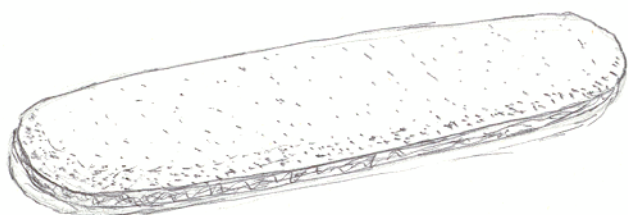
(PICK ME UP)

INGREDIENTS

- 500g mascarpone *
- 100g sugar (zucchero)
- 40g cocoa (cacao amaro)
- 4 egg yolks (rossi d'uovo)
- 3 egg whites (bianchi d'uovo)
- a cup or so of coffee (caff  espresso), rum added to taste
- 200g Coccardi Bistefani **

cr

** Italian brandname of a biscuit cookie:



- | | |
|-----------------------|-----------|
| Ladyfingers | (English) |
| Savolardi all'uovo | (Italian) |
| Biscuits   la cuiller | (French) |
| Eier L ffelbiscuit | (German) |

* Italian type of cream cheese of the consistency and color of whipped butter; perhaps can be substituted by a mixture of cream cheese and some thick heavy cream.

Beat egg yolks, mix in sugar until smooth, then mix in mascarpone until smooth.

Beat egg whites until peaks form and gently fold into the batter.

Dip Coccardi in coffee one at a time and quickly (otherwise they will absorb too much coffee), using them to line the bottom of the pan. Cover with layer of batter. Repeat.

[use 9   inch springform pan or a rectangular pan about the size of this page]

Refrigerate many hours. Sprinkle cocoa evenly over the top with a sifter or fine wire mesh strainer when batter has stiffened from the cold.

carlo's choice of chocolate chip cheesecake

- [pdf](#)

ingredients

instructions

- 1.

notes

1. carlo and marzia actually visited dr bob in his Bryn Mawr apartment at the beginning of the extended ms_ani courtship period. But only because marzia was an Alitalia hostess with free flying privileges for them to visit secondary US destinations like philly rather than aiming straight for the Big Apple, South Beach or the Grand Canyon. Our guest bedroom is always ready though. You can probably bet the farm on bob's hunch that they never tried this recipe in Rome.

chchchck.htm: 10-apr-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)

carlo's choice of chocolate chip* cheesecake



Chocolate chips.

Another thing we Americans take for granted. Here they even come in two sizes, regular and mini, but in Europe they don't come in any size. There aren't any.

(American military bases and diplomatic commissaries excluded.)

No chocolate chip cookies!

No chocolate chip cheesecake!

What a drag.

* not available to the general public
in many parts of the world

Carlo lives in Rome and is not a diplomat, military person or even American. But he has tasted

chocolate chip cheesecake in America. And he wants more. This could have been a problem except for one thing. Marzia, an airline stewardess who occasionally stops over in chip producing nations, and happens to be married to Carlo. What luck. Next time she brings home the goods, guy, go for it!

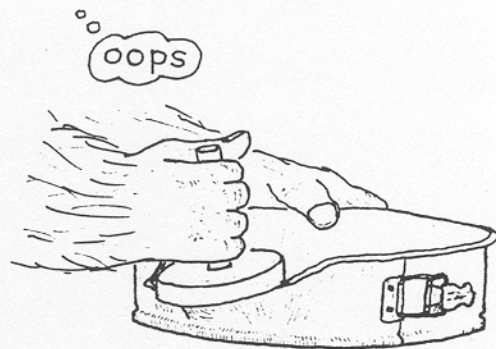
THE CRUST

- choice one: 1 1/2 cups finely crushed creme-filled chocolate sandwich cookies* (about 18 cookies)
1/4 cup butter or margarine, melted
- choice two: 1 1/2 cups chocolate wafer cookie crumbs (about 24 cookies)
1/4 cup sugar
1/4 cup butter or margarine, melted
- choice three: 3/4 cup graham cracker crumbs**
1/2 cup ground walnuts
3 tablespoons brown sugar
1/3 cup butter or margarine, melted

* OREO® S !! **

** not available to the general public in Europe (remind Marzia)

Crushed, ground or crumbed ingredients not found naturally in such a state must be persuaded to achieve such a state with the help and guidance of an experienced blender. Mix together dry ingredients with melted butter or margarine and press onto bottom of 9 inch (or near metric equivalent) springform pan. Set aside. (We have found a smooth meat flattener ideal for crumb pressing, except when crumbs stick to the flattener, in which case it is not so ideal. Other problems may arise. See diagram.)



THE FILLING

choice one:

- 3 8oz packages (681.8g) cream cheese, softened
- 1 14oz (397.7g) can sweetened condensed milk
- 3 eggs
- 2 teaspoons vanilla extract
- 1 cup mini chocolate chips
- 1 teaspoon flour
- still no bananas

choice two:

- 2 8oz packages (454.4) cream cheese, softened
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup sour cream ***
- 1 teaspoon vanilla
- 4 eggs
- 1 cup mini chocolate chips

Do a standard fluff, add and smooth number on the ingredients preceding the chips. (Beat the cheese until fluffy and add in the rest successively beating until smooth.) Take half the chips and if in the mood, toss them with the flour before adding to the batter. Pour batter into crusted (not crushed) pan and sprinkle the remaining chips evenly on top. (This is not the topping, however.) We have found that the inside chips drop to the crust no matter how you try to trick them, with or without flour. Crafty little buggers.

*** not available to the general public in Italy (try nearby countries?)

BAKING

Oh, did we forget to tell you to preheat the oven?

filling choice one: 300°F (150°C) for 1 hour. Use the standard springback cake test to be sure (done if cake springs back when *lightly* touched). Avoid the chips when touching. They will stick on not spring back.

filling choice two: 325°F (165°C) for 40 minutes. Use the jiggling center cake test to be sure (done if 3 inch = 7.62 cm circle in center jiggles under *light* shaking).

TOPPING

choice one: ½ pint = 1 cup sour cream ***
 ½ cup sugar
 1 ½ teaspoon vanilla

choice two: no topping
 no possibly unavailable ingredients

Mix together ingredients (if any) until smooth. 20 minutes after removing cake from oven and placing on cooling rack, it will have relaxed a bit. Don't allow it to get too comfortable. Slap with topping (if any) and jam into preheated 475°F (245°C) oven for 5 minutes. Remove and chill. For topping choice two pass this step and go directly to chill after relax. Chill means clearing a place on one of the refrigerator racks and inserting the cake. If not the top rack, cover with something to keep stuff from falling in, usually considered undesirable. Avoid plastic wrap. It will wet your cake. Best if chilled overnight, at least.

choice one topping option: Any time before serving, sprinkle evenly with maybe ¼ cup ground walnuts. Or sprinkle unevenly (like avoiding part of the cake) to leave a no nut option. Some people just don't like nuts.

Note to Carlo. Keep that marriage together or this cake is memory city.

quick ricein cake

- [pdf](#)

ingredients

instructions

- 1.

notes

1. The first sketch in this recipe was from bob's Munich period in 1980-81, but the rest came later in the decade during the quest for an easy yummy rice pudding recipe that never really got follow through attention, perhaps because it was so easy to buy in supermarkets. Munich was very open with public nudity, like people sunbathing in the English Garden or changing from swimsuit to clothes at the public swimming pool without the US towel trick. The [samarai](#) cake tester was an inspiration from a time when [John Belushi](#) was riding high on Saturday Night Live. Now we are left with his more normal brother Jim, but at least the Blues Brothers planted [John](#) deep in the public consciousness.

qwkrcnck.htm: 3-oct-2002 [[what](#), [ME cook?](#) © 1984 [dr bob enterprises](#)]

quick ricein cake:

what, pudding in the cake?

Yup. Rice pudding.

Besides cheesecake, yogurt and artichoke hearts, dr bob's childhood never knew rice pudding. The closest he'd gotten was tapioca pudding, which like crunchy peanut butter was not a favorite. It was those lumps.

Somewhere into adulthood (at least in the legal sense), the doctor discovered lumps were not necessarily a bad thing in the right places.



Soon after discovering rice pudding, he discovered his local supermarket made the stuff on a regular basis. Purists, save your breath.

Since the stuff is so good straight, the cooking team decided it'd be great in company so we stuck it in a cake. There is no truth to the rumor that this brilliant stroke of culinary imagination was a desperate attempt to substitute "tiramisu" after a freak mascarpone find in another supermarket proved shortlived. Almost no truth.

If your supermarket isn't offering, make some up yourself first. And then stick it in this cake. If your supermarket is offering, well... don't buy and tell. Uninformed * guests are more generous with their praise.

* also applies to uniformed guests



LAYERING

1 pan di spagna recipe (see below)
Kahlúa coffee liqueur to taste
generous cinnamon

FILLING

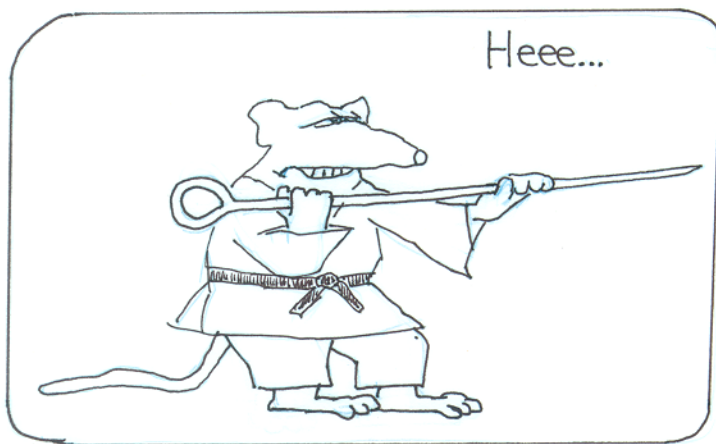
1 ½ lb creamy rice pudding (about 3 cups)

TOPPING

1 tablespoon cinnamon
1 tablespoon cocoa
2 tablespoons confectioners sugar

START HERE. Have on hand about 3 cups of creamy rice pudding. If you don't have a local supplier, consult our recipe entitled "creamy rice pudding." (Check index, write page number here ____.) This should be done in advance.

THEN make one pan di spagna recipe from "zuppa inglese americanizzata." (Check index, write page number here ____.) But bake the batter in a 9½ inch springform pan at 325° F about 1 hour. Check using stabbing cake test.



When done remove from oven, cool 15 minutes and remove from pan. Cool completely on a rack.

samarai cake tester



SURGICAL PROCEDURE. From one cake, let there be 3 layers of uniform thickness, no small miracle. A Magic Knife[®] and a cake lifter may prove very helpful at this step. A cake lifter is like a 12 inch version of a compact disk used to separate the cut layers, a sort of noncompact disk if you will. If you don't have one, an old record phased out by an addition to your real and (slowly at these prices) growing compact disk collection will work just as well. However, it is advisable to have a separate discwasher[®] for the converted cake lifter. A video sized laser disk is even better but a bit costly. What's that? No Magic Knife[®] either? A Magic Knife[®] is a sharp serrated knife with a cutting guide something like a power hand saw except it's adjustable, from paper thin cucumber slices to fat cake layer cuts. A nonMagic Knife[ⓧ] can be substituted, but you've got to have a level hand or you'll end up with a Mobius strip cake. (Inside joke for mathematicians.) Both these items are personally imported German gadgets so don't expect to see them at your local mall. Call People's Express.

ASSEMBLY. Place bottom layer on cake plate and sprinkle reservedly with straight or watered down Kahlúa, depending on mood. Spread half rice pudding on top. Sprinkle generously with cinnamon. Repeat procedure with second layer (on same cake plate). Repeat procedure with third layer but abort at rice pudding stage, since no more remains. If more than $\frac{1}{2}$ to $\frac{3}{4}$ cups Kahlúa have found their way into the cake by this point, it can be declared legally intoxicated in the state of New Jersey. Do not allow cake to drive. Throw it in the drunk tank to cool down overnight. Your fridge is an even better idea.

IMBIBING. When ready to serve or slightly before, being sure not to let the cake out too soon for good behavior (how many cakes are troublemakers?), sprinkle generously with dry topping ingredients mixed in and dispersed from a powdered sugar shaker. If necessary, administer the balloon test to departing driving guests.

why pumpkin pie? (cheesecake!)

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ingredients

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notes

1. This was bob's first encounter with [hazelnuts](#). In liquid form. By coincidence one of his sister-in-laws stumbled upon this recipe at the same time as bob, maybe [Bon Appetit](#), and somehow made it and shipped bob a piece by mail crossing paths with a copy of the recipe sent to her by bob without each other realizing the other's simultaneous activities. Wierd.
2. Well, a [google](#) search on "pumpkin cheesecake frangelico" turns up the [exact recipe](#) in a [motherload of cheesecake recipes](#) but with no citation of the original source. Another hobby site like this one. Just for fun, not making any money. And again at a [booze site](#), no citation. And again at a [Jewish cheesecake site](#), no citation. Funny how these things get around in the public domain.
3. This was an annual fall favorite until his then newly acquired in-laws made it known they liked plain old pumpkin pie for Thanksgiving. Oh well.
4. Apparently there was some inertia in dr bob's postdoc mentality as he embarked on his career as a professor. Looking back from later affluence, it is a bit strange to think of having worried about the price tag on an unpretentious bottle of alcohol.

pmknchck.htm: 3-oct-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

why pumpkin pie?

Most dirtbag americans like dr bob have never heard of Frangelico. But it's a word that obviously has class and that's what we were looking for in the pre-T-day season — a pumpkin cheesecake with class. So we gave it a try. Called up the state liquor store. "Yup, we got it. 15 bucks."

For hazelnut liqueur?

Not cheap, like us. What's a hazelnut anyway? Never seen one on an icecream sundae. Maybe the squirrels hoard 'em to drive up the price?

With a little luck maybe we'll think up a way to use up the stuff afterwards, eh?



Afterwards suddenly everybody's a connoisseur (like "can a sewer" pronounced with a British accent). "Where's the Frangelico? I can't taste the Frangelico." dr bob still doesn't know what the stuff tastes like having forgotten to try some in the baking phase. Even if you can't taste the Frangelico, or don't even know what it tastes like, or never heard of it, this cake has got somethin' you'll want to feed your face for sure. This Thanksgiving or next, don't be caught with an ordinary pumpkin pie. Whip up one of these guys the sunday before — it gets better with age. "Serve no cake before its time." Better yet, don't serve it at all. Eat it yourself. And be thankful you've got friends like dr bob.

CRUST 24 gingersnaps (cookies)
3 tablespoons sugar
1/4 cup melted butter (unsalted)

TOPPING 16 oz sour cream
1/4 cup sugar
1/4 cup Frangelico

FILLING

16 oz cream cheese, softened
3/4 cup firmly packed brown sugar
5 eggs
1 teaspoon vanilla
1/2 cup Frangelico

1 teaspoon cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon nutmeg
1/4 teaspoon ground cloves
1 16 oz can unsweetened
solid pack pumpkin

CRUSTING At first we were gonna switch to a different crust, thinking we didn't like gingersnaps, although unable to recall ever having eaten one. To our surprise, they turned out to be great cookies, especially with milk. No milk here, however. Just throw the cookies and sugar into a blender and pulverize 'em. Breaking them up a little by hand on the way in helps a little. Then mix together with the melted butter using a fork and press the result onto the bottom of a 9-inch springform pan and cram into the freezer while you're doing the filling.

FILLING Beat the cheese until fluffy like always, adding the sugar and then the eggs one by one, beating until smooth. Then blend in the vanilla, spices and liqueur, followed by the pumpkin, carefully removed from its can naturally. Pour into the precrusted pan and bake about 45 minutes in the center of a preheated 350°F oven, until the cake begins to brown and pull away from the edge of the pan. The center will still be soft but don't worry. (What? Me worry?)

TOPPING At this point you should have already mixed the topping up. Don't panic, it only takes a minute. Slide the cake rack out of the oven far enough to pour the topping over the cake and spread around evenly starting at the edges. Then slide it back in for about 10 minutes until the edges begin to bubble. Remove, cool and refrigerate.

SERVING Wait at least a day before digging in. Then let it sit out about half an hour if you have the patience. The first couple of days the gingersnap crust will be pretty stiff, but then it will begin to loosen up and ooze. This is a sign the flavor has matured. Watch out for dripping.

credible carrot cake

- [pdf](#)

ingredients

instructions

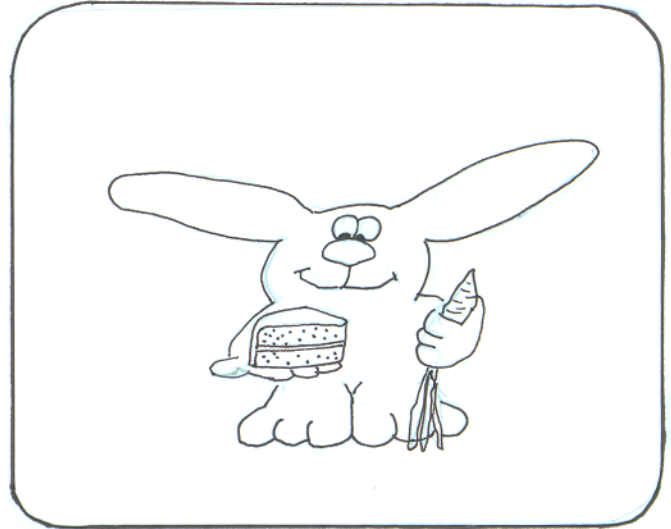
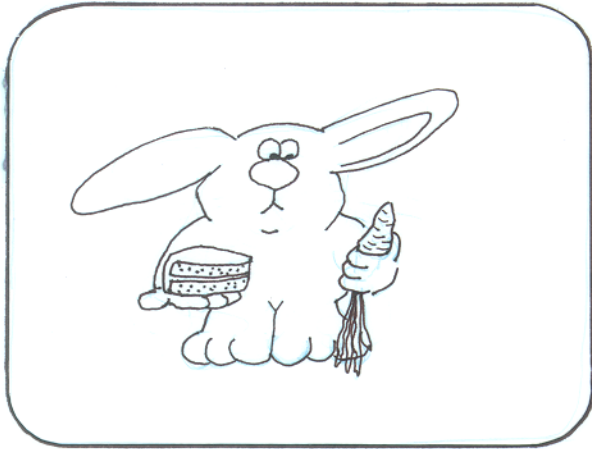
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notes

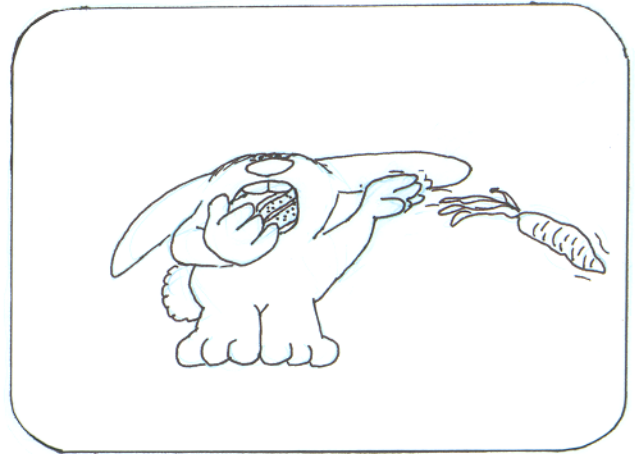
1. Carrot cake, like cheesecake, was a taste only acquired later in life by dr bob. Better late than never. This one has a [funny association](#) with bob's first date with ani.
2. Gram lasted till 1992. There were no hard feelings about the humor.

ccrtck.htm: 2-oct-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

credible carrot cake



Once upon a time dr bob could not accept vegetables in his baked goods. "What? Carrots in my cake? Come on. Zucchini in my bread? Give me a break. Pumpkin instead? Get out of here!" Vegetables belong next to the mashed potatoes, right? And pumpkins in Thanksgiving pie.



dr bob is now an SDWM who would consider selling his own grandmother for a great carrot cake. (Sorry, Gram.) The D caused him to seriously reconsider the role of vegetables in his life, among other things. Vegetables in his baked goods are now okay.

"What? Lima bean muffins for St. Patrick's Day? Hey, why not?" Well, maybe not all vegetables.

"What? Leek cheesecake?... Take off, hosehead!"

(i.e., this is an unacceptable idea)

The "oil" carrot cake recipe is pretty standard with some variations showing up in the optional ingredients. Note that major truth in advertizing problems do not allow carrots to be considered optional.

We have given measures for both $\frac{3}{4}$ and full recipes depending on the baking mode. The matching of recipe to baking mode follows an unbreakable carrot cake principle (UCCP): *no part of the cake should find itself so far from the cream cheese icing that it is possible for a forkfull of finished product to be ingested without containing each component.* After all, it is the rich contrast of these two flavors that makes the magic of carrot cake.

The full recipe should be baked as a sheetcake so the thickness of the single layer will not violate the UCCP. The $\frac{3}{4}$ recipe baked in a springform pan must be cut into two layers and iced in between to satisfy the UCCP. The situation is a bit ambiguous in bundt pan mode due to the iced hole, but the cooking team prefers layering it anyway just to be on the safe side. Note that observance of the UCCP in the recipe/baking mode selection leads to a curious crossmatching of the recipe size for the cake and icing. If you are unable to note this, continue reading anyway.

The measures given for the batter additives are meant to be suggestive. Rabbit type rodents will probably want to increase the carrots, but one should probably observe limits of 3 and 4 cups respectively to avoid having to rename the result. Nut gathering rodents will be tempted to jack up the amount of chopped nuts. An idea worth considering is to divide this ingredient into a finely chopped component for general flavor and a coarsely chopped component to more directly identify its presence. This adds crunchability to the cake. Pineapple lovers may want more crushed pineapple - dumping in the whole 8oz can is a pardonable offense. Worms may convert this to apple cake by an obvious substitution.

CAKE CHART

	3/4	full	unit	ingredient
wet batter	1	1 1/3	cup(s)	corn oil
base	1 1/2	2	cups	sugar
	3	4		eggs
	1 1/2	2	cups	flour
	1	1	teaspoon	salt
dry batter	1 1/2	2	teaspoons	baking soda
stiffener	1 1/2	2	teaspoons	baking powder
	1	1 1/3	teaspoon(s)	cinnamon
	1/2	2/3	teaspoon	nutmeg
batter	2	3	cups	lightly packed grated carrots
additives	3/4	1	cup	chopped walnuts or pecans
	1/2	2/3	cup	raisins (optional)
	1/2 (4)	2/3 (6)	cup (oz)	well drained crushed pineapple (optional)

CREAM CHEESE ICING CHART

3/4	full	unit	ingredient
6	8	oz	unsalted butter
6	8	oz	cream cheese
2	2 1/2	cups	sifted powdered sugar
1	1	teaspoon	vanilla
1	1	teaspoon	grated orange peel

BAKING AND ICING CHART

cake recipe	baking mode	baking time	icing recipe
3/4	9 1/2 in springform pan 9 1/2-10 in bundt pan	70-75 min 55-60 min	full full (layered) 3/4 (uncut)
full	9 x 13 in rectangular pan	45 min	3/4

CAKE: Start by greasing and flouring your choice of baking pan and then set oven to 350° F. Consult baking and icing chart to select recipe size. In a large bowl stir together the sugar and oil and successively beat in the eggs. In a medium bowl sift together the dry ingredients and then resift into the wet batter a bit at a time, blending well with each addition. Mix in the additives. Pour into baking pan and place in oven. Consult baking and icing chart for approximate baking time but test center by the usual sticking cake test (stick it with a sharp instrument, done if comes out clean). In bundt pan baking mode one must reinterpret "center" in an obvious way. Cool completely on a rack. (After 15 minutes remove from springform or bundt pan.)

ICING: Beat together the softened cream cheese and butter. Sift in the powdered sugar a bit at a time, blending until smooth, and blend in the vanilla and grated orange peel. Apply to cake. (Use your imagination.)

Miscellaneous Comments: The carrot cake improves in flavor with several days aging. Refrigerate but serve at room temperature. Also freezable if you want to save a piece for Mom or a future sugar high fix. Freezing can also save lonely cooks from overdosing. Microwaving a piece is not a bad idea even if not frozen. Tastes great warm. The only trick is pulling out before the icing liquifies. I was just kidding before, Gram.

Am I still in the will?

credible carrot cake (postscript)

In the early days before bob knew either of his future in regular intimate innovative food preparation (as distinguished from regular food preparation, in which he was involved even as a kid as the son of an occasional 3 to 11 shift private duty nurse, a kid who had never heard of carrot cake or cheesecake by the way) or of his eventual insertion into the upscale restaurant frequenting social class, bob accidentally stumbled into one of the early legends of the Philly food renaissance that began in the 1970s: Frog, the restaurant. Kind of a strange name for a restaurant, which must be a story in itself, but a real quirk of fate in this case, since it closed the following week.

It was the dr bob and ms_ani first date somewhere in the late 1980s. bob had tickets to Dream Girls, one of those traveling Broadway musicals, in Center City Philly, after which he planned to take ani to dinner, and then maybe dancing. That big impression first date thing. Being a guy, and usually an expert map reader, bob did not think to ask directions to her family's house. Cobbs Creek Parkway he'd used a few times getting to the airport from the Main Line in those early days before completion of I-476 a-k-a "the blue route" (which is another interesting story). Armed with the street number, the plan was to cruise down the Parkway until the number turned up. It didn't turn up on the first pass, nor on backtracking the same stretch. bob called from a pay phone and asked one of his eventual brothers'-in-law for help. Insufficient. A second call from another pay phone, when the fine distinction between Cobbs Creek Parkway and West Cobbs Creek Parkway finally became apparent: they're located on opposite banks of the Creek. bob arrives like an hour late, and calls the theater since it was clearly useless to try to make the first show, already in progress with travel time still separating them from arrival. The theater person agrees to a second show alternative as a random act of kindness and bob's stress level normalizes.

So the restaurant is the first event. Who knows where bob heard of Frog. Probably from the Philadelphia Inquirer. It indeed was a fancy restaurant, and bob's first pretty expensive meal as a young assistant professor in his first real job. No carrot cake was had. The Dream Girls was fun. The discotec on South Street was fun. And being with ms_ani was fun. The most expensive date in bob's mating career till then was clearly a success. Although it took quite some time afterwards for the wedding merger to take place.

Years later after having developed his cookbook acquiring habit, bob spotted the Frog/Commissary Cookbook and snapped it up. And shelved it like most of the other acquisitions. But eventually looking for a good carrot cake recipe, it was consulted and merged with some other reputable sources to produce bob's pretty good version. Touched by memories of that first evening together at Frog.

notes

1. Frog and its companion cafeteria style Commissary, which survived much longer before converting to a catering company, were created by philly food icon [Steve Poses](#). [Anne Clark](#) was the mother of its legendary carrot cake.
2. The cookbook was re-issued in November 2001 by [Camino Books](#) [[amazon](#)].

frog.htm: 8-jan-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

florentine chicken rice

- [pdf](#)

ingredients

instructions

- 1.

notes

1. One dish meals. So easy to do, yet we never seem to do them anymore...
2. This recipe has our first media reference. Food section of the [Philadelphia Inquirer](#) newspaper.

flchkric.htm: 10-apr-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

florentine chicken rice

Over the years we have learned that adding spinach to a dish often leads to an exotic name that has something to do with Florence, Italy. Like *Suprêmes de Volaille à la Florentine*, that's French, not our language, or *Fillet of Blowfish Florentine*, that's English of course, both dishes being something with spinach, or *Stufato di anguilla alla fiorentina*, that's Italian for "What, eel stew again?," but surprise — no spinach, and *Baccalà alla fiorentina* — white fish and no spinach or just *La fiorentina* — broiled steak, no spinach!

So what gives?

(rhetorical question)

Anyway, this is a pretty good recipe. An almost elegant one dish meal for two (or more, for those capable of multiplication). Don't serve it with any white wine that comes in a gallon jug. Start by making sure you've got the following stuff on hand, none of it frozen.



2 teaspoons butter
1 tablespoon finely chopped shallots
1 or 2 pair of boneless chicken breasts
salt and pepper
1/2 cup dry white wine
1/2 cup chicken broth (= 1/2 chicken
bullion cube in boiling water)

2 tablespoons butter
2 tablespoons flour
1 cup heavy cream
1 egg yolk, beaten and abused
1 cup grated gruyere or parmesan cheese

elegant chicken?

10 oz fresh spinach
1 cup water
salt and pepper
1/8 teaspoon nutmeg
1 tablespoon butter

1 cup rice
2 1/2 cups water
salt to taste
1 teaspoon butter

As you can see there are four main items here. Chicken, spinach, rice and cream sauce. Five if you don't wanna slight the cheese. We used gruyere. Shallots are like a cross between garlic and onions. We grate 'em. But watch out. They give off tear gas under stress.

Ready?

Saute those shallots in the butter. Then salt and pepper those breasts and slap them into the pan pretty side up, with the wine and broth. Bring to a boil and let simmer covered for 10 or 15 minutes until the meat is cooked through.

Meanwhile, moving right along, boil the water and throw in the spinach, stirring to get them better acquainted. Five minutes should do the job. Then drain in a colander and press all the liquid out. Chop the spinach. Melt the butter in another pan until brown and throw in the spinach and spices. Cook until heated through. We forgot this step and just added the spices later. Stay loose.

Meanwhile, getting back to the chicken, remove the breasts, cover them and leave on stove somewhere to retain warmth. Drain the liquid from the chicken pan and save for later. Add the butter and when melted stir in the flour until smooth, then stir in the chicken liquid. Simmer about 5 more minutes after thickening. Stir in the cream and cook 2 more minutes. Stir in the egg yolk quickly and remove from heat.

Now turn on the broiler. The rice should be done by now. The rice we forgot to tell you to start while the spinach was boiling. (Simmer about 15-20 minutes.) Next time read ahead.

Put the rice in a flat baking dish and cover with half of the grated cheese. We used a 9 inch diameter porcelain quiche dish. Mix them up a little if you want. Then cover evenly with the spinach. Then lay those breasts on top and pour on the cream sauce. Top with the rest of the cheese and slide under the broiler until the cheese bubbles. Then remove and serve. Brown cheese is a clear signal to possible guests that you screwed up the easiest part, so watch it.

This dish can be improved by adding an Italian touch^{*}: arborio rice, making a creamy risotto bed for the chicken and spinach to lie on. (This is like going from a Futon to a heated water bed.) Of course no self respecting Italian would serve a dish with spinach, rice and chicken actually touching each other on the same plate so we cannot pass this off as "*Pollo alla fiorentina*." (The spinach would certainly have to go.) No, France takes the credit for this one. And as usual, we take the blame.

* It is well known that real Italian cuisine is great stuff, and less well known that "Italian cooking in America is lousy." (*Philadelphia Inquirer* 10/1/86) So pretend you're in Bologna, an Italian city known for its cuisine, unrelated to the stuff we stick between skwooshy white bread here in America.

risotto (rice Italian style)

- [pdf](#)

ingredients

instructions

- 1.

notes

1. Pasta and risotto, our staple recipes. Fortunately like many other Italian food products these days, arborio rice is widely available and even some is not too overpriced. The final illustration caught the drbobmobile, bob's not-exactly-what-you'd-expect-from-him personal transportation device ('72 Lincoln Mark IV): 1977-1994. Pictured during a visit to the Italian market in south philly.

risotto.htm: 5-jun-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

risotto (rice italian style)



No, you don't have to go to Italy to enjoy Italian style rice. You don't even have to search Italian markets for special Italian "arborio" rice. Besides, not all of us are lucky enough to live within an ICBM flight time of South Philly (Yo!) or the North End or Little Italy. And for those of us who do, where do you park when you get there? (No problem for an ICBM, but the bobmobile has major problems in this department.)

So just think thick and creamy and you're halfway there. What? Thick and creamy rice? If that sounds wierd to you, you have yet to experience the delicious possibilities ordinary rice can offer. It's not just that dull white grainy stuff that sticks together in Chinese restaurants and doesn't in most American kitchens except by accident. Rice likes cheese and vegetables and wine and moisture.

Isn't it hard to step out from under that driving hot shower in the morning? Think how the rice feels when you evaporate all the water! Ouch.

So give it a try. You won't regret it. Besides, this is an offer you can't refuse. The drbob enforcer squad gives its personal guarantee. Don't make us back it up, if you know what I mean.



some general comments. Italian "arborio" rice is a shortgrained rice (the grains are short, compared to the ones which are long) which is ideal for risotto but must be substituted by a longgrained American rice because of cooking characteristics. The wisdom is, use Carolina long grained rice, or even Uncle Ben's converted rice, although Uncle Ben's doesn't suck up water as good (well). Note that conversion is not a religious experience here, folks — it just means the rice got worked over to retain more of the stuff that's good for you. Brown rice fanatics can consider adapting these recipes to the longer cooking times of brown rice. We haven't since we're not, although we probably should be. If you're in a jam, even generic rice in a unmarked plastic bag will probably work, as our experience has revealed.



thirst satisfaction. Every cup of rice will suck up from $2\frac{1}{2}$ to 3 cups of boiling water. We start by getting about $3\frac{1}{2}$ cups going in a big teapot on a backburner, but once it gets active, reduce the heat to the barely boiling point or you may come up short. (No surprise, water evaporates under duress.)

phase one.	1 cup rice	3 or 4 tablespoons butter
	1 medium onion	$\frac{1}{2}$ cup decent white wine (option)

Most versions of risotto start the same way. Take one medium onion, maybe on the smallish side of medium, and grate it with one of those vertical cheese graters that looks like a long perforated cow bell with no clanger. Saute the onion in about 3 or 4 tablespoons of butter until tender, about 5 minutes. Then stir in the rice and continue moving it around for about a minute to wake it up. As a humanitarian gesture, throw in the wine to kill the pain. (Ignore pleas for mercy.) Cook another minute or so until absorbed.

If you're gonna toss in anything later which will overpower this subtle addition to the flavor, you might as well skip this last step.

phase two. 3½ cups water, barely boiling but eager
 1 chicken bouillon cube
 optional throwins (see ADDins)

Throw in 2½ cups of nearly boiling water and the bouillon cube. (You may have noticed the "i" shifting position in "bouillon" — we read the package to get it right, but it still looks funny. French, a language we gave up on because of the spelling.) Stir around, bring to a boil and simmer uncovered about 20 minutes, stirring occasionally. Watch towards the end that the rice stays creamy and flowing when stirred. Add in more water if necessary to maintain this state.

Conventional wisdom is, you are supposed to add in the water half a cup to a cup at a time depending on how much rice you started with (1 to 2 cups). If you are not lazy (as indeed we often are), add 1 cup first and then as the rice gradually absorbs the water, add another partial cup and so on, making sure the rice is still creamy at the end of this phase. Purists will know the time is up using the "al dente" taste test, an acquired skill, not just for pasta. They would probably even use real chicken stock instead of our pathetic bouillon cube and boiling water. But how many times have you looked in the fridge and found chicken stock. As for the taste test, skip it and use a timer.

phase three. Remove from heat. Add in a tablespoon of butter, salt and pepper to taste and at least ½ cup freshly grated parmesan cheese (absolutely none of the fake stuff is allowed!). Cover but serve within minutes. Timing is critical — it won't wait till you're ready, so plan well. Remember it will stiffen up a little in this brief period before hitting your plate, so it's better to end phase two too creamy than not.

ADDins ▣ If you throw in a little saffron in phase two and stir around, you get to call this "risotto milanese". The dr bob team imports the stuff dirt cheap from Italy so we have no problem with this, but when you check out the outrageous price at your supermarket, you may pass on this option. You can also throw in a little cream or half and half in phase three if that's no problem for your diet.

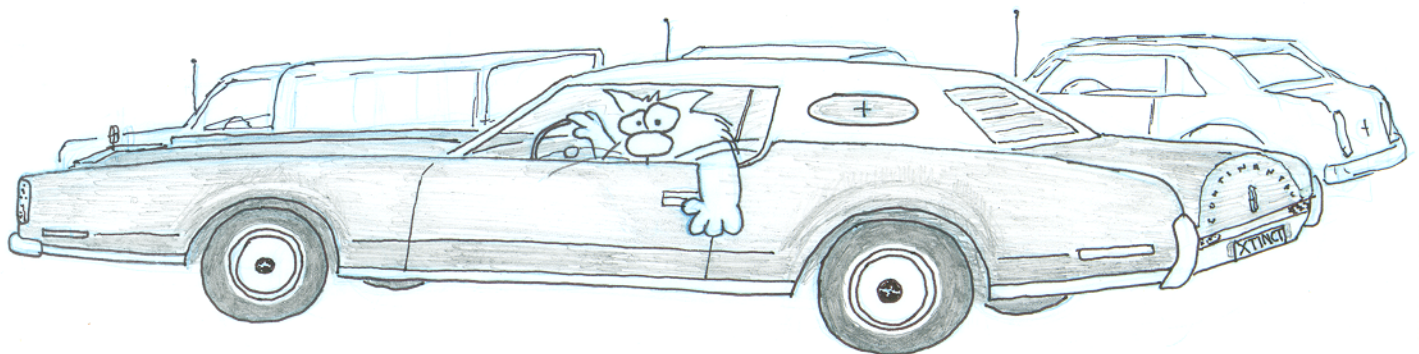
▣ If you don't mind shortcuts, adding in anywhere from half to a full can of cream of celery soup, preheated without liquid, lets you call it "cheat risotto con sedano." Half a can of condensed soup in the fridge is easily forgotten so we often throw in the whole can. This may be too much for your taste. You can also cheat with other creamy condensed soups. Cream of mushroom / shrimp / chicken. Skip the wine though.

▣ If you hold the parmesan, salt and pepper, but stir in some butter (a few tablespoons) and about half a cup of fontina cubed about a centimeter on a side ($\frac{3}{8}$ inch for diehard Americans), you can call it "risotto con fontina" but you have to pronounce it like you were telling a conehead to "phone Tina". While we're on the subject, risotto is "ree-zote'-toe." Va bene?

▣ You may also opt for risotto con zucchini. Saute up a couple of narrow zucchini thinly sliced crossways and toss'em in during phase two or even together with the onion. If you're lazy, just grate 'em up raw and throw the suckers in uncooked during phase two — they'll cook with the rice. Once you decide you like this stuff, you can track down new variations in Italian cookbooks: plum tomatoes, mushrooms, asparagus, spinach, gorgonzola, meat broth and red wine, salmon cream sauce, ..., use your imagination.

phase four. The dr bob team has invented a foolproof method of reviving leftover risotto. Boil a little water in a silverstone frying pan and break up the risotto (refrigerator rigamortis has set in) with a spatula, massaging it a bit until it relaxes and gets creamy again. You only need enough water to momentarily return the risotto to a liquid state before the excess water takes a hike. If you goof with too much water, no problem, just simmer it away. And then enjoy.

Or else.



bobmobile on South Philly Eighth Street Runway awaiting
gate parking instructions from ground traffic control

wedding mistake

- [pdf](#), [jpg](#)

notes

1. The dr bob ms_ani [merger](#) after a six year journey. Mistake by Kinko Copy, the trusted vanity publisher of dr bob enterprise paper products, which misread 15 as 150 in the latest batch of recipe copies at the time, so they were salvaged as reception favors to save them from oblivion.

weddmstk.htm: 30-nov-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

thanks to a 15 read as a 150 at Kinko's Copies
an oversupply of the latest installment
of the unfinishable dr bob cooking team cookbook
"What, ME Cook?" *
was created.



why not buy half their mistake and give them away
at the wedding? Brilliant idea, bob.

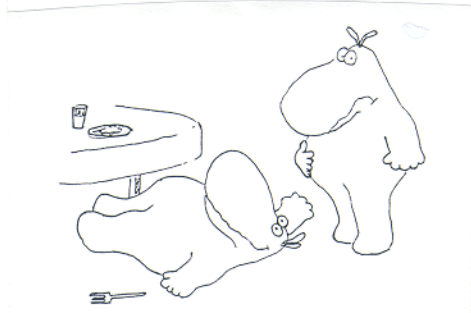
At least the recipient guests won't have to stick this
memento in a closet (a desk drawer perhaps, or
even guilt free disposal...)



new management
at dr bob enterprises

We hope you enjoyed our mildly unconventional wedding event
and continue to enjoy this potentially memorable memento

19/10/91



hassling with hazelnuts

- [pdf](#)

ingredients

instructions

- 1.

notes

1. This may have been a bit exaggerated but recipe ready hazelnuts almost made these memories a thing of the past. But then the supply got [cut off](#)...

hslhzlnt.htm: 29-mar-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)

hassling with hazelnuts (dare we make a similar alliteration with filberts?)

350° F, 10-20 minutes, roll over for even bake, rub off skins

Not many people have had hands on experience with hazelnuts, occasionally called filberts. (What? A schitzophrenic nut?) Not many people even realize there is experience to be had. A few brave people have learned the hard way.

According to some unwritten law, hazelnuts are rarely sold in a "ready to use" format like most other nuts. Like your walnuts and your peanuts and your almonds and your pecans and your whatnuts. (Nots?) A lot of these nuts come with shells, without shells, roasted with skins, roasted without skins, unroasted, sliced, ground, slivered, chopped and generally conveniently processed for your individual needs. Not hazelnuts. They only get shelled. Their tight little pigheaded skins are left undisturbed.



Phil



Hazel

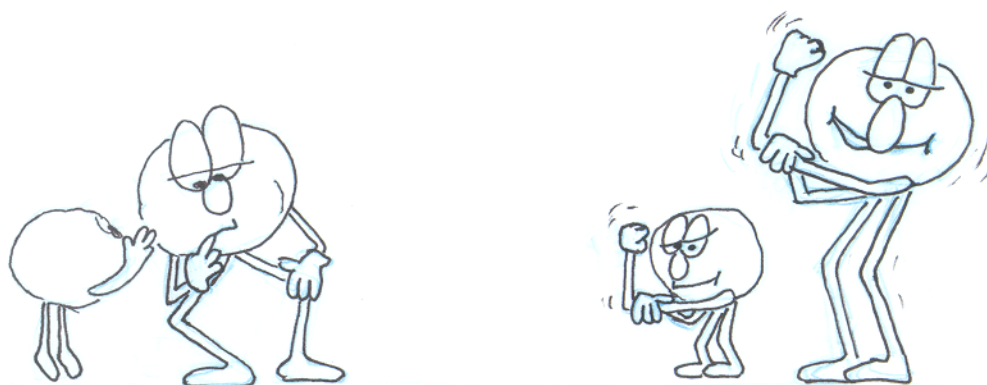


Bert

So your average unsuspecting amateur spots a great hazelnut recipe calling for toasted hazelnuts without skins, reads the innocent looking instructions for achieving this state and says "No big deal" or "Piece of cake" or some other such phrase picked at random from the category of Famous Last Words. This is a hassle to be avoided at all costs. Get your mother-in-law to do it for you. Put an ad in the paper. Sell secrets to the

Russians. (Japanese?) Do anything to get out of this. If none of these alternatives work, consider abandoning the recipe that got you into this. If you remain committed (they're worth it), bake the hazelnuts according to the above simple instructions.

By the way, rolling over means the hazelnuts not you. This is not a stupid pet trick. They need help to do this. And 10-20 minutes (we say give them the full sentence) means check these guys along the way to make sure. They don't burn. Who knows when your oven might go berzerk. An oven thermometer helps. Even if they don't look burned, the skins will taste that way, which is why they have to go, in case you were wondering.

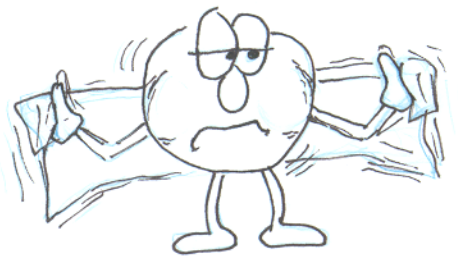


Europeans use arms instead of fingers. But proper technique is important...

Next comes "rubbing off the skins." (Squirrel City!) They don't just fall off. You have to work at it. Only about a third of the nuts give up most of their skin easily. The rest are a challenge. First of all, they have just been removed from a 350°F oven and those little suckers are hot! We surmise on the basis of hindsight that 5 minutes in the freezer might make them more manageable but we've always been too impatient to wait. Rubber gloves might work but there never seem to be any on hand. (On hand, get it?) The most effective technique is to take a handful and cup them in your hands in a praying position (the hands not you) and rub them back and forth along the direction of your fingers, keeping pressure

on the nuts so the friction among them pulls off the skins. The next most effective method is to put the same amount of nuts in a thick kitchen towel and pretend the towel isn't there. The friction is not as effective but the insulating factor more than compensates. And after the first go at the nuts they are almost ready for a second towel-free run for final cleanup.

Some of the skins just refuse to come off. A fingernail can help but sometimes the skin looks like it's painted on. Liberate those nuts or ignore them. What are a few skins anyway. Or roast twice as many nuts as you need and go with the cooperative ones. Save the rest for a "withskins" recipe. Be sure none of the loose skins accompany your nuts to the next stage. Compressed air hoses work great for those of you baking in your garage. Leafblowers would probably be overkill.



So you've reached the grinding stage. But the hassle isn't over. You can't just throw all the nuts in the blender and leave it on a while without risking the accidental production of a close relative of chunky peanut butter. Do at most a half cup at a time and use the pulse button until most of the nuts have given up. Then pull them out, loosening with a knife or something. Throw the big chunks in the next batch.

NEVER SAY DIE! These are not cooperative nuts like walnuts. They resist all the way to the oven and beyond. (No surrender!) They have a secret weapon. Oil. For example, in a cheesecake crust with butter and sugar and cookie crumb company, they sweat some kind of organic superglue that will seep out of an inattentive springform pan and begin burning on the bottom of your oven. Setting off the smoke detector every time. A cookie sheet under the pan saves you from dealing with the oven cleaner. Transferring the problem to cleaning the sheet. The smoke detector will still go off. At this point you may try real superglue to seal the pan. But this will lead to problems if your guests dislike scoops of cheesecake rather than slices.

Doing this in quantity and squirreling away the overproduction in the fridge saves future hassles. To tell the truth, maybe we're exaggerating. Slightly.

hazelnut cheesecake

- [pdf](#)

This is the no frills e-version of the illustrated lengthy story/recipe in the handwritten hand-illustrated [part 1](#) portion of the archives only available in hardcopy from dr bob enterprises or on the [dr bob CD](#). It is a terrific cheesecake, only surpassed by its variation: [guavaberry-lingonberry cheesecake](#).

ingredients

crust

1/4 lb butter (1 stick)
1 1/2 c vanilla wafers, crumbed
1/2 c ground toasted hazelnuts
1/4 c sugar

batter

2 lb cream cheese (4 8oz packages)
1 1/2 c sugar
pinch of salt
2 T Frangelico liqueur
4 large eggs
1/2 c ground toasted hazelnuts

topping

2 c sour cream
1/4 c sugar
1 t Frangelico liqueur
2 T ground toasted hazelnuts

instructions

1. Toast and skin enough hazelnuts to make 1 c plus 2 T crumbs. Spread in a single layer on a baking sheet and toast 5 minutes in a preheated 400 degree F oven. Then rub nuts against each other in a kitchen towel to remove as much of the skins as possible. Cool and crumb.
2. Melt the butter, mix together wafer and 1/2 c hazelnut crumbs with sugar and butter, and press along the sides and bottom of a 10 in springform pan.
3. Beat room temperature cream cheese and sugar together until soft. Then add the salt, the liqueur, and one egg at a time at minimum batter speed, followed by the hazelnut crumbs (1/2 c). Pour into crust and bake 50 minutes in a preheated 350° F oven. Remove for 10 minutes.
4. Mix sour cream, sugar (1/4 c), and Frangelico (1 t) and spread over cheesecake, sprinkling with hazelnut crumbs (2 T) just before returning it to the oven for 10 minutes. Remove and chill overnight at least before serving.

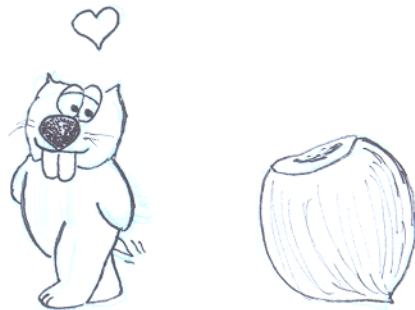
notes

1. The original recipe credits "[Mother Wonderful](#)" for this jewel.
2. It also exaggerates the [laborious process](#) of roasting the hazelnuts and rubbing off the skins, which is entirely unnecessary with the [Diamond recipe-ready hazelnuts](#) packaged just like their familiar walnuts. Unfortunately the supply dried up in late 2001 when the dr bob team was running low and needed more for the garnish on [cream of artichoke soup](#) after having made a [Nutella variation](#) of this cheesecake for Christmas, and a brief return to the oven roasting and rubbing hassle was revisited after finding nonrecipe-ready hazelnuts elsewhere. A helpful [supermarket](#) employee followed up the missing hazelnut question, leading bob to contact [Diamond](#) (of California) for help (after a web search turned up a [boycott](#) in progress against them), and supplying some useful hazelnut web sites like [hazelnut.com](#), [oregonorchard.com](#) [[recipes](#)] and [oregonhazelnuts.org](#) [[recipes](#)]. Who would have guessed that Oregon is a [big hazelnut state](#)?
3. In 2002 a local competing supermarket stepped in to offer the product so a few bags were snatched up. The first local chain had been eaten by the national giant Safeway, and apparently this is one of the products that got axed from inventory.

hzlntcck.htm: 26-dec-2003 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)

HAZELNUT CHEESECAKE (the best)

What? Another cheesecake? Haven't we had enough? Let's think about that. First of all we are terribly privileged on the world scene to even be able to consider that question. (Push the guilt buttons, bob.) Putting this thought conveniently aside, let's face real facts. We privileged folks quickly tire of the same old thing. Spoiled rotten and fickle to boot, you might say. And cheesecakes, like marriage in the divorce age, are no exception. This particular one arrives like a springtime romance, with the promise of longterm fidelity.



Cheesecake. We all know the risks. As rich as rich gets when done right. A sinful self-indulgent health hazard. Diet disaster. But hey, it's not a daily staple, just an occasional treat. So why all this fuss. Consume with a nearly clean conscience. And share the residual guilt by pushing it on your friends. But remember, thin slices. This one is the best. Don't ruin it by overdosing.

Background. A few Americans know of Frangelico, an imported Italian hazelnut liqueur we like to stick in cheesecakes. Fewer know of nutella[®], a somewhat sinful chocolate-hazelnut spread that is a popular junkfood staple in the Italian diet, available here in hard to find Italian markets or in food binge departments of overpriced stores like Bloomies. American tourists in Italy soon discover the universally available icecream flavor "nocciola" (hazelnut), yum. In fact the hazelnut seems to be the nut of choice there. American choice nuts are organized by the NRA. They're called gun nuts.

So let's get started:

CRUST: $\frac{1}{4}$ lb butter (1 stick \sim 120g in Europe)

$1\frac{1}{2}$ cups finely ground crumbs from Nabisco 'Nilla Wafers
or your favorite brand vanilla wafers

$\frac{1}{2}$ cup ground toasted hazelnuts [recipe total: 1 cup plus 2 tablespoons]

$\frac{1}{4}$ cup sugar

FILLING: 2 lbs cream cheese (4 8oz packages \sim 900g in Europe)

$1\frac{1}{2}$ cups sugar (\sim 350g)

2 tablespoons Frangelico liqueur

$\frac{1}{2}$ cup ground toasted hazelnuts

pinch of salt

4 large eggs

TOPPING: 2 cups sour cream

$\frac{1}{4}$ cup sugar

1 teaspoon Frangelico liqueur

2 tablespoons ground toasted hazelnuts

TIME: Leave about $2\frac{1}{2}$ hours from start to finish. This can be considerably reduced by doing up the nuts ahead of time in a large quantity. Recipe ready hazelnuts cut the time by 40 minutes.

CRUST. Begin by roasting and skinning the hazelnuts as described in Hassling with Hazelnuts. Allow about 50 minutes for this stage. Preheating the oven about 10 minutes. Roasting about 20. Friction treatment about 10. Grinding about 5. Waiting time at the beginning can be used to crumb the cookies. Then leave the butter to melt over a minimum heat burner. This allows the crust ingredients to be mixed immediately when the nuts are ready. Packing and pressing the side walls (height about $1\frac{1}{4}$ inches) - 5 minutes, maybe 10. Let's face it. One hour is already down the tubes. Use a 10 inch ungreased springform pan.

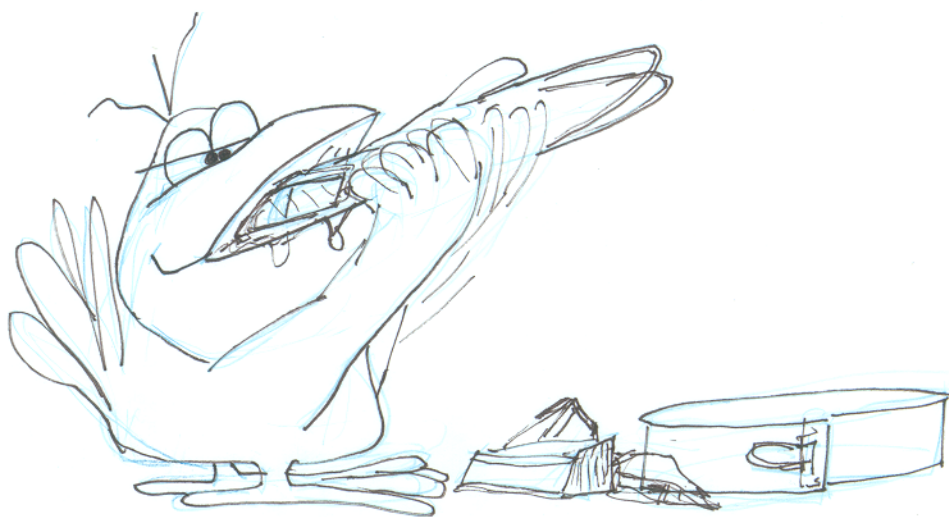
BATTER UP! The batter part is standard. Nudge the room temperature cream cheese around a bit with the sugar. (Stick it on the warm stove during the crust stage to soften if necessary.) Then go to electric beaters. When soft add everything but the eggs and blend until smooth. Then do the eggs one at a time at minimum beater speed to avoid screwing up the batter-to-air ratio. We usually hold the nuts till last and gently incorporate. Then pour into crust. Place in **preheated** 350° oven. (Re-pre-heated, to be technical. Don't forget this or you lose more time.)

BAKE OFF. 45 minutes, 50 if the cold stuff comes right out of the fridge. Go do something useful during this part. When the time is up, remove for 10 minutes. Ignore the jiggling center. Leave the oven on. Mix up the topping. After the full 10 minutes, spread over the top, sprinkle with hazelnuts, and reinsert in oven for another 10 minutes. Remove and place directly on a rack in the fridge. For a quick chill down, avoiding unpretty cracks.

WAIT. At least overnight. This helps the flavors relax. Take it from us. This one's worth waiting for.

CAUTION. No matter how many cheesecakes you may have done, there is always room for distraction. Check the recipe at each crucial step to see if you threw in all the right stuff. We almost forgot the eggs on this one during one test run. It seemed a little stiffer than usual but it was only the accidental egg sighting at the batter dumping stage that saved us. The next time we remembered the sugar for the crust. After it was already pressed in place. We sprinkled a little around to compensate. Never panic. The guests will never know.

SERVING TIPS. If you take this to a large gathering of humans, don't let it out of your sight once the meal has started. Our first trial was inhaled while our backs were turned. Small consolation that all the guilty parties raved about it. Let it sit (stand?) at room temperature a little to soften it up before chowdown time. And make sure you really do do it the day before to intensify the flavor. (Doo doo?)



an even better cheesecake [guavaberry/lingonberry]

- [pdf](#)

The full dr bob illustrated humorous recipe is only available via hardcopy (detailing the Sint Maarten/IKEA anecdotal history of its origins) or on the [dr bob CD](#), but since this cheesecake is so good (our best), we present the no frills net version. No cute story, no cute illustrations.

ingredients

crust

6 T butter (3/4 stick US, 90g Euro)
2 c finely graham cracker crumbs
[better: 1 1/2 c g.c.c. plus 1/2 c ground hazelnuts]
[if unavailable: 1 1/2 c finely ground vanilla wafer cookie crumbs plus 1/2 c ground
toasted hazelnuts]
1/4 c sugar (60g)

filling

2 lbs cream cheese (4 8oz packages US, 900g Philadelphia Euro)
1 1/2 c sugar (350g)
2 T guavaberry liqueur
pinch of salt
4 large eggs
7oz Swedish lingonberry preserves (200g, half an IKEA jar)

topping

2 c sour cream
1/4 c sugar (60g)
1 t guavaberry liqueur
2 T ground toasted hazelnuts (optional)

units

1 t = 1 teaspoon
1 T = 1 tablespoon
1 c = 1 cup (holds 1/4 liter water, roughly)

instructions

CRUST

Melt the butter, mix with the crumbs and sugar, and press into bottom and side of 10 in ungreased springform pan.

BATTER UP!

Beat the cream cheese and sugar together with electric beaters until smooth, then incorporate (not a business term) the salt and liqueur, and finally add the eggs one at a time at low speed. Pour into the crust. Then with a teaspoon, dob little globs of the lingonberry preserves around the top of the batter and swirl around with a butter knife until a nice

marbled pattern (which will never be seen) is achieved.

BAKE OFF

Place in preheated 350° oven for about 50 minutes. Remove for 10 minutes, while you mix up sour cream, sugar, and liqueur for the topping. Then spread topping over top (duh...), sprinkle with hazelnut crumbs and reinsert in oven 10 minutes. Remove and cool. Then refrigerate.

WAIT

At least a day. The flavor matures.

notes

The original Sint Maarten [guavaberry island folk liqueur](#)

A [guavaberry reddish rum concoction](#) having nothing to do with guava fruit.

Available at Sint Maarten Guavaberry Company, 8-10 Frontstreet, Philipsburg, [Sint Maarten](#), N.A [Netherlands Antilles = Dutch West Indies, Caribbean], free samples for vacationing tourists.

Imported to the USA by Universal Liquor Imports, Coral Gables, FL 33134.

Now [occasionally available in PA](#) at specialty stores [Ardmore] and Florida and soon in New York and California.

Great also for guavaberry coladas: 2oz guavaberry, 1oz coconut cream, 3oz pineapple juice, 1 glass of ice cubes, blended until creamy in blender. Garnish with pineapple and freshly ground nutmeg. [We returned to the Guavaberry Company store in 2001 and the free samples of this were still as terrific as we remembered.]

Let's face it: who is going to go out of their way to track this down? It is just some red berries soaked in rum, used in a small enough quantity that it basically provides a nice pink color to the batter. Substitute by pureeing about 1 T lingonberry preserves in 2 T rum and reserving a teaspoon for the topping before incorporating into the batter.

Swedish lingonberry preserves

Available at [IKEA USA](#).

Mother Wonderful

If you really can't get the liqueur or the preserves, replace the liqueur by Frangelico (hazelnut) liqueur, do the alternate hazelnut crust and dump another half cup of toasted hazelnut crumbs into the batter to get Mother Wonderful's hazelnut cheesecake, also pretty darn good. dr bob met her [Myra Chanin] at a King of Prussia mall book signing years ago and bought a second copy of her book for the autograph. She's a nice lady and a Philly local. Buy her book [Mother Wonderful's Cheesecakes and Other Goodies] if you can. [But [Amazon.com](#) says that although it is not out of print, it is indefinitely out of stock at the publisher. Fine distinction.]

Illustrations

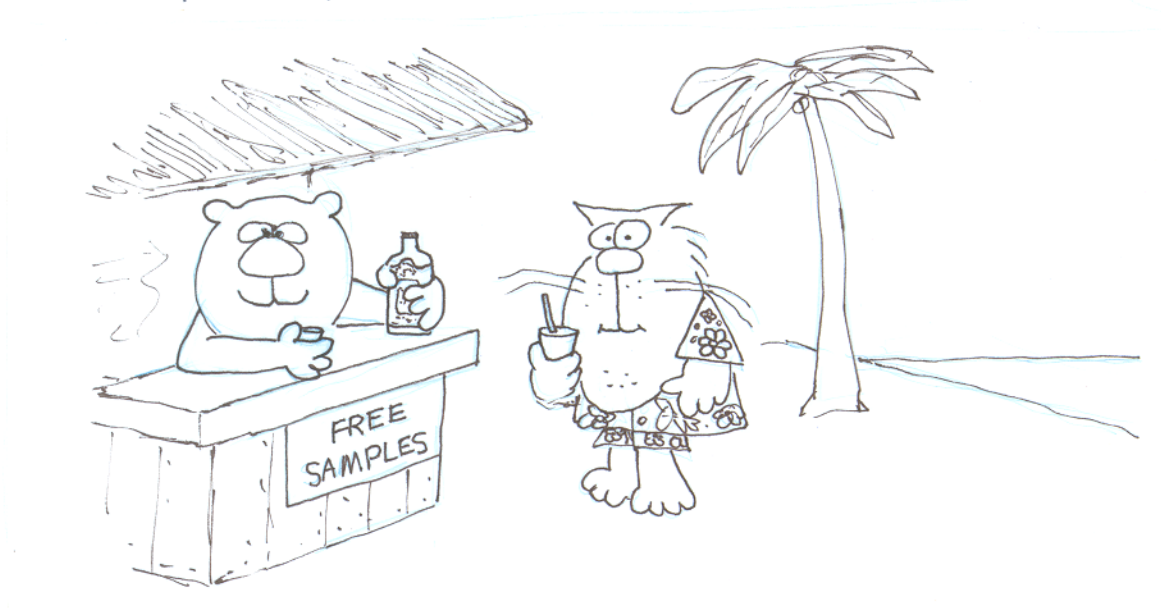
Slightly out of focus [photos of cake](#) in various stages are available, including the [millenium four-pack](#) edition. Unfortunately the point and shoot APS zoom, though great for vacations, is somewhat disappointing in the kitchen.

another even better cheesecake

WHAT? ANOTHER ONE?

It didn't occur to us that the hazelnut cheesecake could be so easily outdone. But the dr bob vacation team bought this guavaberry liqueur down in St. Martin—that's in the Carribean (which way do you pronounce it?)—and we had to figure out what to do with the stuff besides making guavaberry coladas. Actually Sint Maarten since we made the buy on the Dutch side. Great drink by the way. Just substitute the rum in a pina colada and you're in business.

This guavaberry liqueur is some kind of guavaberry in rum concoction only made in Sint Maarten if you can trust the advertising hype. Needless to say, it's not on the State of Pennsylvania State Liquor Authority official shopping list. But if you live in a free enterprise booze state, don't get your hopes up. They don't seem to even bother exporting. They just wait for the daily cruise ships to unload, or for the honeymooners milling around in the time-share shark infested waters, or the already bitten time-shareees, or the remaining tourist category. It's a small island so sooner or later everybody walks by the shop.* Like we did. Also conveniently sold at the airport duty free shop where we picked up an extra bottle.



* Sint Maarten Guavaberry Company N.V., 10 Frontst, Philipsburg, Sint Maarten, Dutch West Indies

Of course, once back in the U.S of A it was too late to inquire if the guavaberries also come in solid form. That's where the Swedes helped out. They've imported a little bit of Sweden for the lucky consumers living near Philly and Baltimore. It's called IKEA and we all pronounce it wrong. (Ee-kay-uh in Europe.) They sell these great lingonberry preserves that have to be second cousin to the guavaberry. (Maybe the Vikings were into Caribbean cruises too.) They're great for breakfast with raisins, sliced bananas, crumbled swedish crackerbread and fjillmilk (like plain yogurt but that's another story). They're also out of reach for most americans.



For those of us who can finger both ingredients, we've got a cheesecake money can't buy, the

SWEDEN meets SINTMAARTEN Cheesecake

Too long, huh? Okay, (lingonberry cheesecake) for short.

Or if you prefer (guavaberry cheesecake) which is what this became one occasion when IKEA sold out its lingonberry preserves when our inventory was down to enough for one more piece of toast! Another free market failure.

from hazelnut to lingonberry

SUBSTITUTE CRUST

2 cups graham cracker crumbs
1/4 cup sugar
6 tablespoons (3/4 stick) butter
or margarine, melted

MODIFY FILLING & TOPPING

Frangelico hazelnut
liqueur →
guavaberry liqueur

This is just a simple variation of the hazelnut cheesecake. First can the usual crust. This hazelnut preparation business is for the birds. (Squirrels?) We pulled out the graham cracker crumbs from the closet where they'd been sitting through two years of innovative crusts and did a standard crumb crust. After pressing the crust in place exactly as in the hazelnut crust, substitute guavaberry liqueur for the Frangelico in the batter and in the sour cream topping. It leads to a nice pink color, particularly suited to Valentine's Day, for which a hazelnut crumb heart shape sprinkled on the topping is a nice touch (like in the army, "if you gottem..."). Other crumbs may do if you don't.

Meanwhile back at the filling stage the same advice applies to the hazelnut crumbs. If you gottem, use 'em. After poured into the crust, spoon out half a bottle (the 14.1 oz = 400g size, metric of course) of lingonberry preserves, glopping them a spoonful at a time on the top of the batter before baking. Then use a knife to swirl the glops, I mean globs, or is it gobs—whatever—into the batter for a marbled effect.

Remember, small pieces and give the rest away.

Postscript. After all this fuss about hazelnuts, dr bob's mom (yes, he has one too) found Diamond® of California recipe ready chopped hazelnuts in a rural NY state supermarket, just once. dr bob's two 8oz bags have joined the hall closet food museum, protected from use by fear of extinction. If you want to revive the species, write Diamond Walnut Growers Inc PO Box 1727 Dept W Stockton CA 95201. But don't mention us.

Post Postscript.

Okay, we confess. We ripped off the hazelnut cheesecake recipe from Mother Wonderful's first edition Cheesecakes and other Goodies.

An even cornier handle than "dr bob", but entirely deserved if judged on the merits of her recipes.

She was hawking her new edition in a local independent bookstore booksigning with no bake cheesecake samples, just like they do in supermarkets. We just sort of stumbled into it. Did an unsolicited product endorsement just like in supermarkets on TV. Got a book signed. Go buy it.

IKEA U.S. EAST
Plymouth Commons
Plymouth Meeting
PA 19462

don't write.
it's still cash and carry
only.



strawberry risotto?

- [pdf](#)

ingredients

instructions

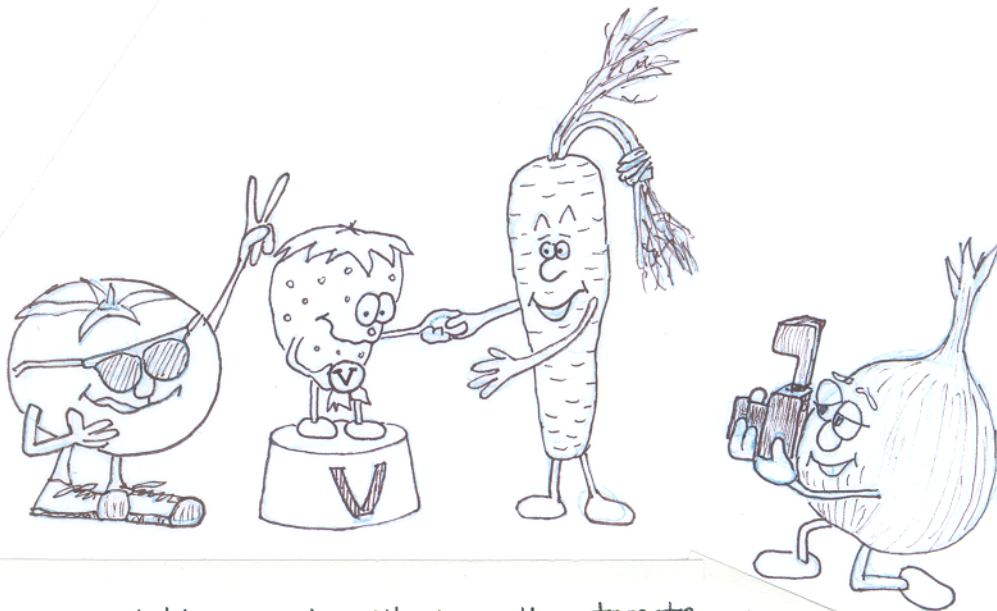
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notes

1. bob first had this in Rome and was immediately won over. It was repeated a few times in the early days but why don't we remember to try it again lately? We should.
2. So we did. Except that the dr bob team is a bit lazy about reading ahead so the berry cleaning and leaf and core removal operation was nearly finished on a 1.5 pint container when finally the "1/3 c strawberries per 1 c rice" fact emerged. Hmm. Consulting the [original recipe](#) in the cookbook, it had been scaled down from 1.5 c rice so a few berries were eaten on the spot to reduce the recipe ready quantity to a pint and the rice was increased to about 1.75 c (the rest of the risotto bag), still way more strawberries than suggested, but so what.
3. The Armagnac bottle came out—the only cognac we have—but it was a bit low and also kind of expensive in the cognac family, so the dry Marsala wine won out this time.
4. The result was just as tasty as the memory.
5. Continuing experience shows that these ingredient amounts are only suggestive. We usually use a cup of cleaned chopped strawberries for a cup or cup and a half of rice, and the next time we threw in 4oz of chopped white mushrooms just after the strawberries. The strawberries soon turn to slop while cooking—the mushrooms don't seem to mind. After the latter are cooked a bit, the recipe continues with the rice-mixing and alcohol dumping stuff. The Armagnac was even lower by this time, but we gave it a shot. Not a noticeable change. But the mushrooms were a nice touch, sort of like the [radicchio and mushroom risotto](#).

Strawberry Risotto?

Although we haven't quite been able to duplicate some of the superb risottos we've enjoyed in Italy, perhaps the best one we have done ourselves is strawberry risotto. Of course if you're anything like we used to be, your immediate reaction is "What? Strawberries in a rice dish that's not a dessert?" (Accompanied by skeptical facial expressions and possibly impolite body gestures.) This is the flip side of our original prejudice against vegetables in baked goods and warrants the same fate. Forget it! For the purposes of this recipe, the strawberry is an honorary vegetable.



honorary vegetable award, with dissenting tomato

We had had strawberry risotto several times in Italy before discovering a risotto cookbook in an independent bookstore in the yuppie section of Kansas City, MO. The first recipe we looked up was strawberry risotto and immediately bought the book upon finding it. Thus raising by several points our undoubtedly unwarranted East Coast opinion of life in that city.

Well, don't take our word for it. Try this one next time fresh strawberries come your way. They don't even have to be pretty looking. But if they're typical US supermarket berries, you'll want to core them to remove the hard white interiors. Apple corers won't work here unfortunately, unless your berries were harvested near a Department of Defense nuclear weapons power plant run by GE ("we bring good things to life..."). We usually quarter them lengthwise and then slice out the hard inner edge. No leafy parts please.

- | | | | | | |
|---|---|---------------------------------|---|---|-------------------------------------|
| 1 | { | 2 Tablespoons unsalted butter | 2 | { | 1 cup rice (arborio if possible) |
| | | 1/4 cup finely minced onion | | | 3 1/2 cups simmering broth |
| | | 1/3 cup diced strawberries | | | (chicken, meat, vegetable or combo) |
| | | 1/6 cup Marsala wine (we prefer | | | or |
| | | dry) or cognac | | | |
| | | or | 3 | { | 1 Tablespoon unsalted butter |
| | | | | | (or some cream) |
| | | | | | 2 Tablespoons grated parmesan |
| | | | | | cheese (we prefer more) |

Okay, this is a standard risotto as discussed at length previously. Easy as 1-2-3. Sauté the onion in butter a couple minutes until it softens up, then add the strawberries and continue cooking until they relax into the mixture. Then add the Marsala and cook until the liquid is reduced to about a tablespoon (guess). Then add the rice and stir up thoroughly with wooden kitchen implement. Next add the simmering broth about 1/2 cup at a time until each is absorbed, for about 20 minutes cooking time. Save the last 1/4 cup broth to add with the butter and parmesan at the end and stir together. Stirring wouldn't hurt during the water suction phase either.

Serve (eat) immediately. Once you've tried it, you'll be convinced.

quick pastasparagus

- [pdf](#)

ingredients

instructions

- 1.

notes

1. Two favorites of ours: orecchiette and asparagus. Not to mention everybody's favorite: shrimp. A winning combination, made quick by Campbell's canned soup, the only down side.

pstaspar.htm: 29-mar-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

Quick Pastasparagus

Orrechiette is a great little pasta undeservedly unknown in America. It looks like a rolled up condom for minihumans but the official translation is "little ears" and it's great with a simple tomato sauce (not from a jar!) and lots of freshly grated parmigiano. For something really different though you might try the following cheap trick when you're feeling lazy.

Cook 1 bunch of thin asparagus any way you can. Since they will get chopped into 1 inch pieces and dumped in the sauce, the cooking method, often quite particular for asparagus, doesn't really matter. As long as they end up soft. Maybe we should list the ingredients first. Okay.



asparagus
safe sex?

- 1 bunch high quality thin asparagus, with tight tips
- 1 pound orrechiette (imported De Cecco)
- 1 can cream of celery soup
- 1 can cream of shrimp soup
- pepper to taste, freshly grated
- lots of freshly grated parmigiano, at least $\frac{2}{3}$ cup, maybe more

Meanwhile cook the orrechiette al dente. Should take 10-12 minutes maybe 15 at full boil. Have the two cans of condensed soup mixed and heating up on another burner. Grate the cheese. Chop the cooked asparagus and dump into the heated soup. Avoid reading the salt levels on the soup can labels. When the pasta is done (judgement call), drain and return to pot with sauce and mix in the cheese. That's it. Serves 4 hungry people as a main dish. More if less than main or if lack of hunger strikes. Did we forget the pepper?

not just bean soup (carrots!) (and pasta sauce)

- [pdf](#)

ingredients

instructions

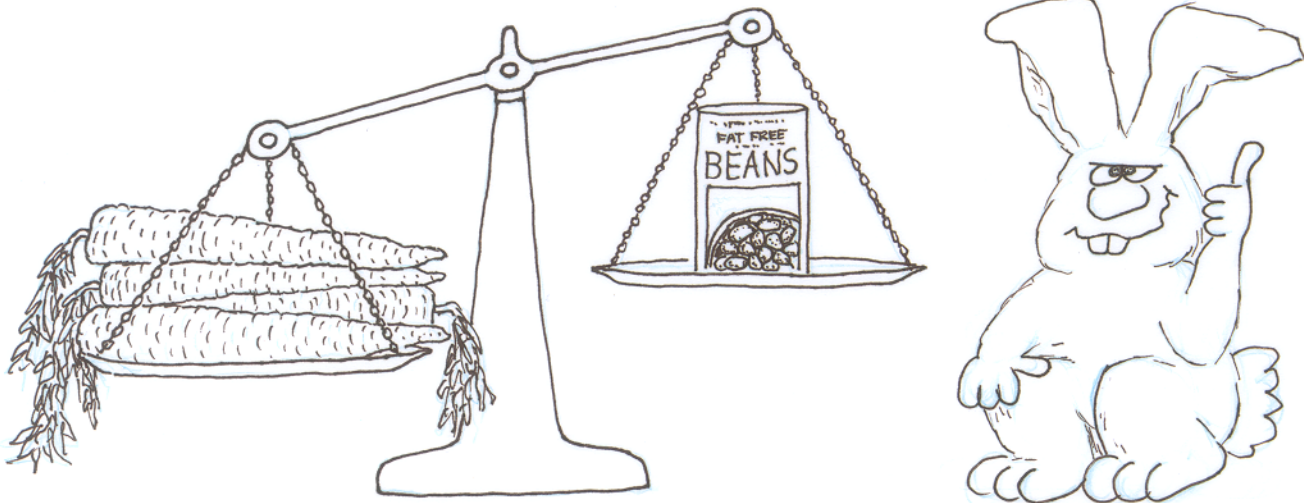
- 1.

notes

1. This was the last [part 1](#) style recipe. Fortunately a few years later the internet arrived to carry on the tradition with an alternative format in [part 2](#). This was the only later recipe where good intentions for catching up with the old fashioned pen and paper tradition were realized, so it finds itself in both parts.

crtbnsf.htm: 3-oct-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)

not just bean soup (carrots!)



When dr bob was a kid, Campbell's Bean and Bacon soup was his favorite. He used to slurp up the liquid part, carefully saving the beans for a squishy white bread bean sandwich. Those were the days. Of course all soups came in cans, and most of them were Campbell's. It never occurred to him that one could actually make soups from scratch. Or that one should read the label on those canned soups! [Salt city!]

Of course growing up brought an awareness that one could make soups without a can opener, but that it was still probably too much effort. Only recently was this myth shattered by experience. The dr bob cooking team, led by the initiative of ms ani, began with some great and incidentally healthy cream soups from the 15th anniversary revised edition of The Moosewood Cookbook.

However, ms ani was sick with the flu on this one occasion soon after the Big Move to the new corporate headquarters. dr bob knew soup was a good idea, and offered to hunt and forage at a local supermarket for some of the stuff. But he easily renounced this suggestion (laziness, what else?) at ms ani's rejection of the offer (out of guilt at being responsible for the contemplated journey). Then

bob remembered the latest women's magazine food special snatched at the checkout line — a bean and potato soup had caught his eye during his speed scan for potentially promising recipes. Inventorying the required ingredients, only celery was missing. No big deal—just increase the carrots! And he did it, with some minor modifications, all in a pretty painless 40 minute time slot. The result: delicious, recalling childhood memories of the old bean soup days but with a new twist. Carrots. Thus justifying the \$3.50 spent on the mag, which after closer examination only yielded two soup recipes as the realistically usable harvest, one still left untried.

their name: **POTATO BEAN SOUP**

our name: **CARROT BEAN SOUP**
(and pasta sauce)

their ingredient list:

our ingredient list:

1/2 cup sliced celery
2 medium carrots, shredded
1 clove garlic, minced
2 t margarine, melted

① { 2 stalks celery } food processed
4 medium carrots } together (fine)
1 or more very large cloves garlic, pressed
2 t butter, melted (margarine is plastic, not food!)

4 cups chicken broth
3 medium potatoes, peeled
and cut up (about 3 cups)
2 T snipped fresh dill or dried
dillweed (weeds? in our food?)

② { 4 cups vegetable broth
3 medium potatoes, peeled and cut up in
small pieces (who measures potatoes by the
cup?)
2 T fresh dill, chopped

1 15oz can cannellini or great
northern beans, drained

④ { 1 15oz (425g) can cannellini beans
approximately (more if you like beans)

1/2 cup lower calorie dairy sour
cream or plain nonfat yoghurt

③ { 1/2 cup lower calorie dairy sour cream
or plain nonfat yoghurt
1 T all purpose flour
1/8 t pepper (we never measure this—
we grind it in directly)
some salt, if desired

1 T all purpose flour
1/8 t pepper
some salt, if desired

their instructions:

Cook and stir celery, carrots, and garlic in a large saucepan over medium heat for 4 minutes or till tender.

Carefully stir in broth, potatoes, and dill. Heat to boiling; reduce heat. Simmer covered for 20 to 25 minutes or till potatoes are tender. With the back of a spoon, lightly mash about half of the potatoes in the broth. Add the drained beans to the potato mixture.

Stir together sour cream or yoghurt, flour, pepper, and salt, if desired, in a small bowl; stir into potato mixture. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Makes 4 to 6 main-dish servings.

their nutritional info per serving:

280 cal, 6 g total fat (2g sat. fat),
4mg cholesterol, 1035 mg sodium,
48 g carbo., 6 g dietary fiber, 16 g pro.,
DAILY VALUE: 113% vit A, 17% vit C,
13% calcium, 17% iron

our instructions:

① Throw the carrots and celery into the food processor in appropriately chopped segments and let her rip! Press a big (or two regular) garlic clove(s) into the melted butter (margarine is now out!) and dump in the carrot/celery fragments (did we accidentally use a tablespoon of butter?). Sauté 5 minutes or so.

② Meanwhile fire up 4 cups of water in a teapot and when boiling, dissolve about 2t to 1 T of concentrated vegetable bouillon (this time we copied the spelling from the label) —no MSG please— in the water and add to the carrot/celery pot with the fresh chopped dill. Simmer covered about 20 minutes (test potatoes for doneness).

③,④ Stir together ingredient group ③ in a bowl and dump half into half the soup mixture and 1/8 can of beans already waiting in your blender/food processor (the Vitamix super-blender is our preferred industrial strength soup puree'er). Puree till smooth and expel into a new pot. Repeat once, then adding the rest of the beans directly to the puree'. (We like nonfat yogurt, but when we had a full fat sour cream to use up, it went in instead.)

Cook and stir till thickened a bit. Actually you may find it already thick enough. Just make sure it's heated through. We did this up in advance an hour or two and had to add maybe a half cup of hot water to thin it out a bit. Use your taste and judgement.

our nutritional info:

Duh...

Wait just a minute! Where did all that salt come from — this outdoes Campbell's. And such precise numbers when the serving size has a 40% uncertainty! Who are they kidding? (Most of us, probably.)



the trouble
with spaghetti

and pasta sauce ?

Sure. If it's pretty thick, it makes a great cream sauce for pasta. If you have a couple bowls left over, maybe a cup and a half or two, add it to some* al dente cooked pasta with about a half cup or so of freshly grated parmesigiano and some freshly ground pepper. Serve with more freshly ground pepper. We used a small open curled pasta, gnocchetti sardi, but this could work with cavatelli or orrechiette or even long pasta like fettuccine or spaghetti. Healthwise, it crushes classic "alfredo" sauce.

By the way, freshly ground pepper is also a good idea on each serving in the more traditional soup mode. And if you caught the "h" that slipped into the yögurt / yogurt above, it's optional. We checked. Though we still lose points for inconsistency.

* 1 pound, the standard US dry pasta packaging size