

Dips, Dressings & Sauces

Alison's Pesto Sauce

1 huge handful of fresh basil
 ½ cup of pignoli nuts (pine nuts)
 2 cloves garlic, minced
 ½ cup extra virgin olive oil
 ½ - ¾ cup Parmesan cheese (finely grated)
 ½ cup Romano cheese (finely grated)
 Salt & pepper to taste.

Place basil leaves (no stems), nuts, and garlic in a food processor, or blender. Process until finely chopped, almost to the point of liquefaction. With the machine running, pour in olive oil in a thin stream. Add the cheese. Stop the machine periodically and taste-test it. Salt and pepper to taste. Continue to process until thoroughly combined. Serve over pasta, gnocchi, or use as stuffing.



Aunt Sandee's Seven Layer Walking Taco

Preparation Time: 20 minutes

Chill Time: 2-3 hours

1 can refried beans
 1 can Frito bean dip
 16 oz. of mayonnaise
 1 package taco seasoning
 2 cans diced green chilies
 2 cans diced black olives
 1 bunches green onions
 6 medium tomatoes or 1 jar salsa
 12 oz. shredded Mexican style cheese

In a long rectangular baking dish, spread the refried beans & Frito dip together in an even layer across the bottom. In a bowl, combine

mayonnaise and taco seasoning, and then spread in layer on top of the refried beans. Spread green chilies in another layer on top of the mayo mixture. Spread black olives in another layer atop the green chilies. Dice green onions into small bits and spread them on top of the black olives. Dice the tomatoes into small pieces and spread them on top of the green onions or use the salsa. Sprinkle the cheese evenly across the top. Cover with aluminum foil and chill. Serve cold with thick, sturdy tortilla chips, or spread on slightly warmed tortillas.

Spicy version as follows, use any combination or all depending on taste:

- ❑ Use jalapeño refried beans or jalapeño Frito lay bean dip
- ❑ Mix a tablespoon of hot sauce with the mayo mixture
- ❑ Use one can diced jalapeno chilies with the green chili layer
- ❑ Combine hot salsa with the tomato layer

For added color and variety, use:

- ❑ Black bean refried beans
- ❑ Yellow and red tomatoes
- ❑ Add corn to the chili layer

Basic Vinaigrette

Making your own vinaigrette is more than easy; it's fun to try new flavor combinations. This jazzed-up version adds an herb mustard, and sugar. Also, try the four variations listed afterwards. The only thing that makes this vinaigrette even better is homemade flavored vinegar. Homemade vinegar recipes follow this recipe's variations.

½ cup olive oil
 ½ cup white wine vinegar or apple cider vinegar
 1 tablespoon sugar
 2 teaspoons snipped fresh thyme

½ teaspoon paprika
¼ teaspoon dry-mustard
Medium sized dash of pepper

In a screw-top jar, mix oil, vinegar, sugar, herb, paprika, mustard, and pepper. Cover and shake well. Store in refrigerator for up to 2 weeks. Shake before serving.

Red Pepper Vinaigrette: Prepare the vinaigrette as directed, except omit the herb and add a dash of ground red pepper. Alternatively, use homemade pepper vinegar instead of the white wine vinegar.

Parmesan Vinaigrette: Prepare the vinaigrette as directed, except use oregano instead of thyme. Add 2 tablespoons finely grated Parmesan cheese, ¼ teaspoon of ground celery seed, and 1 clove or garlic, minced.

Red Wine Vinaigrette: Prepare the vinaigrette as directed, except decrease the vinegar to three tablespoons and substitute red wine vinegar instead of white wine vinegar. Use 1 teaspoon each of thyme and oregano. Add 2 tablespoons of dry red wine with 1 clove garlic, minced.

Garlic Vinaigrette: Prepare the vinaigrette as directed, except omit the herb and paprika. Add 2 large cloves garlic, minced. For super intense garlic flavor, substitute homemade garlic herb vinegar instead of white wine vinegar.

Homemade Flavored Vinegar

The first time I had my own herb garden that actually lived was in 1997-98. I was living in McKinleyville, California and working for the Blue Lake Rancheria. The weather in McKinleyville tend to be constantly foggy with hints of sunshine throughout spring and summer, which was perfect for my herb garden, but definitely NOT tomatoes or peppers! The Rancheria, on the other hand, was located a little further inland and benefited from the warmer climate and

sunshine that a few miles removed from the California coast can provide.

That year I had my first successful herb garden, the Rancheria garden had an overabundance of peppers. They had planted several rows of Corno de Torro chilies, and other green pepper varieties. One very special pepper though was bright red, about four to six inches long with a knobby end, and had an extremely hot taste. So much so, when Paulie bet Marilyn she couldn't eat one, she took the wager and bit right in, much to her dismay. It was so amazingly hot she had to run to the hose and guzzle a fair amount of water. It still didn't quench the fire, but it was sure fun to watch. I do remember Paul, TallChief, Arla and I nearly falling over laughing while Marilyn danced around with her tongue half out of her mouth. This particular strain of peppers was given to Paul from a friend at the University of California at Davis. UC Davis is a primarily agricultural university people tend to call Moo-U because of its veterinary program focused on farm animals, especially dairy cows. This pepper had been an experiment in crossbreeding from their horticultural department. Anyway, due to the color, shape, and robust flavor of this pepper, we dubbed them 'Paulie's Pippin' Hot Pecker Peppers'.

My first adventure into making homemade vinegar was using my homegrown herbs and Paulie's Pippin' Hot Pecker Peppers. To say thank you to the people at the Rancheria I worked with, I made my first flavored vinegar: Garlic, Herb & Pecker Pepper.

Much to my own chagrin, I discovered a truth that I want to pass on to all those that desire to make flavored vinegars, this being: Distilled white vinegar is perfect for pickling, but not for making flavored concoctions to enhance your menu. While

vinegars I have made with a distilled white vinegar base didn't taste awful –the Garlic Herb & Pecker Pepper one was very flavorful- after a while of aging, they didn't have the richer flavor that other flavored vinegars I have made with different base vinegar did. That being said, I tend to use a high quality red wine or white wine vinegar for my flavored vinegar making. Cider vinegar works just as well.

Remember, herbal vinegars can be delightfully attractive as gifts. They are wonderfully flavorful, and extremely easy to make. Here are some basic things to remember.

- ❑ Champagne vinegar is best suited when making a lemony herb vinegar
- ❑ Apple cider vinegar or malt vinegar is best used with making oniony herb flavored vinegar, such as chive or garlic vinegar.

Making Herb Flavored Vinegar

First, gather the herbs before the midmorning sun hits the leaves but after the dew has evaporated. Clean off all the grit and blot the herbs dry with clean paper towels.

Remove the leaves from the stems and measure 1 cup of leaves to every two cups of vinegar. That might sound like a lot, especially if you are using small leaved herbs like thyme or rosemary, but it really isn't. I tend to pack that 1 cup like you do when cooking with brown sugar just to make sure my vinegar is truly flavor packed.

Put the leaves into a clean, wide mouth mason jar, and fill to the top with your choice of vinegar. Be sure to use a very clean mason jar, just as you would when canning something. Because of its high acidity, vinegar prevents the growth of

bacteria. Nevertheless, be sure to wash your jars with hot, soapy water, and that they are thoroughly rinsed from soap before starting. The same goes for the final bottle you plan to store the finished product in.

After filling the mason jar, cover the jar and store it in a dark, cool place. Shake or stir the solution every few days and taste it after about 1 week. If the flavor is intense enough to your liking, it is ready.

Strain the vinegar infusion into a clean bottle using a funnel lined with a coffee filter. Cork or cap, label, and store in a dark cool place.

Making Spice-Flavored Vinegar

Just as heat is unnecessary when making herbal vinegars, heat is highly recommended when making spiced vinegar. The heating process releases the essential oils contained in the spice. Some nice experimentation includes: allspice, cardamom, cinnamon, ginger, nutmeg, peppercorns, and peppers.

When you want to combine and herb flavor with the spice flavor, use the herbs seeds, like caraway, celery, coriander (cilantro's seed form) cumin, dill, and mustard.



Use whole spices, not the ground form, which could cloud the finished product. Be sure to slightly crush the spices in a mortar with a pestle.

Heat 2 cups of vinegar. Don't let it boil or overheat. It should be about 10 degrees warmer than your body temperature; like a high fever, between 105-110° maximum. Remove the pan from the heat and let it cool slightly.

Put up to 4 heaping tablespoons of the crushed spices in a clean wide-mouth mason

jar along with 2 cups of vinegar. Cover and store in a dark, cool place. Follow the same steps as in making herbal vinegars. Shake, stir, taste, strain, bottle and store. These make wonderful presents!

Ginger-Pepper Rice Vinegar

2 cups fresh ginger root, peeled and sliced
2 tablespoons whole black peppercorns
3 cups rice wine vinegar, heated to 110°

Place the ginger and peppercorns in the wide mouth Mason jar. Press them with the back of a spoon to release the flavor. Add the vinegar. Screw on the lid tightly and store in a cool, dark place. Stir the mixture or shake the jar every other day. Check the flavor after 1 week. Let steep longer if desired. When the ginger flavor is to your liking, strain the vinegar and use. It will keep for 3-6 months.

This vinegar is a wonderful ingredient in stir-fry sauces. Use it whenever rice vinegar is called for in recipes in this book.

Béchamel Sauce (White Sauce)

Preparation Time: 5 minutes
Yields: 2 cups

3 tablespoons butter
3 tablespoons flour
2 cups milk
¾ teaspoon salt
¼ teaspoon white pepper

Melt butter in pan. Stir in flour with wood spoon until smooth. Add milk gradually. Stir constantly. Cook until sauce is thick. Stir in salt and pepper.

Berry Butter

1 cup fresh berries (strawberries, raspberries or blueberries)
1 cup butter, softened
3 tablespoons light corn syrup

In a blender or food processor, puree berries. Press through sieve to remove seeds or skins, if necessary; set aside. In small mixer bowl, beat butter until light and fluffy, 1 to 2 minutes. Add berry puree and corn syrup to butter. Beat at medium speed until well mixed.

Place in a covered container and store in the refrigerator. Let stand at room temperature 30 minutes before serving. Makes 2 cups.

When presenting Berry Butter on the table, I tend to scoop it out into a nice ball and surround with fresh berries of the same type I made the butter from. Many people aren't used to seeing Berry Butter as they are Apple Butter. This gives them an idea of what it is, and is very attractive to boot. Garnish with a sprig of mint or lemon balm to enhance the redness of the butter.



Guacamole

Preparation Time: 30 minutes
4 servings

1 small tomato
2 medium avocados
1 tablespoon lemon juice
¾ teaspoon salt

1 small onion
 1 clove garlic
 1 can chopped mild green chilies
 1 teaspoon ground cumin
 1 tablespoon chopped cilantro
 ½ teaspoon chili powder

Dip tomato in boiling water for 30 to 60 seconds. Dip into ice water, peel off skin, and dice tomato. Cut avocados in half lengthwise to the seed and twist the halves apart. Remove seeds and peel. Place in a medium to large glass bowl.

Mash avocado with lemon juice. Stir in salt, diced tomato, onion, garlic, chopped green chilies, cumin, cilantro, and chili powder. Mix well. Spoon into a medium serving dish and chill before serving.

Garlic-Dijon Dipping Sauce

Preparation Time: 5 minutes
 2 servings

2 cloves garlic
 3 tablespoons mayonnaise
 1 tablespoon Dijon mustard
 ½ teaspoon lemon juice

Chop garlic and mix with remaining ingredients. Serve with artichokes or chicken nuggets. Even good on salmon and other fish.

Cocktail Sauce

Preparation Time: 5 minutes

½ cup of ketchup
 2 teaspoons horseradish
 1 lemon
 Dash of Tabasco sauce

Mix ketchup, horseradish, squirt of lemon and Tabasco sauce in a small serving bowl.

Taste after adding Tabasco sauce, season to taste. Serve with shellfish, prawns, crab, etc.

Tartar Sauce

Preparation Time: 5 minutes
 4 servings

1 cup mayonnaise
 2 teaspoons sweet pickle relish
 1 teaspoon prepared yellow mustard
 1 teaspoon lemon juice

Mix mayonnaise, relish, prepared yellow mustard and lemon juice in a small bowl. Let stand in refrigerator for 15 minutes before serving.

Garlic Dill Tofu Dip

This is my recipe based on the Arcata Tofu Shop's amazing tofu dip. Before I tasted their tofu dips I was a firm believer that tofu was just some white tasteless blob you found occasionally in Asian cuisine. Their dips changed my mind. I don't think I can do their recipe justice, but I tried.

Preparation Time: 25 minutes
 8 servings

1 cup silken tofu
 1 cup sour supreme (sour cream substitute)
 2 heaping tablespoons minced garlic
 ½ teaspoons dry mustard
 1 teaspoon lemon juice
 1 teaspoon dill weed

Mix tofu, sour supreme, garlic, mustard, lemon juice, and dill weed in a food processor. Let stand in refrigerator for 15-20 minutes. Serve as a dip for raw vegetables.

Sour Supreme is a brand name of sour cream substitute. IMO also makes a pretty good sour cream substitute but it tends to be

thicker and stiffer than real sour cream. You can use sour cream in this recipe if you'd like to, although it won't be vegan then.

Hollandaise Sauce

Preparation Time: 5 minutes

6 servings

3 egg yolks

¼ teaspoon Dijon mustard

1 teaspoon lemon juice

1 dash Tabasco

½ cup butter, melted and hot

In the container of a blender, combine the egg yolks, mustard, lemon juice and Tabasco. Cover, and blend for about 5 seconds. Place the butter in a glass measuring cup. Heat butter in the microwave for about 1 minute, or until completely melted and hot. Set the blender on high speed, and pour the butter into the egg yolk mixture in a thin stream. It should thicken almost immediately. Keep the sauce warm until serving by placing the blender container in a pan of hot tap water.

Isaac's Asian Salad Dressing

For a white guy from Oakland, California Isaac Vandever really knows how to cook Asian food. In 1996-97, I lived next door to Isaac and his then girlfriend, now wife Brandy in a small duplex in Trinidad, California. It was a blessing to have them as neighbors. Isaac and Brandy are wonderful friends and amazingly talented musicians. They both love to cook interesting and flavorful food. Brandy makes a super-hot jumbo that makes you break out in a sweat! I'm not one for Okra, but she made it taste good; must be her Louisiana upbringing. Anyway, Isaac had an amazing flare for Asian cuisine, and whenever I ate something he made, my taste buds danced. I am sure

their children will be spoiled by both Isaac and Brandy's amazingly yummy edibles.



This picture is of Brandy and Isaac expecting their first child, Tucker, taken in July 2004.

1 teaspoon minced fresh ginger

½ cup soy sauce

1 tablespoon plum sauce

2 sprigs chopped fresh tarragon

1 clove garlic, minced

1 egg, slightly beaten, optional

1 cup vegetable oil

½ cup sesame oil

Salt, to taste

Sugar, to taste

In a bowl, combine the first eight ingredients. Whisk together until frothy. Serve with salt and sugar.

Isaac's Yummy Asian Marinade

1 tablespoon toasted sesame oil

2 tablespoons soy sauce

2 tablespoons honey

6 tablespoons water

5 thin slices of fresh ginger

5-6 cloves of garlic, minced

1 small hand full of green onions, diced

1 small handful cilantro

Salt & pepper to taste
Toasted sesame seeds optional

Blend in a food processor until liquefied. Pour into a Ziploc bag with the meat you desire to marinate. Left sit overnight in the refrigerator, turning once to ensure the meat is thoroughly coated.

Isaac's Plum Sauce

Preparation Time: 20 minutes
Yield: 1-½ cups

1 cup drained canned plums
2 slices fresh ginger root, peeled
2 tablespoons brown sugar
2 tablespoons rice vinegar
2 tablespoons soy sauce
½ cold water
1-tablespoon cornstarch
½ teaspoon cinnamon

In a food processor, chop plums and ginger. In a medium saucepan combine plums, ginger, brown sugar, vinegar, and soy sauce. Cook over medium heat, stirring for about 5 minutes until soft. Combine water, cornstarch, and cinnamon; stir until smooth. Add the plum mixture and cook, stirring constantly about 2 minutes or until thickened.

Isaac's Sweet & Sour Sauce

Preparation Time: 10 minutes
8 servings

1 tablespoon cornstarch
6 tablespoons brown sugar
3 tablespoons rice wine vinegar
2 tablespoons catsup
½ teaspoon chili oil
dash of Tabasco
1 tablespoon soy sauce
2 tablespoons orange juice

¼ teaspoon ginger
2 teaspoons lemon juice
¼ teaspoon sesame oil

Mix cornstarch and orange juice, set aside. Combine sugar, soy sauce, vinegar, catsup, chili oil, sesame oil, Tabasco, ginger, and lemon juice in a 1-quart saucepan. Stir over medium heat, when at a slow boil, add cornstarch mixture. Stir until mixture thickens. Let cool, serve with wontons.

Isaac's Szechwan Sauce

¼ cup soy sauce
¼ cup water
2 teaspoons sesame oil
5 cloves garlic, minced
5-7 thin slices of fresh ginger OR 1 teaspoon ground ginger
2 teaspoons Hoisan sauce
Red chili paste to taste OR cayenne pepper

Mix in a food processor and spread over meat and vegetables while cooking.

Sourdough Bread Bowl Spinach Dip

Preparation Time: 15 minutes
8 servings

1 large sourdough bread round
16 ounces sour cream
1 packet of ranch dressing mix
1 large handful of fresh baby spinach

Wash spinach and chop into small pieces. Place in a vegetable steamer in a 1-quart saucepan with water. Steam spinach until wilted. Remove from heat and place spinach in a large bowl. Add sour cream to wilted spinach. Add ranch-dressing mix. Stir ingredients together, set aside.

With a long bread knife, cut the top off the sourdough bread round as if you are making

a bowl. Scoop out inside bread and cut away excess bread from the underside of the 'top' you just cut off. Spoon the sour cream, ranch, and spinach dip into the bread bowl. Place top back on bowl and refrigerate until chilled. Serve cold with raw vegetables and the cubed insides of the bread round.

Katy's Smoked Salmon Dip

1/2 pound Katy's Smoked King Salmon
1/2 pound sharp cheese spread
Mayonnaise to taste

Flake salmon with a fork. Beat with electric mixer until light and fluffy. Beat in cheese spread. Beat in mayonnaise to desired consistency. Serve with chips, crackers or raw vegetables.

Turkey Rub

1 stick salted sweetened butter
2 tablespoons Italian Seasoning
1-teaspoon garlic

Mix ingredients in a food processor. Rub under the skin of the turkey above the breast and all over the outside of the turkey.

Things to definitely check out on the web:

For awesome smoked fish for dips and things:

<http://www.katyssmokehouse.com/>

Don't forget to check out Larrupin' Café website for two awesome sauces:

The Larrupin' Sauces

Larrupin' Goods Red Sauce
for Barbeque & Dipping
This is indeed a larrupin' good red sauce. Long served as a favorite with barbequed ribs at the Larrupin' Cafe, it's great with chicken, fish and just about everything. A must for dipping or basting. (14oz.)

Larrupin' Goods Swedish-style Mustard Dill Sauce
Traditionally served with Per's gravlax & Dixie's dark rye bread at the Larrupin' Cafe, this is indeed a larrupin' good mustard sauce. Delicious on salmon, shellfish, salads, fruit and just about everything. (13oz.)

Put these in your icebox!

LARRUPIN' CAFE

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