

THE
RIKUDOM
COOKBOOK

EDITED BY

DAVID BERGEN

WITH A DEDICATION AND MEMORIAL BY

DIANE STERN QUINTANA

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DEDICATION:

This cookbook, a compilation of Rikudom recipes, is lovingly dedicated to Dick and Brun Liebes.

Dick and Brun, it was at your home that most of these dishes premiered. We enjoyed them together many times, along with great conversation and hearty laughter, in the fellowship that your warm and welcoming presence inspired. The phrase "potluck at the Liebes" will always evoke that magical combination of Rikudom friends, good food, a spectacular setting in the woods, and a host and hostess extraordinaire.

Thank you for opening heart and home to us again and again.

IN MEMORIAM:

We would also like to acknowledge, with great love and sorrow, **Marlene, Henry, Daan, Yo and Ani.**

Our memories of you are rich. We danced, hiked, made music and broke bread together. You rejoiced in our successes and were dismayed at our setbacks. We delighted in the unmistakable cadences of your voices from across the room at Seder. We laughed and swapped stories — often at potlucks featuring the recipes in this cookbook.

The time we shared represents the best of Rikudom and you will never be forgotten.

FOREWORD:

This collection of some of our favorite recipes could not have been put together without the help of those listed below.

I want to thank them all.

Our Contributors:

Allen King
Ani van Zwol
Brun Liebes
Catherine Horton
Cathy Quides
Daan Zwiep
Darlene Wolfson
Diane Stern Quintana
Erika Opper
Godeane Eagle
Henry Wolfson
Jeff Greendorfer
Jo Horton
Marcia Rosenblatt
Marlene Siegel
Patricia Brajkovich
Ruth Bramell
Sandi Morey
Tirtza Rosenberg

Enjoy Enjoy!

A handwritten signature in black ink that reads "David". The signature is written in a cursive style with a long horizontal stroke at the beginning.

TIRTZA'S TACO CHIP DIP

8 oz. package shredded Cheddar cheese
1 16 oz. carton sour cream
2 Tbsp. taco seasoning
1 Tbsp. mayonnaise
1 Tbsp. lemon juice
2 diced tomatoes
2 green onions
1 can chopped black olives
2 ripe avocados

(Taco chips)

Mix sour cream, taco seasoning and mayonnaise together. Refrigerate for 2 hours.

Mash avocados and add lemon juice. Spread this mixture on the bottom of a shallow baking pan.

Spread chopped olives (thinly) on top of layer of avocados. Spread sour cream mixture over olives.

Spread layer of diced tomatoes and chopped green onions over sour cream layer. Sprinkle top with shredded cheddar cheese and serve with taco chips.

(Tirtza Rosenberg)

ALLEN'S CHUMMUS

2-15 oz. cans of garbanzo beans

Drain one can (save some of this juice just in case you need it), reserve the juice from the second can for the recipe.

3 Tbsp. Sa'adhi Tahini Paste

2 Tbsp. cumin

1-1/2 tbs. coriander

Salt and pepper to taste

1-3 cloves of garlic (depending on how spicy you like it)

Juice of 2 large or 3 small lemons (fresh)

Extra virgin olive oil

Paprika

Sliced pickles

Blend (in Cuisinart or similar blender) in the following order: garlic, garbanzo beans with juice, tahini, lemon juice, cumin, coriander, salt, and pepper. Taste. Adjust spices to your taste.

If too thick, add additional lemon juice or juice from second garbanzo bean can. If too thin open another can of garbanzo beans.

Pour onto large (12 inch) platter. Add extra virgin olive oil in swirls. Sprinkle on paprika. Place pickles on top in a design of your choice.

Serve with carrots, celery, and pita bread.

(Allen King)

RUTH'S STONE SOUP

1 lb. dry green peas
1 cup dry barley
1 can of tomatoes

Fresh corn, carrots, celery, onion, potato, squash, cilantro .

Garlic, bay leaf, spices

Cook peas - follow directions on package.

Cook barley in different pot.

After the peas are semi or fully cooked add the following vegetables, chopped:

Carrots, celery, onion, potato, squash, cilantro and bay leaf.

Add can of tomatoes and fresh corn plus lots of garlic, some curry and other spices to taste.

Add cooked barley.

Cook on low heat

By the second day it gets better - just improvise and add any veggies from the Fridge.

Enjoy.

(Ruth Bramell)

SANDI'S SALAD

Ingredients - Whatever you like. Here's what I like:

Organic, organic, organic!

1 big or 2 small carrots

1/2 - 1 bunch radishes

2 large tomatoes

English cucumber

Red and green pepper - 1/2 to 1 of each

1 avocado

2 green onions

Arugula

Radicchio

Mixes of various kinds of lettuces

Maybe some broccoli, cauliflower, sliced olives, jicama - let your imagination take flight.

Dressing - Any kind you like. Here's my current favorite:

Balsamic vinegar 1/4 Cup.

Add water to bring it up to 1/3 Cup.

1 clove fresh garlic, pressed

1/4 tsp. good Dijon mustard

Maybe a teeny bit of sugar or honey - you decide.

2 heaping Tbsp. Miso

1 heaping tsp. of any Peter Liebes's herb sprinkles.

(That's Windy River Farm, 348 Hussey Lane, Grants Pass, OR 97527,

<http://www.wizzards.net/~wrfarm/>)

Whip all this up with a wire whisk or blend it. Put it in a jar and add 1 heaping tsp. of any Peter Liebes's herb sprinkles. Olive oil is optional. I don't always use oil, but if I do, I use flax seed oil (good for you) and olive oil for taste, and I don't use very much, maybe 1/4 Cup at most.

Enjoy and don't forget to use a big bowl. Seasoning the bowl by rubbing a garlic clove on it is good and go easy with the dressing. It is strong stuff. A little goes a long way and organic greens are yummy without adding other flavors.

(Sandi Morey)

ERIKA'S CUCUMBER SALAD

From the Art of Jewish Cooking by Jennie Grossinger.

3 cucumbers
2 tsp. salt

Peel cucumbers and slice very thin. Sprinkle with salt and set aside for 20 minutes. (I weight them down with a plate and something heavy during the 20 minutes.) Drain very well. (I use a salad spinner to drain them when I make a double batch)

1/2 Cup cider vinegar
2 Tbsp. cold water
1 tsp. sugar
1/8 tsp. pepper
2 scallions (green onions)

Mix together cider vinegar, cold water, sugar, and pepper. Add to the cucumbers along with scallions sliced thin. Mix well and chill for at least 2 hours before serving. Serves 4.-.6.

(Erika Opper)

HENRY'S SPINACH

2 pkgs Frozen Chopped Spinach
1 Can Campbell's Cheddar Cheese Soup
1 Egg

Cook spinach per instructions on the package. Drain, and then squeeze dry (as much as possible) in cheesecloth. Mix in cheese soup and egg. Bake in 350°F oven for 35 minutes. Serves 4.

This recipe can be scaled up or down as you wish.

(Henry Wolfson)

Thank you Darlene!

BRUN'S BLACK BEANS, HOT OR COLD

1 1/2 cups dry black beans

6 Cups water

1 onion

2 or 3 cloves garlic

1 bay leaf

1 tsp. oregano

1 tsp. cumin

1 tsp. salt

1/2 Cup each:

diced red and green peppers, and chopped celery or whatever you have.

minced chili pepper if you like.

2 or more Tbsp. olive oil, or juice of one lemon or your favorite vinegar.

Wash beans and put them in a big saucepan or slow cooker along with the water.

Bring to a boil, then simmer for 2 1/2 hours, or less, until **nearly** done.

Then add chopped onion, crushed garlic, seasonings and salt. Simmer until beans are tender, but not mushy. Drain off excess water (save it for soup).

Add peppers and celery. Taste. Add salt if needed, and minced chili pepper if you like spicier food.

Serve warm or at room temperature, with 2 or more Tbsp. of olive oil, juice of one lemon or your favorite vinegar.

For hot serving on a cold day, cover in baking dish and reheat in oven or microwave.

(Brun Liebes)

JEFF'S VERY EASY, VERY GOOD, VERY QUICK TWO BEAN SALAD

(Two bean or not two bean is not the question)

3 cans red kidney beans
3 cans garbanzo beans (chick peas)
1 half red onion
About 8 stalks of parsley
About 8 oz. of Bernstein's Natural Italian salad dressing

Drain the liquid off the cans of beans.
Cut the red onion into small bite-sized pieces.
Chop up the parsley.
Pour all the ingredients into one bowl, add Bernstein's, mix and ENJOY!

(Jeff Greendorfer)

DAVID'S EASY CHEESY LASAGNA (LEADED)

From a Golden Grain Lasagna Noodle package, modified.

- 1 lb. lean ground beef
- 2 large chopped yellow onions
- 2 or 3 cloves garlic, minced
- 1 32 oz. jar (3 1/2 cups) spaghetti sauce (I use Prego with mushrooms)
- 3/4 Cup water
- 1/2 package (8 oz.) Extra Wide Lasagna noodles
- 2 Cups (1 lb.) Ricotta cheese
- 1/2 Cup grated Parmesan cheese
- 3 or 4 Tbsp. chopped parsley
- 3 Cups (12 oz.) shredded Mozzarella cheese (or more as needed)

Heat oven to 375°F. Brown ground beef in 10 inch skillet; drain. Brown onion and garlic then return beef mixture to skillet; stir in spaghetti sauce and water. Mix Ricotta cheese, Parmesan cheese and parsley in a bowl. In 13x9 inch baking dish layer one third of sauce mixture, half of uncooked lasagna noodles, half of combined Ricotta cheese, Parmesan cheese and parsley, and half of Mozzarella cheese. Repeat layers ending with sauce mixture. Cover tightly with foil. Bake 1 hour. Uncover. Let stand 10 minutes before serving.

DAVID'S FLORENTINE STYLE LASAGNA (UNLEADED)

Use the same ingredients as in the Easy Cheesy Lasagna above but delete the parsley and the ground beef, replace with:

- 1 10 oz. package of frozen chopped spinach

Heat oven to 375°F. Mix Ricotta cheese, Parmesan cheese, onions, garlic and spinach in a bowl. Mix spaghetti sauce and water. In 13x9 inch baking dish layer one third of sauce mixture, half of uncooked lasagna noodles, half of combined Ricotta cheese mixture, and half of Mozzarella cheese. Repeat layers ending with sauce mixture. Cover tightly with aluminum foil. Bake 1 hour. Uncover. Let stand 10 minutes before serving.

(David Bergen)

DAVID'S RED CABBAGE

(Enough to fill a 6 quart pressure cooker)

1 medium or two small heads of red cabbage. Enough to almost fill the pressure cooker after being chopped up.

1-1/2 large yellow onions.

2 Tbsp. of shortening

3 medium sized apples (red or green).

1 Tbsp. salt.

1 Tbsp. sugar.

1-1/2 Tbsp. vinegar.

Flour as needed.

Peel onions and chop up medium.

Brown onions in the shortening.

While onions are in the pan, chop up the red cabbage fine to medium.

Peel, core and slice the apples.

Put the cabbage and apples into the pressure cooker.

Add 3/4 Cup water and 1-1/2 Tbsp. vinegar.

Add the browned onions and shortening.

Finally add the salt and sugar.

Close the pressure cooker and steam for 3 minutes. Use a medium to low heat.

(If you are making more than one batch, use the liquid from the first batch in lieu of the water for the second batch). Let the cabbage sit for 30 minutes then mix in a little flour as needed to compensate for any extra liquid.

DO NOT EAT THE FIRST DAY!

Let the cabbage cool overnight and store in the refrigerator. Reheat and serve the following day. It always tastes better that way. You can also freeze it and then heat it in the microwave when needed.

Enjoy, enjoy!

(David Bergen)

ANI'S RED STUFF

(Ingredients are approximate and to taste.)

3 hard boiled eggs
6 medium russet potatoes
1 small beet, peeled and cubed
1 small bunch green onions, chopped
Mayonnaise
White vinegar
Radishes for garnish

Peel potatoes and cut into large chunks, then boil them in salted water until done. Drain and let sit until they dry out a bit. You can leave them in the pan on a very, very, very low heat until they dry out. Mash potatoes while they are still warm. In a separate pan cook the peeled beet chunks in salted water until done. Drain, cool and then grate the cooked beet into the potatoes and mix. Mix in mayonnaise to taste, a little vinegar to taste, and then fold in the chopped green onions.

Spread into a rectangular glass pan and keep refrigerated. Before serving, garnish the top of the Red Stuff with sliced, cooled hard boiled eggs and fancy cut radishes.

(Ani van Zwol)

ANI'S GREEN STUFF

1 big package lime Jell-O
8 oz. package cream cheese

Make Jell-O according to package directions. Let set in refrigerator until 3/4 as firm as you would set it if you were just making Jell-O. Put in blender or food processor with the cream cheese and blend until smooth. Put the mixture into a rectangular glass pan and refrigerate until fully set.

(Ani van Zwol - originally from Ani's friend, Nely Kemp)

ANI'S BOTERKOEK (BUTTER COOKIES)

The problem with these cookies is that unless you are one of the first to see them being put out on the desert table, you will not get any ... they disappear very fast.

2 cubes of butter (1/2 pound)
1 Cup sugar
2 Cups flour
1/2 tsp. vanilla extract
1/4 tsp. almond extract

Cream butter and sugar. Add remaining ingredients and mix by hand until blended. Flatten into round cake pan. Bake at 375 for 30 to 35 minutes or until golden brown.

(Ani van Zwol)

Thanks Diane for your help with all three of Ani's recipes!

DAAN'S LIMBURGSE VLAAI

1 Cup flour
1 Cup confectioner's sugar
3/4 Cup finely chopped almonds or 3/4 Cup macaroon crumbs
1 tsp. lemon flavoring
1 tsp. almond flavoring
1 egg

Filling:

1/2 Cup jelly or jam or Cherry Filling (Recipe below)
1 egg slightly beaten
Whipped cream - optional.

Mix flour, sugar, almonds or macaroon crumbs, lemon and almond flavorings and 1 egg. Stir until dough forms a ball. Refrigerate dough several hours, or until firm. Heat oven to 375°F. Press 2/3 of dough into bottom of ungreased 8 inch spring form or round 8 inch layer cake pan. Spread with filing. Make rolls the thickness of a pencil with remaining dough. (Flour hands and rolling surface liberally with flour). Place rolls crisscross on top of filling. Place one long roll around edge of Vlaai. Brush lattice with beaten egg. Bake about 40 min. or until deep golden brown. Let Vlaai cool 10 minutes. Run knife around edge of pan to loosen. Cool completely. Then turn out on a cloth covered cooling rack. With another rack, turn Vlaai right side up. Garnish with whipped cream if desired. Makes about 10 servings.

Optional Cherry Filling:

1 can sour pie cherries
1/2 Cup sugar
2 Tbsp. cornstarch

Drain juice from 1 can of sour pie cherries. Reserve cherries. Mix juice, 1/2 Cup sugar, and 2 Tbsp. cornstarch in pan. Stirring constantly, cook over medium heat until mixture is clear and thick. Stir in cherries and remove from heat to cool. (You may add 1 tsp. red food coloring).

(Daan Zwiep)

MARLENE'S CHEESECAKE

(To make two.)

Filling:

3 - 8 oz. packages of cream cheese
1 tsp. lemon
2 tsp. vanilla extract
4 eggs
1-1/2 Cups white sugar

Put above items into beater and cream.

Crust:

28 graham cracker squares - pounded into crumbs.
1-1/2 sticks of BUTTER (not margarine!)

Cream butter and add crumbs then line bottoms of Pyrex pie plates with mixture.

Fruit:

Cherries, bananas or blue berries
Rum or Brandy

Put cherries, bananas or blue berries (and rum or brandy) into crust then pour filling (mixture from above) into pie plates. Bake for 25 min at 350 °F or until top is no longer sticky. Cool for 5 min.

Topping:

1 cup sour cream
6 Tbsp. sugar
1 tsp. vanilla or cherry extract

Mix above items and spread on top of cakes. Bake 10 more minutes. Let cool. Then refrigerate over-night.

(Marlene Siegel)

GODEANE'S LEMON CHEESE CAKE

From The Grace's Christmas Cookbook (1963).

In crust:

1 cup wheat germ
2 Tbsp. sugar
1/4 cup sesame seeds
3 Tbsp. vegetable oil
1/4 tsp. nutmeg

Blend well. Press evenly into a well buttered 9 inch square Pyrex pan. Bake at 350°F for about 5 to 7 minutes ... only till pale golden in color. Watch this crust ... it burns easily. Remove from oven. Let cool.

In filling: All ingredients must be at room temperature.

Cream together 3.-8 oz. packages cream cheese (24 oz.) with 1 cup white sugar. Add juice of half a lemon. Beat in 4 eggs, one at a time. Beat fluffy. After last egg is in, beat with a rotary beater. Add 2 tsp. vanilla. Beat. Pour into cooled crust. (Do not wash bowl.) Bake at 350°F for about 25 minutes. The sides will puff slightly. Remove from heat. Immediately put on this topping which has been mixed in the same bowl as the filling.

Topping:

1 pint (2 cups) sour cream
Juice of half a lemon
1 tsp. Almond extract
2 Tbsp. sugar or honey

Mix well. With a large spoon, layer topping carefully over surface of cake. Return to oven for 7 to 10 minutes. Cream must only just scald or bubble slightly at edges. Remove from heat. Cool at room temperature. Chill in refrigerator for at least eight hours.

1. Be sure baking pan is at least 2 inches deep.
2. Do not over bake.
3. If desired, a spoonful of cold well-defrosted raspberries or strawberries may be poured over each serving.

(Godeane Eagle - submitted by Brun Liebes.)

MARCIA'S DARK CHOCOLATE CHEESECAKE

From the Houston, Texas ORT Cookbook.

Crust:

1-1/2 Cups vanilla wafer crumbs
6 Tbsp. melted butter
1/4 Cup sugar

Filling:

5 (1 oz.) squares semi-sweet chocolate
1 (8 oz.) pkg. cream cheese, softened
3/4 Cup sugar
3 large eggs
1 tsp. almond extract
1 Cup sour cream

Heat oven to 275°F.

Mix all crust ingredients together and press into a greased 9 inch spring form pan. Chill crust for 10 minutes in freezer. Meanwhile, in the top of a double boiler, melt chocolate, stirring until smooth. Remove from heat.

In a large bowl beat cream cheese and sugar together until light and smooth. Add eggs, one at a time, beating well after each addition. Add almond extract. Stir in melted chocolate and sour cream; blend well. Pour batter into prepared pan. Bake for 1 hour and 15 minutes. Turn off oven allow cake to cool in oven for 1 hour. Remove cake from oven; refrigerate until ready to serve.

(Marcia Rosenblatt)

JO AND CATHERINE'S SOUR-CREAM COFFEE CAKE

From Love and Knishes by Sara Kasdan.

1 cup sugar
1/4 pound butter
2 eggs
1/2 pint sour cream
2 cups sifted cake flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. vanilla

Topping:

1/4 cup sugar
1/2 tsp. cinnamon
1/2 cup chopped nuts

Cream butter and sugar. Add eggs and sour cream; beat until smooth. Sift together dry ingredients and add to egg mixture. Add vanilla; blend thoroughly. Pour half of the batter into a small greased tube pan (9 x 3 1/2 inches). Sprinkle with half of the topping mixture. Add the remaining batter and sprinkle with the remainder of the topping mixture. Bake at 350°F for 35 minutes. Serves 6 to 8.

(Jo and Catherine Horton)

PATRICIA'S BISCOTTI WINE STICKS

We lost touch with Patricia a long time ago, but we still have her Biscotti recipe.

1/2 Cup butter or shortening
1 Cup sugar
3 eggs
3 Cup flour
3 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla or anise flavoring
1 Cup coarsely chopped almonds (optional)

Preheat oven to 350°F.

Cream butter with sugar thoroughly. Add eggs and beat well. Sift flour with baking powder and salt. Add to creamed mixture. Stir in vanilla and nuts. Turn mixture onto a lightly floured board and knead until smooth. Divide dough in half. Form two rolls the length of cookie sheet and 1-1/2 inch in diameter. Bake at 350°F for 30 minutes or until rolls are firm to the touch. While still warm, cut rolls cross wise into slices 3/4 inch thick. Lay these cut side down on a cookie sheet and return to oven and bake 10 minutes longer to toast and dry out.

(Patricia Brajkovich)

CATHY'S LEMON SQUARES

Crust:

2 Cups flour, sifted
1/2 Cup powdered sugar
1 Cup butter, melted

Filling:

1-7/8 Cup sugar
1-1/4 tsp. baking powder
5 eggs, slightly beaten
5 Tbsp. lemon juice
5 tsp. lemon rind, grated

(Use only the outer layer since that is where the flavor is. The inner part may be bitter. Use the finest (smallest size) grater you have.)

Pre-heat oven to 350°F.

Sift flour and powdered sugar together, then add melted butter and combine.

Press mixture into a greased 9 x 13 inch glass pan and bake approximately 20 minutes, or until just starting to brown. Turn oven down to 325°F. Cool crust slightly.

Combine all filling ingredients and pour over warm, baked crust.

Bake approximately 25 minutes, or until just set.

Cool completely before cutting.

Enjoy!

(Cathy Guides)

CATHY'S BROWNIE RECIPE

Adapted from the Joy of Cooking by Irma S.Rombauer
and Marion Rombauer Becker.

10 Tbsp. butter or margarine
5 oz. unsweetened baking chocolate
5 eggs at room temperature
1-2/3 Cup sugar
1-1/4 tsp. vanilla
1-1/4 Cup flour, sifted

Melt butter and chocolate together. Cool to room temperature. Beat eggs until light in color and foamy in texture. Add sugar and vanilla and continue beating until well creamed. With a few swift strokes combine, by hand, the cooled chocolate mixture into the eggs and sugar. Before the mixture becomes uniformly colored, fold the flour in, again by hand.

Bake in a greased 9 x 13 inch pan for about 25 minutes at 350°F. Cool thoroughly before cutting.

(Cathy Quides)