



**NEW NORMAL RECIPES
CONTRIBUTED BY ARTISTS
IN SUPPORT OF THE
SAN DIEGO VISUAL ARTS NETWORK
2021**

Introduction by Patricia Frischer, Founder/Coordinator, [San Diego Visual Arts Network](#)

During these years of the pandemic, many of us have been spending more time in our kitchens. The artists I know embrace the creativity of the culinary arts as well as the visual arts. We are presenting here a set of recipes contributed by supporters of the San Diego Visual Arts Network, not only those who are local but ranging around the world, because the silver lining of the pandemic has been the broadening of our world though the internet. Often our priorities have been shaken up, but the need to feed and to share is so primal that it is a joy to see the variety of recipes and images included. For the sake of this project, we hope this is a New Normal and that artists and friends continue to share their inspiration.

There is no standard format used and no order to the compilation. With no rules you are allowed to create your own personal journey from random viewings of the recipes. [Eat Your Art Out](#) may not be possible but ***Eat Your Art In*** is just a page away.

Bibbi Lee – cook, author, translator of Norwegian texts, gardener – tells us how to shop once every two weeks and still present yummy goodies every day.

Cheryl Tall – ceramic artist, painter, art book creator – baked pears just waiting for the partridge in the tree to celebrate the season.

Darwin Slindee – PC by the Sea A.K.A. Computer whisperer – only limes collected from the alley in back of Montgomery Avenue and his home-grown rosemary and thyme make this authentic whiskey sour.

Deanne Sabeck – glass light and color artist- she is a sweetheart who gives us a savory tart.

Dion Frischer – psychologist, recipe competition winner, grandmother – the absolute best brownie recipe honed over many years.

Irene Abraham – artist, academic, arts commissioner – the perfect hot fudge sundae for the zombie apocalypse.

Irene de Watteville – ceramic surreal, Dadaist artist with a fondness for the absurd – an amuse-bouche as a starter or sweet ending from the most amusing woman we know.

Kira Carrillo Corser – Compassionate artist, photographer, videographer, founder of *Post for Peace and Justice* – The caterpillar from Alice in Wonderland would be lucky to sit on these mushrooms.

Kitty Morse - cookbook author and recipe demonstrator and lecturer - Moroccan memories of almond, cinnamon custard with pomegranate jewels.

Lonnie Burstein Hewitt – journalist, lyricist, singer, hiker – hot stuff like curry, creamy as butter and healthy as a vegetable soup can be.

Lori Escalera – street painter, historian, healthy eating advocate - lactose/dairy-free, gluten-free, IBS safe, and absolutely DELICIOUS pancakes.

Marisa Cooper – artist teacher and executive director of COTA (Collaboration of Teaching Artists) gets to the heart of the pandemic with quick relief...wine and popcorn.

Maurice Hewitt – artist, photographer and war veteran – Salmon ramen, not your standard cup of noodles, but a whole new experience.

Naimeh Woodward – artist, director, Encinitas Friends of the Arts – Eggplant dip making mouths smile and beaks rejoice.

Nancy Atakan – Turkish conceptual artist – pickles are our spice of life.

Naomi Nussbaum – artist, sister board member for San Diego Synergy Arts Network, arts planner – happy anchovies make a delightful Caesar salad.

Patricia Frischer – painter, sculptor, curator, writer, teacher, SDVAN coordinator – Grilled chicken with three different sauces that can be used with a variety of other dishes so you are never bored.

Peter Logan – British kinetic sculptor, giver of large dinner parties – twice-baked souffles so you never need to worry about your timing.

Ralyn Wolfstein - painter, jeweler, dancer, deep sea diver, interior decorator, nine decades of experience - a recipe created for a charity project to raise funds - lemonade, 'cause who doesn't need a glass and a rocking chair?

Rosemary KimBal – her Zen brushes dance – flip your pear tart, beware the hot syrup and cool any wounds with ice cream.

BIBBI LEE: SUPER SIMPLE PASTA SAUCE

Once Every Two Weeks

Super Simple Pasta Sauce by Bibbi Lee



*A personal guide to buying, storing, prepping,
cooking, and eating good food, economically.
Peppered with private perambulations.*

Bibbi Lee

Designed and illustrated by Karen A. Sheckler-Wilson

Although I lived for two years in Italy and cooked for discerning palates, I never learned to make this savory pasta sauce while I was there. It was my French friend Evy, who on the phone one day, said she had to go make dinner out of nothing, meaning pasta with anchovy sauce. This has become a staple for those times when planning and organizing escapes me. None of this requires much precision. This recipe originated in Sicily where people don't use Parmesan cheese very much. You can always pretend you are Sicilian and try it without.

3-4 anchovy fillets, canned
A few cloves of garlic peeled
and finely chopped
A handful of cherry tomatoes,
cut in half
or sundried tomatoes
in oil, chopped
Capers
Pasta, linguine or spaghetti
Basil or parsley, chopped

Put a little olive oil in a small sauce pan and heat it with the anchovy fillet until you can mash them and make a paste. Add the chopped cloves of garlic and stir for a couple of minutes before you add the tomatoes. Cook for 5 - 10 minutes. Boil a big pot of water and cook your pasta. Drain when done. Add the sauce and toss with the pasta and the capers. Serve in a bowl with fresh basil or parsley.

BAKED PEARS

4 medium pears, Bartlett Organic

2 t oil

3-4 T sugar

2 T maple syrup

½ t cinnamon

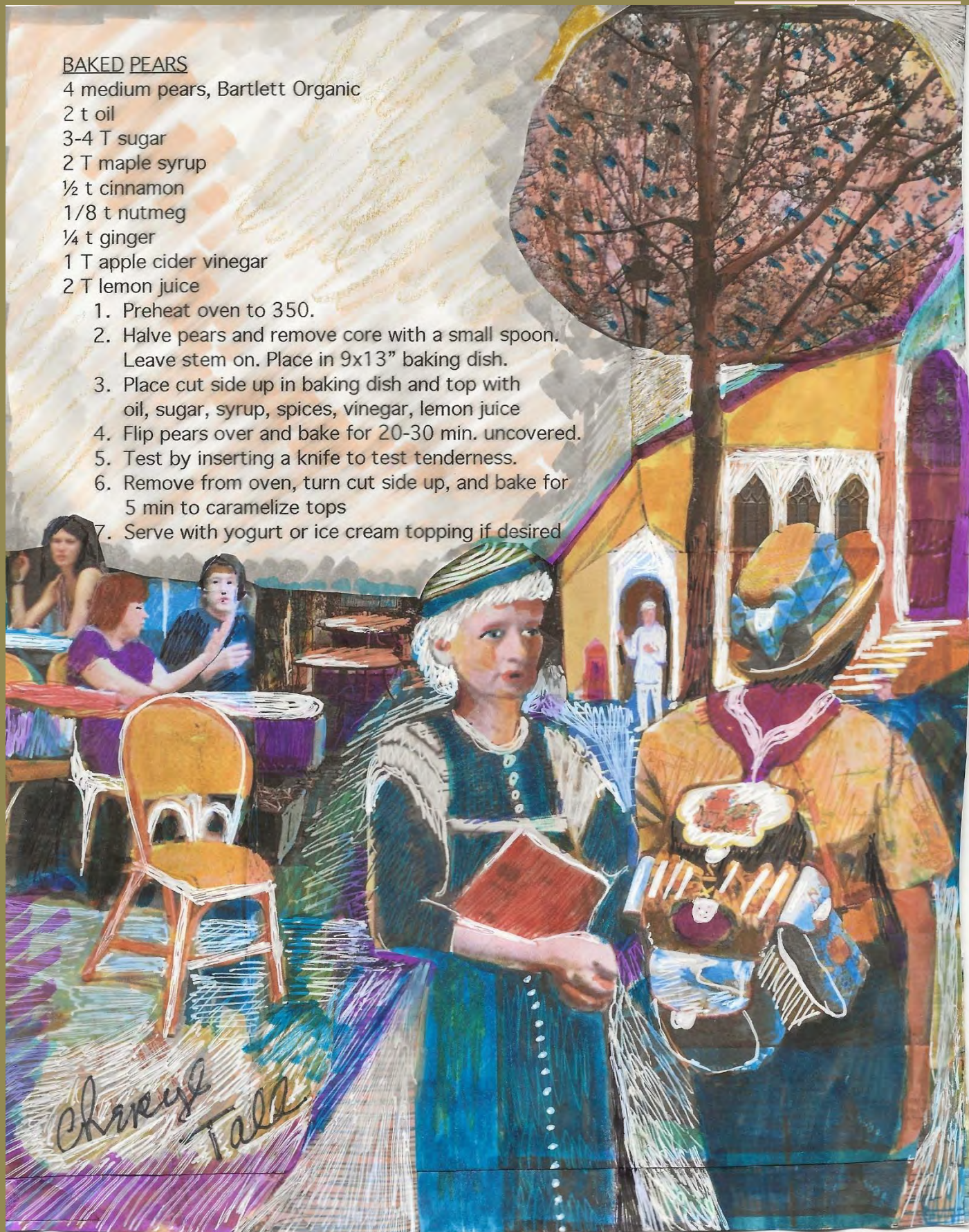
1/8 t nutmeg

¼ t ginger

1 T apple cider vinegar

2 T lemon juice

1. Preheat oven to 350.
2. Halve pears and remove core with a small spoon. Leave stem on. Place in 9x13" baking dish.
3. Place cut side up in baking dish and top with oil, sugar, syrup, spices, vinegar, lemon juice
4. Flip pears over and bake for 20-30 min. uncovered.
5. Test by inserting a knife to test tenderness.
6. Remove from oven, turn cut side up, and bake for 5 min to caramelize tops
7. Serve with yogurt or ice cream topping if desired



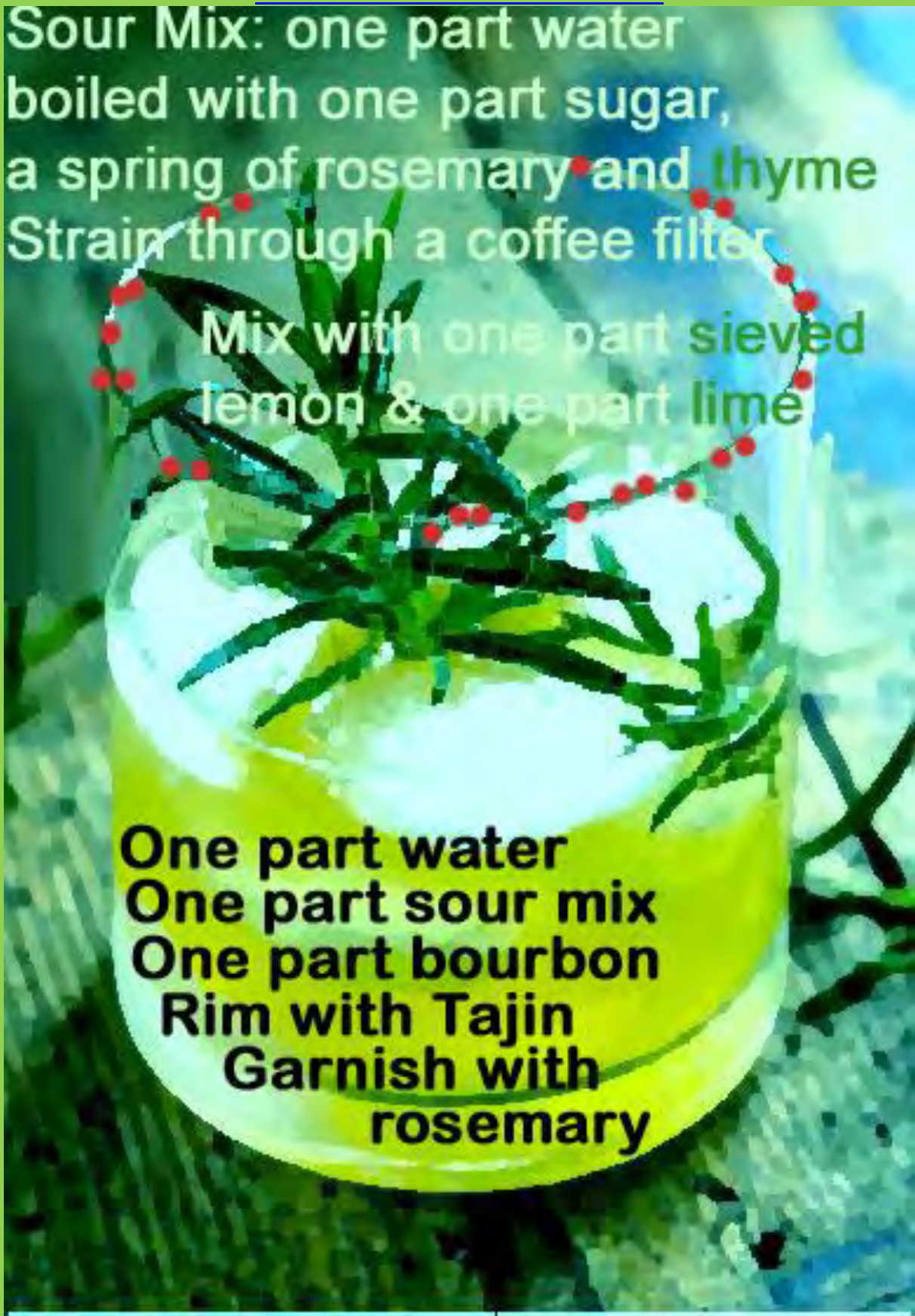
DARWIN SLINDEE: MONTGOMERY WHISKEY SOUR

WWW.PCBYTHESEA.COM

Sour Mix: one part water
boiled with one part sugar,
a spring of rosemary and thyme
Strain through a coffee filter

Mix with one part sieved
lemon & one part lime

One part water
One part sour mix
One part bourbon
Rim with Tajin
Garnish with
rosemary



DEANNE SABECK: Leek, Mushroom, Gruyere and Thyme Tart

deannesabeck.com

Leek, Mushroom, Gruyere and Thyme Tartsouthern boy style

For the crust:

1 1/4 cup unbleached all-purpose flour
1/2 teaspoon salt
1/2 cup (1 stick) unsalted butter, cubed and placed in freezer for 15 minutes
4 to 6 tablespoons ice-cold water

1. Place flour and salt in the bowl of a food processor and pulse to combine. Transfer chilled butter to food processor and pulse 8 or 9 times until mixture resembles coarse meal. Some larger pieces of butter are fine.
2. Add cold water one tablespoon at a time, pulsing after each one. Continue adding water until dough sticks together in a clump in your hand. Form into a ball, wrap in plastic wrap, and refrigerate for 1 hour.
3. Remove from plastic wrap and roll into a 12-inch circle on a well-floured surface. Roll dough onto rolling pin and transfer to a 12"x17" baking sheet covered with parchment paper. Crimp edges of dough. Place baking sheet in refrigerator while making the filling.



For the filling:

1 tablespoon unsalted butter
1 large leek roughly chopped (white and light green parts only)
10 ounces mixed wild mushrooms (shiitake, chanterelle, crimini, or your favorites)
1 teaspoon minced fresh thyme leaves
3/4 cup half and half
4 ounces crème fraîche
1/2 teaspoon salt
1/4 teaspoon black pepper
1 1/2 cups Gruyere cheese

1. Melt butter in a large skillet over medium high heat. Add leeks and saute for 4 to 5 minutes until wilting. Add mushrooms and thyme and continue sautéing for 3 to 4 minutes, stirring regularly.
2. Add half and half, crème fraîche, salt and pepper and stir to combine. Bring to a boil, reduce heat, and simmer for 4 to 5 minutes until almost all liquid has evaporated. Remove from heat and cool completely.

To assemble:

1. Preheat oven to 425 degrees. Remove baking sheet from refrigerator. Spread cheese over crust. Spread mushroom mixture evenly over cheese.
2. Transfer baking sheet to oven and bake for 25 to 30 minutes until crust is golden brown. Cut into wedges and serve warm or at room temperature.

DION FRISCHER: BELOVED BROWNIES



I got this recipe in 1980 from a fellow student in my doctoral program. She had obtained it from a friend at her undergraduate college. The friend brought these brownies back to the dorm whenever she returned from vacations to her Massachusetts home. Her dorm mates asked for the recipe, but the friend said that her mother would not give it out. The dorm mates kept begging, so during one vacation the friend secretly copied the recipe from her mother's file. Everyone to whom the recipe was then passed on was sworn not to mention it if they ever visited that small town in Massachusetts.

Over the years, I have discovered that most brownie recipes are similar, with the main difference being the proportions of butter, sugar, eggs, chocolate, and flour. I have since seen other recipes with the same proportions as this one. The original recipe was not frosted, but icing makes them more luxuriant and delectable. I also like the effect of increasing the original quantity of nuts to 2 cups.

I often give these brownies to anyone who has done me a favor, and to my car mechanics, medical providers, and friends and family members. Girlfriends have asked for them when they were trying to woo new boyfriends. They always yield good results.

1 cup (2 sticks) butter
3/4 cup unsweetened cocoa powder
2 cups sugar
4 eggs
1 cup flour
1 teaspoon vanilla
1-1/2 to 2 cups coarsely chopped walnuts or pecans (optional)

Line a 9x13-inch baking pan with parchment paper or foil. Preheat oven to 350 degrees. Melt the 2 sticks of butter in a large saucepan over low heat, stirring in cocoa powder as it melts. Stir in sugar. Let cool slightly so that the eggs don't cook when added. Beat in the eggs and vanilla until very well mixed. Add the flour and mix just until thoroughly incorporated.

Spread batter in the greased pan and bake at 350 degrees for approximately 35 to 45 minutes. Start testing at 30 minutes by sticking a knife into the center of the pan. When the knife comes out clean, the brownies are done. Do not over-bake. The brownies will firm up as they cool. Let the brownies cool completely before frosting. (They are also good without frosting.) Cut them after frosting.

Frosting: The measurements are somewhat approximate.

1/2 cup (1 stick) butter
1/2 cup unsweetened cocoa powder
1/4 cup light corn syrup (optional, makes the frosting glossier)
3 cups powdered sugar (approximately)
1 teaspoon vanilla (optional)

Hint: I keep a vanilla bean, cut into 3 or 4 pieces, buried in my sugar canister. It flavors and scents the sugar, and you don't have to add vanilla extract to recipes.

You can either melt the butter and let it cool or use butter softened to room temperature. Stir in cocoa and most of the powdered sugar. Keep stirring and adding hot water and more powdered sugar (and more cocoa powder if you wish) as you go to make the proper consistency for spreading. You can taste as you mix. You can vary any of the amounts of these ingredients and still get delicious results. Frosting will stiffen a little as it cools.

A delicious variation is to freeze the brownies after they are cut. Then melt semisweet or bittersweet chocolate chips (I like Ghirardelli Bittersweet Chocolate Chips) in the microwave by heating them in 10-to-20-second increments. Using a knife, coat the frozen brownies with the melted chocolate, and place in refrigerator or freezer to harden.

Hot Fudge Sundae



Do you remember going to an ice cream shop, ordering a hot fudge Sundae and receiving the hot fudge in a small pitcher so you can personally pour it over the gigantic dish of ice cream you have received? The key here is to make way more of the sauce than you need at one sitting. That means after your initial serving, pull it out of the fridge at those critical times like when the Zombies come or the day after an election. Just open the jar you are storing your sauce in, heat it so gently in the microwave (maybe 10 seconds at a time and then stir and then another zap or two if necessary).

RECIPE: Hot Fudge Sauce for the Sundae

1.5 Tablespoon Oil (mild olive, canola, etc.)
3.5 oz (100g) bittersweet chocolate

Put in a microwave safe bowl: Briefly microwave (20 second intervals). After each 20 seconds, remove bowl and stir mixture. The mix will continue to melt after removal from the microwave so a few lumps are OK. Do not over microwave or you will end up with concrete!

Stir in:

2/3 Cup Sugar
Few grains of salt

Add:

½ cup water

Blend and put back in the microwave for 20 second intervals, stirring after each one until the desired saucy thickness is reached.

Flavor with vanilla, etc. and enjoy on the IC or non-dairy confection of your heart's desire.

Irene Abraham



Grilled Grapes

from Ottolenghi by DSS (Divine Sorceress of Sauces) AKA Irène de Watterville

I serve this as an Amuse Bouche or a sweet ending to a meal.

It is light and titillating.



- 60 seedless grapes + 2 TBS sherry vinegar + 3 TBS olive oil + 1 garlic clove, crushed + 1 tsp dark brown sugar + 1.5 tsp fennel seeds, *toasted and pulsed a little in an electric grinder* + 3 large balls of Burrata or Buffalo Mozzarella + 6 small green or purple basil sprigs + flaked sea salt and black pepper




- *Put the grapes in a bowl with vinegar, oil, garlic, sugar, 1 teaspoon of the fennel seeds, 1/4 teaspoon of flaked salt, and plenty of pepper. Mix well and marinate for at least 1 hour and up to 1 day. Thread 5 or 6 grapes onto each skewer. Don't throw away the marinade; you'll need it when serving. Place a grill pan over high heat. Once hot, add the skewers in batches and grill them turning them until you see burnt ridges. When ready to serve, arrange the grape skewers, tear the balls of burrata and spoon the marinade over the cheese. Sprinkle with the remaining 1/2 teaspoon of fennel seeds, garnish with sprigs of basil, and serve.*



KIRA CARRILLO CORSER: Mushrooms Everyway

CompassionateArts.com



Are you a mushroom lover? Thanks to COVID, I found my new favorite with sliced king oyster mushrooms in butter and a bit of olive oil. I love shiitake mushrooms in miso soup. Sometimes I'll buy strange mushrooms just to try them out because they look fun! Any kind tastes good on pizza, in lasagna, in frittatas.

Mushrooms bring incredible flavor to any dish! Some prized in Japanese, Italian and Russian cultures help with heart health and disease prevention.

As an artist, I am creating Wonderland Tea Parties, for Compassionate Arts!

We love Alice's mushroom imagination and encourage dreams. But, the best reason to eat mushrooms is they're darn delicious!

FAVORITES

- * Sautéed mushrooms - butter and olive oil with a little garlic, fresh thyme and oregano give an herb punch.

- * Pasta with Goat Cheese - Imagine creamy goat cheese, savory mushrooms, fresh thyme and oregano and a bright squeeze of lemon.

- * Baked Spinach Artichoke Stuffed Portobello Mushrooms - stuffing can be pesto, spinach, artichoke dip, cheese and bacon! Top with crunchy Italian breadcrumbs.

www.CompassionateArts.com

art by
Kira Carrillo Corser
and London Rose Ross

KITTY MORSE

Orange Blossom Mulhalbiya with Pomegranate Seeds and Honeyed Almonds

MOROCCO'S MATISSE Excerpted from Mint Tea and Minarets: a banquet of Moroccan memories

By Kitty Morse (La Caravane, 2005) All material copyrighted Kitty Morse 2021 www.kittymorse.com



Everyone recognized Chaïbia, a woman of my father's generation, doyenne of Morocco's modern art scene, and one of the country's leading feminists. Fellow *Casablancais* waved and called her name whenever she made one of her rare public appearances. I'd long been an admirer, both of Chaïbia's art and her involvement in Morocco's fledgling women's movement. In breaking cultural taboos, she'd become a role model in the Arab world.

"When did your mother begin painting?" I asked (her son, Talal.) He prefaced his reply with a concise account of her girlhood, if one could call it that: a bride at thirteen, a mother at fourteen, and a widow at fifteen. "Her parents were poor farmers who couldn't afford to send her to school," he backtracked. "So they sent her to Casablanca to work as a domestic and later arranged a marriage to a man fifty years her senior. That man would become my father. When he died, she supported both of us by taking a job as a *femme de ménage* [cleaning lady] in this very house." "She discovered her passion by helping me with assignments from my fine arts class at the lycée," added Talal.

Chaïbia poked her son in the thigh. "Tell her about the wild flowers," she prompted in Arabic.

"When Chaïbia was a girl, before her marriage to my father, she used to adorn herself with crowns of poppies and daisies. Since no other children behaved in that manner, the villagers thought she was crazy." Chaïbia smiled at me. She poked her son again. "And my dream!"

"Chaïbia believes in the power of dreams," said Talal. .

"Chaïbia took the dream as a prophetic sign. The next day, she bought ordinary house paint. She couldn't afford commercial art supplies," Talal continued. . .

"When I opened my first studio in Casablanca, an art dealer from Paris paid me a visit," Talal went on, "Chaïbia invited him for lunch, hoping to win him over with her cooking. But he couldn't concentrate on the *poulet au citron* after he saw her unframed paintings, which he said showed the influence of Matisse and Rouault." . . .

Almonds:

2 tablespoons plus 2 teaspoons honey

¼ teaspoon salt

⅛ teaspoon cinnamon

2 tablespoons plus 2 teaspoons sugar

1 cup sliced almonds

Custard:

2 cups whole milk

¼ cup cornstarch

4 tablespoons sugar

1 cinnamon stick

2 tablespoons orange blossom water

Ground cinnamon for garnish

½ cup pomegranate seeds

Mint leaves, for garnish

Serves 6 - Preheat oven to 325 degrees F.

For the almonds: In a saucepan, lightly warm honey. Transfer to a mixing bowl. Add salt, cinnamon, and sugar. Blend thoroughly. Add almonds and mix to coat. Spread nuts on a lightly oiled, non-stick baking sheet. Bake until nuts are lightly golden and sugar coating bubbles, 8 to 9 minutes. Do not over bake, or almonds will become bitter. Cool and break up.

For the custard: In a small bowl, blend ½ cup milk with cornstarch. Set aside.

Place remaining 2 cups milk, sugar, and cinnamon stick in a saucepan over medium heat. Bring to a simmer. Whisk cornstarch mixture into the simmering milk. Add orange blossom water. Cook, stirring until custard thickens. Discard cinnamon stick. Set aside for 5 minutes, stirring occasionally to prevent a skin from forming.

Divide custard among 6 shallow bowls. Sprinkle with candied almonds, cinnamon, and pomegranate seeds. Garnish with mint. Serve warm.

LONNIE BURSTEIN HEWITT – PEANUT BUTTER/CARROT SOUP



Beautiful Soup

*Beyond all uncertainties, conflicts and noise
Beautiful soup offers comfort and joys*

Lonnie's PB/Carrot Soup

4 large carrots, peeled & sliced

¾ cup-1 cup broth for each carrot

1 bay leaf

1 Tbs. chunky peanut butter per carrot

1 tsp. curry powder

Boil broth, cook carrots till tender.

Then remove bay leaf & puree in blender

Along with the peanut butter and curry.

Beautiful soup you can make in a hurry!

Top with cut-up green onions and a sprinkling of smoked paprika. Great hot or cold!

IBS GF SAFE PANCAKES!

2 servings, prep:10-15 min., 10-15 min. cooking

By Lori Escalera

INGREDIENTS

2 eggs (cut everything in half for one person)

Matching amount dairy/nondairy liquid

1 tsp. vanilla

2 tablespoons crumbled walnuts or pecans

Sprinkle cinnamon, nutmeg

Gob of blueberries (diced bananas on plate)

¼ t. salt

1 tablespoon GF bread flour or other

1 tsp. Ghee to coat pan

DIRECTIONS

I love to eat, so I must cook. I love these- lactose/dairy-free, gluten-free, IBS safe, and absolutely DELICIOUS pancakes, I engineered! Take 2 eggs, equal amount milk or Greek yogurt substitute, cinnamon, nutmeg, vanilla, blueberries, walnuts, touch salt, blend.

(Should be "egg-like-thin" if not, add a bit more liquid). I add no more than 1 tablespoon Bob Redhill GF bread mix (any other flour is okay) stir in and let stand 5 min. it will thicken to pancake consistency. grease sauté pan with ghee (a tiny bit because it goes a long way!); cook like a pancake or crepe. Mine takes longer than a pancake because I make it thicker. Gives you enough for 2 thick pancakes. (They are very airy light). I cover with Maple Agave blend syrup. top with more yogurt, fruit, nuts, and as satisfying as I can crave! The photo here had blueberries and peaches that day.

SHOPPING LIST

Item 1 eggs

Item 2 dairy/non dairy

Item 3 vanilla, spices

Item 4 blueberries, bananas

Item 5 walnuts or pecans

Item 6 Agave Maple Syrup

Item 7 Bob's Redhill gluten free bread flour or other flour mix

Item 8 Ghee or oil - coat pan



IT COUNTS

a reliable recipe in times of chaos

INGREDIENTS

- WINE, BY THE BOTTLE OR BOX
- POPCORN, LARGE QUANTITIES

INSTRUCTIONS

- GIVE IN, DON'T LET ANYONE JUDGE YOU.
- BEST ENJOYED IN PAJAMAS IN A PARTIALLY OR FULLY SUPINE POSITION.
- SUGGESTED ACCOMPANIMENTS:
MUSIC, MOVIES, BINGEWATCHING,
GROUP CHATS, YOUR BEST FRIEND,
CRYING, LAUGHING, + SWEARING AS
FEELS APPROPRIATE.



MARISA COOPER

MAURICE HEWITT: SPICY SALMON RAMEN

SPICY SALMON RAMEN

4–6 oz. salmon, thinly sliced, 3/4 inch thick – 3 to 4 slices per bowl. 4 oz. ounces Shiitake mushrooms, stems removed, sliced (can use Crimini or other mushrooms). Sliced baby bok choy. One 4–oz. package dry ramen noodles per person.

Marinade for salmon and mushrooms

2 tablespoons soy sauce, 2 teaspoons maple syrup. Tablespoon toasted sesame oil
1–3 teaspoons garlic chili paste, to taste.

Miso Broth

4 cups chicken broth. 2 tablespoons miso paste.
3 scallions – white part only, save green for garnish.

One 4–oz. package dry ramen noodles per person.

Choose your own garnishes: Scallions, medium/soft-boiled egg, Japanese chili pepper (Togarishi), toasted nori seaweed, Vietnamese chili garlic sauce or Sriracha, thinly-sliced garlic.

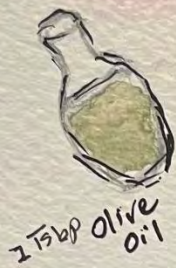
Preheat oven to Broil (450 degrees).

Stir soy sauce, maple syrup, sesame oil and chili paste together in a small bowl. Brush marinade over both sides of salmon and shiitakes, and place them on parchment-lined baking sheet. Broil 7 minutes or until salmon is cooked to your taste. Set aside. Bring broth to a simmer in a medium pot. Add miso, stir, then add bok choy and scallions, keeping all at low simmer until ready. Cook noodles, per package directions—about 3 minutes—then drain in colander and place in bowls. Add sliced garlic, top with salmon, shiitakes and bok choy, and ladle in the broth. Garnish with scallions and chili-peppered halved eggs, place cut sheets of nori around each bowl's edge, and you're ready to serve.

NAIMEH WOODWARD: EGGPLANT DIP WITH PITA BREAD
encinitasarts.org

Persian Eggplant Dip + Pita Bread

So good, even Birds eat it!



2 Tbsp Olive oil



Salt
1 Tbsp



Pepper
1/2 Tbsp



Turmeric
1 Tbsp



Garlic
3 cloves
chopped.



Japanese Eggplants.
Peeled & Rosted



1/2 Onion
chopped



- Sauté Onion + garlic
- Add salt, Pepper + Turmeric
- Cook Eggplants, Tomatoes + Onion, garlic for 20 minutes
- Add 1/2 water if needed while cooking



3 Big
Tomatoes
chopped



Mint



Eggplant Dip

Add
Feta cheese
on top
if desired



Pita Bread.



Naimeh Woodward
Persian Queen



Naomi Nussbaum: Authentic Caesar Salad

www.synergyarts.org

Dressing

4 anchovy fillets	1 or 2 clove garlic minced	2 egg yolks
2 Tbsp. fresh lemon juice	$\frac{3}{4}$ tsp. Dijon mustard	3 Tbsp. olive oil
3 Tbsp. finely grated Parmesan	Fresh ground pepper/kosher salt	

Chop anchovy fillets, garlic, pinch salt. Mash into a paste. Whisk in egg yolks, lemon juice and mustard. Slowly whisk in olive oil, drop by drop. Dressing should be thick and glossy. Whisk in Parmesan. Season with salt/pepper and more lemon juice if desired.



Croutons

3 cups torn 1" pieces country bread with crusts
3 Tbsp. olive oil

Preheat oven to 375 degrees. Toss bread with olive oil on a baking sheet, season with salt and pepper. Bake, tossing occasionally until golden (10-15 minutes).

Clean one or two Romaine hearts and tear into pieces. Add dressing and croutons and toss gently with your hands. Shave Parmesan using a vegetable peeler to add on top. If you love anchovies like me, add another a whole extra tin of anchovies, chop into small bits and throw them on top with the Parmesan.

Buon appetito!

CHICKEN THIGHS 3 WAYS~PATRICIA FRISCHER DRAWSCROWD.COM

MY HUSBAND DARVIN MAKES WONDERFUL CHICKEN THIGHS GRILLED OUTSIDE USING NATURAL CHARCOAL. WE BUY THE THIGHS IN 8 PACKS AND SO WE NEED A VARIETY OF SAUCES TO CHANGE THE FLAVOR OF THE DISH FROM MEAL TO MEAL.

SAUCE ONE: SIMPLY MIX MAYONNAISE WITH CRUSHED GARLIC AND ADD ALMOND FLOUR TO THICKEN.

SAUCE TWO: PUT ALL INGREDIENTS IN A PROCESSOR AND COMBINE. THIN WITH MORE OIL TO ANY CONSISTENCY YOU WANT.

SAUCE THREE: REDUCE ALL INGREDIENTS ON MEDIUM HEAT UNTIL SLIGHTLY THICKENED.

A BIT OF BUTTER CAN BE ADDED AT THE END IF YOU ARE SO INCLINED.

SAUCE ONE:

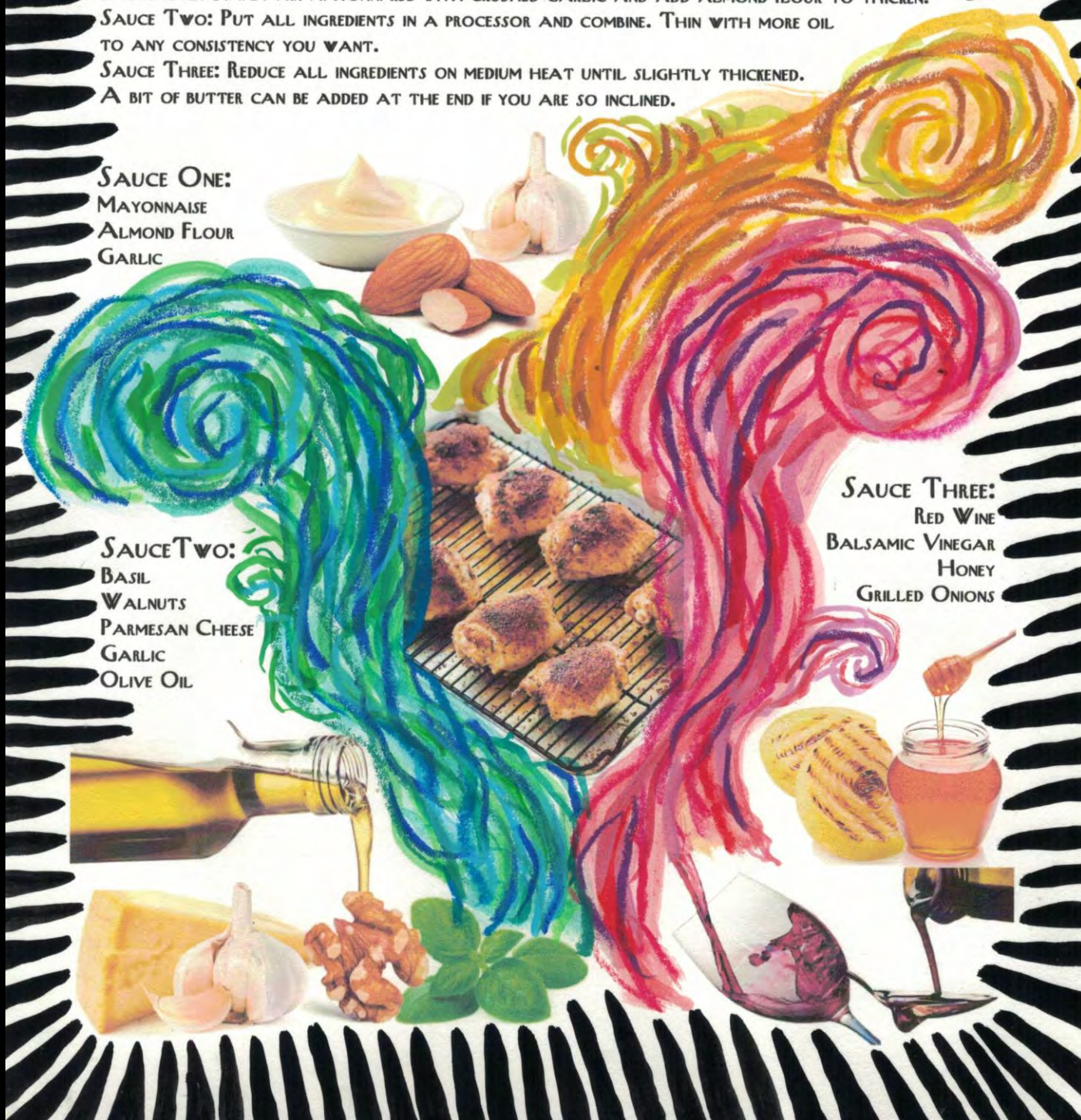
MAYONNAISE
ALMOND FLOUR
GARLIC

SAUCE TWO:

BASIL
WALNUTS
PARMESAN CHEESE
GARLIC
OLIVE OIL

SAUCE THREE:

RED WINE
BALSAMIC VINEGAR
HONEY
GRILLED ONIONS



Twice Baked Souffle

First Bake
eat individually hot
or refrigerate / freeze for later

Method

Make Bechemel Sauce

50gm butter
50gm plain flour
300ml warm milk
salt + black pepper
mustard powder

ALLOW BECHEMEL TO COOL

Prepare 5 eggs
4 YOLKS

5 EGG WHITES

MIX egg yolks with grated cheese

150gms Cheddar & Parmesan

Mix egg + cheese sauce with

cool bechemel

Second Bake

cold souffles revive
eat hot as shared dish

Method

remove souffles from cups into oven dish

Pour 270ml? single cream

sprinkle extra grated cheese

bake at 220C - 20 mins

Souffles will rise again

Whip egg whites stiff

add sauce
start with
one tablespoon

Gently fold in remaining sauce

butter generously all cups and half fill

place in roasting pan and surround with water

Bake at 220C - 20 mins.

RALYN WOLFSTEIN : OLD FASHIONED LEMONADE

OLD FASHIONED LEMONADE

1 lemon
1 c. water
2 T. sugar
Ice cubes



Wash, then slice very thinly the lemon. Remove seeds, and place in a bowl. Sprinkle with sugar and let stand about 10 minutes. Press lemon with a potato masher or back of a spoon to get the juice out. Add water, pressing the slices until the water is well flavored. Remove slices, serve over ice cubes in a glass. Or, if you have one, cut the lemon in half and squeeze out the juice using a spiral juicer. Then add the sugar and water.

From **GRANDMA RALPHY** for Jacqueline,
Kylene & Cybil

Upside-Down PEAR TART



Cast-iron skillet
1/2 stick butter
1/2 cup brown sugar
BOSC pears

Cinnamon
Rolled pie crust
425 degrees
30 min.

Larger Plate
Strong man or women
Oven mitts
Ice cream

Rosemary
KimBal



We want to thank all the artists for their contributions of illustrated recipes, Rosemary KimBal and Dion Frischer for proofing the text, and all of the many [supporters](#) of San Diego Visual Arts Network who make possible all the projects we do for the arts community.

[San Diego Visual Arts Network](#) - (SDVAN) is a database of information produced to improve the clarity, accuracy and sophistication of discourse about San Diego's artistic and cultural life and is dedicated to the idea that the Visual arts are a vital part of the health of our city. SDVAN provides a resource-rich website and facilitates countless opportunities for inspiration and collaboration on visual arts projects.

[Eat Your Art In – The New Normal Cookbook](#) is part of a SDVAN fundraiser program [Eat Your Art Out](#). "When bankers get together for dinner, they discuss Art. When artists get together for dinner, they discuss money." Oscar Wilde. But what happens when you put bankers and artists together? The San Diego Visual Arts Network helps you find out during an intimate soiree in an ongoing awareness campaign to inform the public about the value of the visual arts to our community. A selected number of artists host a unique and very special meal with limited seating. A donation to SDVAN assures a place at the table. Enjoy this book as we all continue to be cautious about gatherings due to COVID-19.

Remember: Practice safe eating - always use condiments

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