

a kindred kitchen



edited by Barbara Mooradian Ghazarian co-edited by Katie Owens Mooradian Waltham, MA 1995

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(Disclaimer found in a widely-used hymn book. Suggested for our use by Sister Teresa Hanney, Dublin, Ireland.)

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P R E F A C E

Last Christmas we sent out a message to all members of the extended Mooradian-Ghazarian family asking them to send us their favorite recipes - and send they did. We were receiving recipes up to press time! From the simple to the sublime, *a kindred kitchen* includes many of the family's "great dishes."

We gratefully acknowledge our many contributors. Without you, this project could not have happened. We also want to thank the family members and friends who have over the past six months been served these dishes as we tested them - thankfully with pleasant results!

We would also like to acknowledge the skillful translations provided by Vatche Ghazarian (Armenian to English) and by Rachel Grant (French to English) and Mary Bradbury Mooradian's keen eye during the final editing stage of this effort.

While each recipe was rewritten to fit the format used, every effort was made to maintain the integrity of the dish. Although no contributor was excluded, some recipes were omitted due to limited space. If yours was one of them, we hope it will not cause a "family stir."

When instructions such as "salt and pepper to taste" were

submitted and we thought it might be hard to judge where to begin, we made an editor's suggestion followed by the words "or to taste." A Glossary and Weights & Measures Section were included to ease translation across international lines.

After the many hours and trials of testing each recipe and the numerous phone calls to family members for clarification, we came to realize that like so many United States-based families, the Mooradian-Ghazarian family is truly international and very North American at the same time. *a kindred kitchen* clearly reflects this mixed heritage.

We all have shelves of cookbooks and files and boxes stuffed with recipe clippings, but when it's all said and done, most often we call on family and friends for new favorites and old stand-byes. We hope you find both in *a kindred kitchen* and that it brings good tastes and good feelings into your home this holiday season and for years to come.

Use it, enjoy it, and share it with a friend.

Bon appetite!

BARBARA MOORADIAN GHAZARIAN
editor

KATIE OWENS MOORADIAN
co-editor

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ARAK'S CHICKEN

1 Slice the chicken breast into 1/2 inch strips and pound each strip flat. Place flattened chicken strips in a bowl.

Serves 4

Oven temperature 350° F
Baking time: 45 minutes

1 lb. chicken breast, skinless
1 - 2 carrots, cut into 2" strips
1 green pepper, cut into 2" strips
2 tbs. tomato paste
1 tbs. ketchup
1 tbs. lemon juice
2 tbs. corn oil
1/2 tsp. salt, or to taste
1/4 tsp. black pepper, or to taste
1/4 tsp. baharat spice, or to taste
1/4 tsp. oregano, or to taste
1/8 tsp. nutmeg, or to taste

2 Combine all the ingredients, except the carrots and green pepper, together in a bowl. Pour over the chicken strips, so that each piece of chicken is covered with sauce. Let stand for 1 hour.

3 Steam the thinly sliced carrots and green peppers until al dente. Wash with cold water. Set aside to cool.

4 Remove one piece of chicken at a time and place it on a rolling board. Place one slice of carrot and one slice of green pepper at one end of a chicken strip and roll jelly-roll style. Line the rolls up on a baking dish.

5 Cover with aluminum foil and bake at 350 degrees for 15 minutes. Uncover, and continue baking for about 30 minutes or until carrots are tender.

6 Serve on a platter and garnish with parsley.

ARAXIE OUSTAYAN DEUVLETIAN
Cairo, Egypt

ARTICHOKE DIP

Serves 8 - 10

Oven-safe dish (1 1/2 quart)

Oven temperature 450° F

Baking time: 15 - 20 minutes

Food processor

1 can artichoke hearts
(not marinated),
drained
1 cup grated parmesan
cheese
8 oz. cream cheese
1/2 cup mayonnaise
1/2 tsp. dill
1/4 tsp. minced garlic

- 1 Combine all ingredients in a food processor.
- 2 Bake, uncovered, at 450 degrees for 15 - 20 minutes.
- 3 Serve hot with crackers.

Contributor's Note: Sure to make an artichoke lover out of everyone!

PATTY AND BARRY MURADIAN
Stoughton, Massachusetts USA

COTTAGE CHEESE SPREAD

- 1 Mix all ingredients, except the dill, in a bowl. Pour onto a flat serving dish and sprinkle the top with dill.
- 2 Serve chilled with crackers or tortilla chips.

Serves 4

8 oz. cottage cheese
1/4 cup yogurt
1 tbs. butter, melted
1/4 tsp. salt, or to taste
1/8 tsp. garlic powder, or to taste
fresh chopped or dried dill

ARAXIE OUSTAYAN DEOVLETIAN
Cairo, Egypt

FATTE

1 Soak dried chickpeas in water overnight. Drain and rinse well. Place in a food processor and reduce to a paste.

2 Add tahini, water and garlic to the chickpea paste. Mix ingredients together well. Add more water if the paste is too thick. This should be the consistency of humus. Spoon chickpea mixture into a shallow serving dish, so 1/4 inch of the mixture covers the dish bottom.

3 Fry tortilla chip-size pieces of pita bread in oil until brown and crispy. Drain on a paper towel*. Arrange over the top of the chickpea mixture.

Serves 4 - 6

Food processor or blender

1 cup dried chickpeas or 2 cups
canned chickpeas, drained
4 tbs. tahini
1/4 cup water
2 cloves garlic, minced

1 large pita bread or 4 - 6 small pita
loaves
olive oil for frying

5 tbs. labni
1/4 cup water
2 tbs. butter, melted
dashes of sumac
dashes of cayenne pepper

4 In a small bowl, thin labni with water. Pour thinned labni over the fried pita chips.

5 Melt butter and pour the melted butter over the labni.

6 Sprinkle the top with sumac and cayenne pepper. Serve immediately.

Editor's Note: A Middle Eastern version of nachos!

* The pita chips can be baked at 350 degrees on a cookie sheet until crispy.

ASHKEN OUSTAYAN GHAZARIAN
Beirut, Lebanon

SALMON PATE

1 Mash all ingredients together, except nuts, with a fork (food processor, optional).

2 Shape mixture into a ball and roll in chopped nuts or spoon mixture into a serving dish and top with nuts. Garnish with parsley.

3 Serve at room temperature with crackers.

Editor's note: Add 1/2 cup chopped parsley to the pate for color and flavor.



Serves 6 - 8

Food processor (optional)

1 can red salmon (14 oz.); drain,
remove skin and bones

1/2 onion, chopped very, very fine

2 tsp. prepared horseradish

1/2 tsp. Worcestershire Sauce

2 shakes of Tobasco

2 tsp. liquid smoke (or use smoked
salmon and omit)

1 tsp. lemon juice

8 oz. cream cheese

walnuts or pecans, chopped

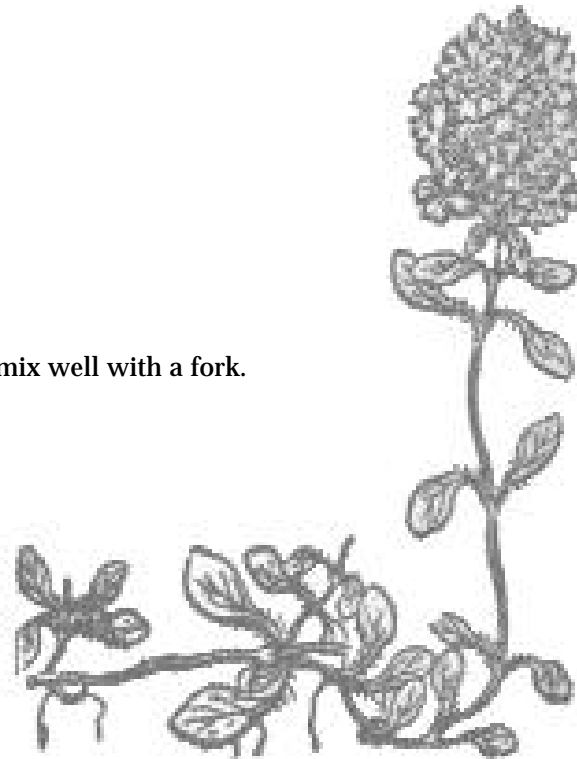
CRAIG WALLEN
Philadelphia, Pennsylvania USA

SHENKLISH CHEESE SPREAD

Serves 4
1/2 lb. French feta cheese
1 tsp. cumin
1/2 tsp. thyme
1/2 tsp. oregano
1/2 tsp. cayenne pepper
1 tsp. minced mint
2 tbs. olive oil

- 1** Crumble feta cheese in a bowl. Add other ingredients and mix well with a fork.
- 2** Spread mixture in a shallow dish and serve with crackers.

VATCHE GHAZARIAN
Waltham, Massachusetts USA



SPINACH PIE SQUARES (BOREG)

1 In a large frying pan, sauté chopped onions in 1/4 cup butter until tender. Add spinach, cook for 1 - 2 minutes. Remove mixture from heat and spoon it into a large mixing bowl.

2 Combine beaten eggs, feta cheese, parsley, dill, salt and pepper and mix ingredients together well. Pour this mixture over the spinach and toss.

3 Brush pastry sheet bottom with melted butter. Layer 8 sheets of filo dough in the pan, brushing one at a time

with melted butter. Spread the spinach mixture over the top. Cover with remaining 8 sheets of filo dough, buttering and layering each sheet as before.

4 With a sharp knife, trim the

edges of the dough to fit the pan. Cut into diamond shapes and pour the remaining butter over the top. Use a pastry brush to spread the butter evenly.

5 Bake at 350 degrees for 30 - 35 minutes or until brown on top.

Contributor's Note: This dish can be prepared in advance and frozen. Thaw well before baking.

Makes one cookie sheet

Oven temperature 350° F

Baking time: 30 - 35 minutes

12 x 17 x 1 inch pastry sheet

Pastry brush

1 cup chopped onion

1/4 cup salted butter, melted

3 eggs, beaten

3 packages frozen chopped spinach, thawed and drained well

1/2 lb feta cheese, crumbled

1/4 cup chopped parsley

2 tbs. chopped dill

1 tsp. salt

1/4 tsp. black pepper, or to taste

1 cup butter, melted

16 sheets filo dough

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