

# The Owl

## Cookbook



The Hawthorne School

THE OWL COOKBOOK

A collection of favorite recipes  
of the students and faculty of  
The Hawthorne School, Washington, D.C.

Compiled, edited, and designed by:  
Robert Lockwood, Leni Fried, Deborah Daw, and Paul Karasick

Illustrations by:  
The Culinary Crew

The children of the Grayson Bunch  
Had gone on strike without their lunch.  
There was of course, no room for doubt  
That they were sick of eating trout.

Perhaps within the realm of reason  
Once a week within the season.

But upon each day of every month,  
And every bite of every lunch  
And every fate to every plate  
The ending note to every day  
Was trout to everyone's dismay!

The kids did not know what to do  
As that was everything Mom knew.  
She'd grown up thinking  
Food was trout and that was all food was about.

In the meantime, each was thinner  
As lunch was sunk  
And so was dinner

So while the smell of trout grew foul  
The children went to ask the Owl  
Who wisely eyed the Grayson faction  
And stated, "It is time for action."

"A man is born with many needs  
And one of them is that he feeds.  
The job of food is to entice --  
Trout upon trout will not suffice."

Ma Grayson had to break her plate  
As trout was just too out of date.  
The Owl Cookbook was effective  
Mom discovered new perspective.

Upon sinking into Whole-wheat bread and Chocolet Mousse  
Ma Grayson said, "I've had enough of going fishing.  
Chocolate Mousses I've been missing.  
Within the realm of culinary art,  
Trout is just a place to start!"

## CONTENTS

Recipe	Page
<u>Main Dishes</u>	
Captain's Casserole .....	5
Quiche Lorraine .....	6
Baked Seafood Salad .....	7
Steak Dante .....	8
Filet of Sole in White Wine and Butter .....	9
Locro (Stew) .....	9
Beef Bourignon .....	10
Chicken George Murphy .....	11
Curried Shrimp .....	12
Hot Chili Con Carne .....	13
Glazed Spareribs .....	14
Shrimp De Jonghe .....	14
Avocado Soup .....	15
Vegetable Soup .....	15
* * *	
<u>Accompaniments</u>	
Delicious Spinach .....	17
Guacamole .....	17
Golden Herb Onions .....	18
Broccoli Puff .....	18
Squash Souffle .....	19
Tina's Squash w/Sour Cream .....	19
Herb and Cabbage Medley .....	19
Risotto a la Milanese .....	20
Chinese Brown Rice .....	20
Ratatouille Provencal .....	21
* * *	
<u>Desserts and Breads</u>	
Pie Crust .....	23
Alluring, Absorbing Apple Pie .....	24
Lena's Revani (Moist Honey-Rum Cake) .....	25
Orange Cake .....	26
Whole-wheat Gingerbread .....	27
Infamous No Bake Peanut Butter Cookies .....	27
Carrot Cake .....	28
Applesauce Spice Cake .....	28
Sour Cream Cake .....	29
Lena's Baklava .....	30
Chocklit Idiot Cake .....	31
Chocklit Idiot Frosting .....	31
Mexican Fruit Salad .....	32
Anjanette's Apricot Whip .....	32
Chocolate Mousse .....	33
Banana Bread .....	34
Honey-Date Bread .....	34
One Hour Whole-wheat Bread .....	35
Cranberry-Orange Bread .....	35
Sour-dough Recipes (Great!) .....	36, 37



### CAPTAIN'S CASSEROLE

A delicious double duty dish!

- 2 fryers, cut in pieces (minus giblets)
- salt and pepper
- 1/2 lb butter or margarine
- 1 large yellow onion, thinly sliced
- 2 cans solid pack tomatoes, 1 lb. 12 ozs. each
- 1/2 teasp. garlic powder
- 1 teasp. salt
- 1/2 teasp. pepper
- 1 Tbsp. chopped parsley
- 1/2 teasp. powdered thyme
- 1/2 teasp. oregano
- 1 heaping Tbsp curry powder

Sprinkle chicken with salt and pepper and fry quickly in butter until golden brown. Remove.  
 Fry onions in the butter over low heat until glossy.

Mix remaining ingredients into tomatoes, but chop up tomatoes a bit. Add this to onions and peppers and cook slowly for 5 minutes.

In a 3 qt. casserole arrange chicken, pour sauce over it and bake covered for 1 1/2 hours at 350°F.  
 Serve with wild or brown rice and plenty of mustard pickle.  
 Serves 8.

There should be about 2 qts. of sauce remaining.  
 Freeze it until ready to use. Thaw and add one can Cream of Shrimp Soup, 5 lbs. prepared shrimp and heat.  
 When all is piping hot, serve with fluffy rice and a tossed salad.  
 Serves 10 to 12.



QUICHE LORRAINE

- 1/2 lb. bacon
- 4 eggs
- 1 1/2 cups whipping cream or table cream (according to your budget
- pinch of salt, nutmeg, and sugar
- fresh ground black pepper
- dash of cayenne
- 1 Tbsp. softened butter
- 1/4 lb. grated swiss cheese

Preheat oven to 425° F. Prepare pie crust (single crust, page 20) and chill in quiche pan, pie plate or other suitable dish for thirty minutes. Fry bacon until crisp, but not burned; drain on paper towels and crumble into small pieces. Set aside.

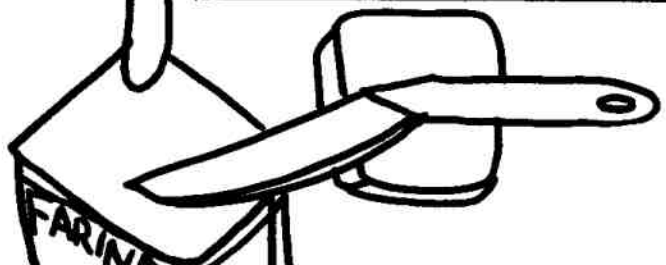
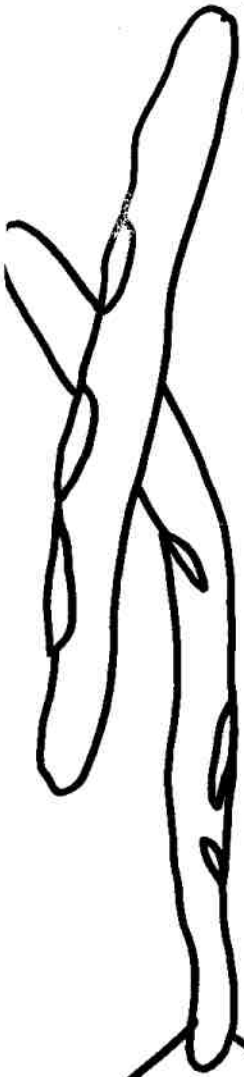
Combine: eggs, cream, salt, nutmeg, sugar, pepper, and cayenne.

Rub chilled pie shell (bottom only) with softened butter. This prevents the crust from becoming soggy.

Sprinkle crumbled bacon and grated cheese into pie shell; pour egg mixture over all. Bake 15 minutes; reduce heat to 300°F and bake 40 minutes longer or until knife inserted comes out clean. Let stand 3 minutes before serving.

Cut into 4 or 6 wedges and serve.

The filling of this dish can be greatly varied. You can substitute ham for bacon, or fool around with all sorts of vegetables (mushroom quiches are superb). The cheese is usually kept in unless the combination of cheese and whatever else you put in turns your stomach just to think about it! The name of the quiche (pronounced "keesh") changes according to what is in it. There is only one Quiche "Lorraine"!





BAKED SEAFOOD SALAD

Make it, bake it, and serve it hot for buffet supper -- or make it, don't bake it and serve it on lettuce for luncheon -- or make it, bake it, serve it, and place remainder in refrigerator for a delectable leftover. No matter what, it's extra-special!


1 cup chopped green pepper  
1/2 cup chopped yellow onion  
2 cups chopped celery  
2 cups real mayonnaise  
2 cans crabmeat (approximately 2 cups)  
2 cans shrimp, drained (also 2 cups)  
1 can lobster meat  
1 can chunk or solid pack tuna  
1 teasp. Worcestershire sauce  
1 teasp. salt  
Pepper to taste  
Dash of tabasco sauce  
Potato chips for topping

Mix all gently except potato chips. Crush chips and put on top.

Bake at 350°F for 1/2 hour or until heated through.

Can be made a day ahead as marinating improves the flavor.

Serves 6. Double for a luncheon for 12 or a dinner for 10.



STEAK DANTE

4 entrecotes or 4 individual filets of beef steak  
3/4" thick  
1 to 2 sticks of butter  
Fresh ground black pepper  
1/2 cup cognac  
1/2 cup heavy cream  
Fresh chopped parsley  
Salt to taste

**Garnish:**

Artichoke hearts and mushroom caps sauteed in butter (optional)

In a large, heavy skillet (preferably iron), place 1 stick butter and cover the pan evenly, but not thickly with pepper.

Place pan over medium heat. When butter has stopped bubbling, place the steaks in the pan.

Saute the steaks for 1 minute on each side for rare and for 1 1/2 minutes for medium rare. If you like your steak well-done, forget this recipe!  
Remove steaks from pan and place them on a warm platter.

Remove pan from heat. Pour in cream and cognac. If more butter is desired, use part or all of the other stick. Place pan back over heat and cook stirring constantly with a wooden spoon. Be sure to scrape the brown bits off the bottom of the pan.

Pour the sauce over the steaks.

If you wish, garnish the steaks with sauteed mushroom caps and artichoke hearts. Top with parsley.

Caution: do not salt the steaks until you have removed them from the pan.

Serves 4.

8



