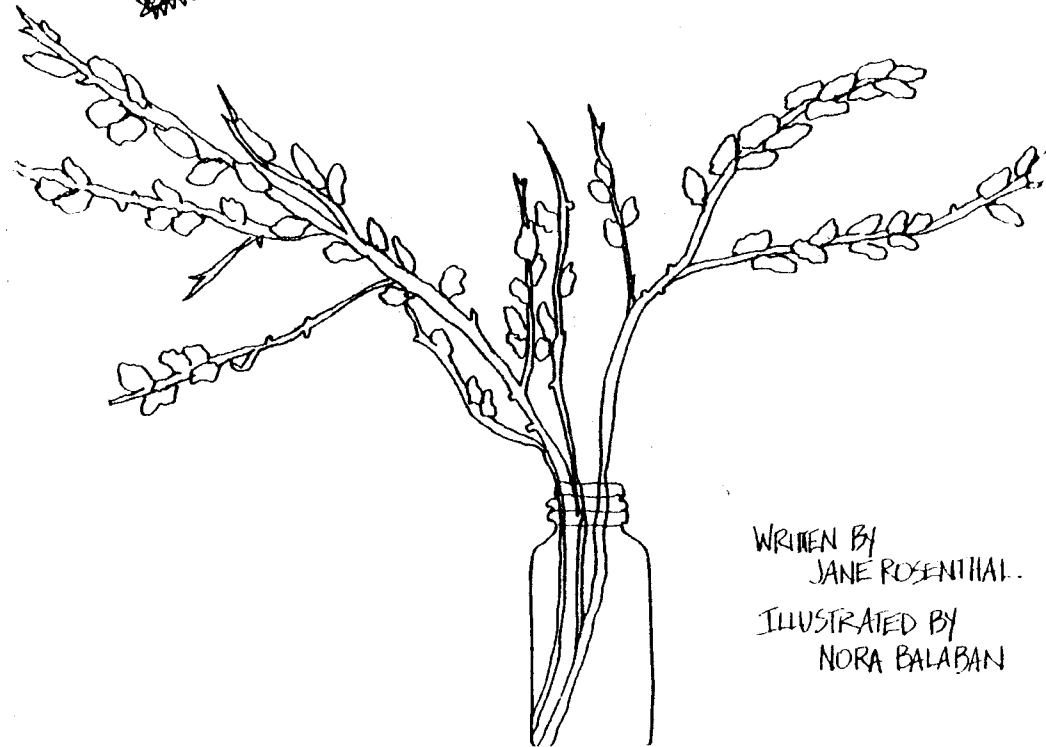


# RECIPES

FROM THE  
HALLOWEEN



WRITTEN BY  
JANE ROSENTHAL.

ILLUSTRATED BY  
NORA BALABAN

# A FEW WORDS

— Amongst other things, the Halfway Inn is known for its good, cheap food. This year, special effort was made to expand the Halfway's menu to meet the demand for vegetarian alternatives, as well as to serve delicious, nutritious, fresh, healthy and hearty foods. Using our imagination and somewhat inadequate cooking facility, we have created these foods. They have become very popular. In an effort to share our ideas, and in the spirit of healthy eating, we present you with some of our not-so-secret cooking secrets ~~\_\_\_\_\_~~.

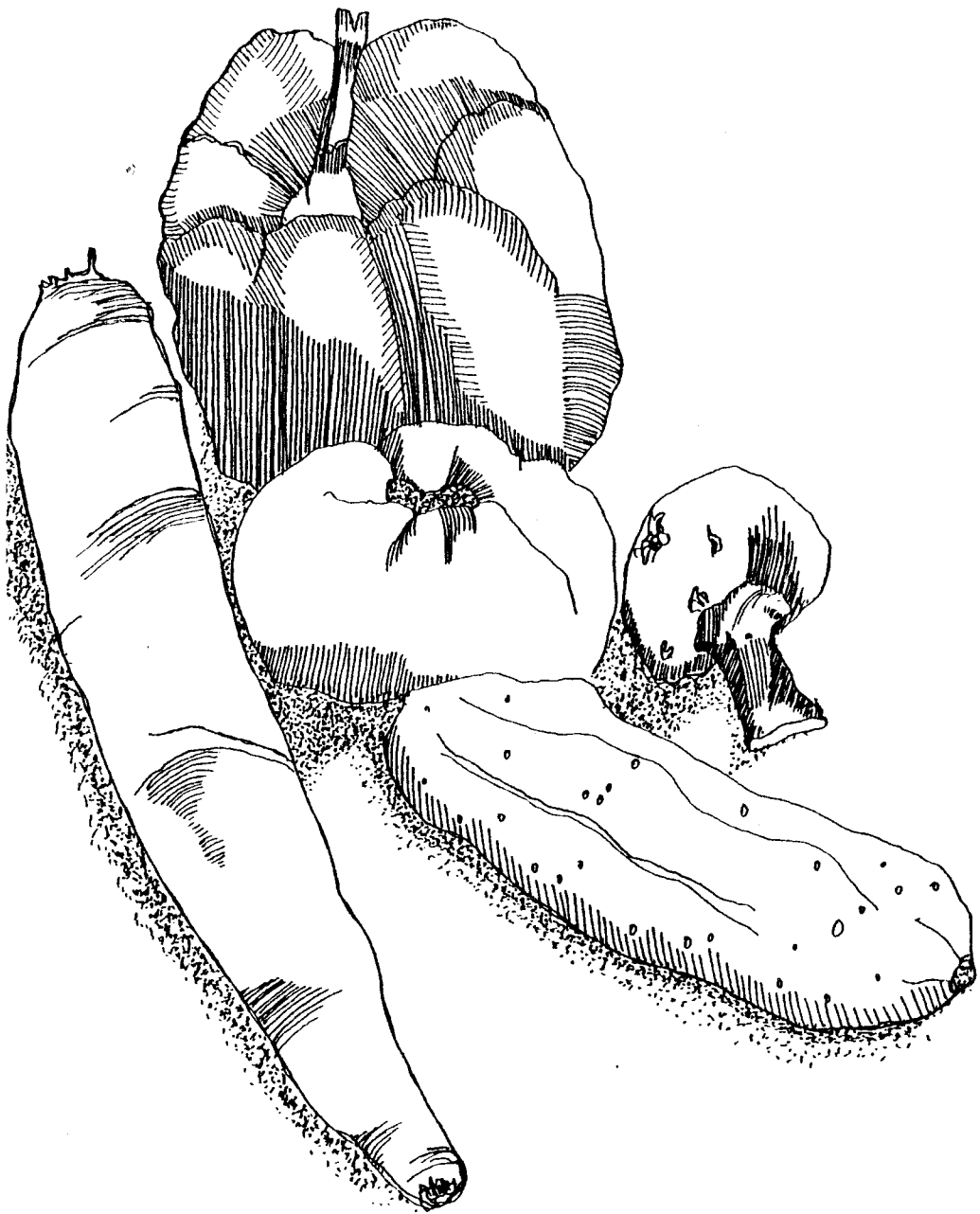
## 1977 → 1978 Workers:

Jack Austin  
 Nora Balaban  
 Joy Cutler  
 Leigh Daniels  
 Mindy Gellin

Alfonso Gonzalez  
 Ignacio Guillen  
 Steve Hore  
 Kay Jenkins  
 Bob June  
 Kay Kornman  
 Brian Lee

Laurie Krauth  
 Mindy Linetzky  
 Diane Manko  
 Lee Martin  
 Anne Redlich  
 Jane Rosenthal  
 Becca Segal  
 Steve Tynan  
 Ellen Stckel  
 Seth Washburne  
 Suzanne Wise  
 Eitan Yonich  
 Mark Zadorny

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 •• APRIL 1978 ••



USE THE REMAINING PAGES FOR  
YOUR OWN RECIPES:

# SOUPS

→ There are two things to remember about soup:

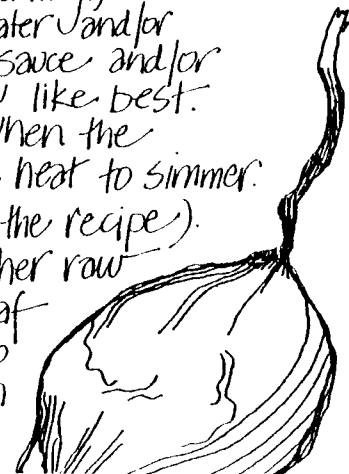
1. Soup is the easiest thing in the world to make.
2. The most important thing to do is to experiment. Follow your nose & tastebuds. If you like something, add it! Improvise! Be creative! Soup rarely, if ever, comes out bad. Best of all, it's even better the second (third, fourth, fifth!) day.

→ Some bowl-d facts:

None of these soups are made from a recipe.  
It's true. We tell you this so you will feel free to change it.  
All these soups are vegetarian.  
No two soups taste the same.  
They are all delicious.

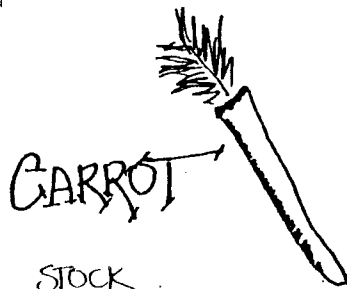
→ Basics:

(These soups are adapted for 8 servings).  
Begin with stock. Stock is water and/or vegetable broth and/or tamari sauce and/or miso. Decide which taste you like best.  
Boil 8 cups for 8 servings. When the liquid is turbulent, lower the heat to simmer.  
Add your grain (depending on the recipe).  
Then add your vegetables (either raw or sautéed). Then add a bay leaf or two, and whatever spices do it for you. Cover and wait. In a couple hours, it's soup.



# BARLEY

- Boil the stock
- Add 2-2½ cups of barley & lower the heat to simmer
- Add a couple of diced onions if you like them as much as we do
- Throw in a bay leaf, tamari to taste, a dash of oregano.
- This soup will get very thick and delish after it sits at least two hours.



## HEAT THE STOCK

SLICE 5-6 CARROTS VERY THIN.

SAUTÉ THEM IN BUTTER WITH A TABLESPOON OF HONEY FOR EVERY CARROT OR TWO.

SAUTÉ A FEW ONIONS TOO. COOK THEM RIGHT ALONG WITH THE CARROTS.

THROW THE VEGETABLES INTO THE SOUP POT WITH SOME FRESH PARSLEY AND SOME DILL. KEEP THE HEAT LOW.

TASTE AND ADD TAMARI IF NEEDED. EAT.

THIS SOUP IS SLIGHTLY SWEET AND VERY FRESH TASTING. SOMETIMES IT IS GOOD WITH BROWN RICE. YOU CAN COOK THE RICE IN THE STOCK BEFORE YOU ADD THE VEGGIES. USE 1 CUP UNCOOKED RICE.

AND FOR THE MEAT-EATER:

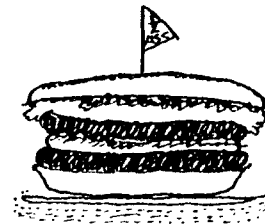
# BURGERS

## BIG-ASS

**BURGER:** DOUBLE CHEESEBURGER WITH ONIONS, TOMATO AND LETTUCE ON A GRILLED ONION ROLL.

## FECKEL

**BURGER:** HAMBURGER WITH SAUTÉD MUSHROOMS & ONIONS ON A CREAM-CHEESED ONION ROLL.



VI GRILLED CHEESE ON AN ONION ROLL  
WITH MUSHROOMS & ONIONS, LETTUCE  
AND TOMATO.

VII CREAM CHEESE, APPLES AND A SPRINKLE  
OF CINNAMON ON A TOASTED RAISIN BAGEL.

VIII MINDY L'S CREAM CHEESE, PINEAPPLE  
AND LETTUCE ON A TOASTED ENGLISH MUFFIN.

IX SAUTÉD MUSHROOMS AND ONIONS WITH  
CREAM CHEESE IN PITA.

X BECCA-BAGEL: TUNA TOPPED WITH  
PINEAPPLE AND LETTUCE ON A  
TOASTED BAGEL.

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## LENTIL.

- Boil 8 cups of stock
- Lower to simmer; add 2 cups lentils
- Add a bay leaf, some garlic, oregano, sage
- After an hour add 8 sliced carrot, a chopped celery rib, a diced potato, a couple onions - sliced or however.
- Cook another hour. Add tamari to taste. EAT!

This soup will be very thick. If you like it thinner, add water or use less lentils.

.....

### • — Mark's Cream of Celery — •

Prepare your stock. (4-5 cups in this case)  
Sauté two diced onions and two cups of chopped celery in butter.

Add this to the stock.

Pour in 3 cups of milk.

If you want it thick, you can add 1 tablespoon of cornstarch.

Stir to heat but don't let it boil.

Add tamari to taste. Some dill might be nice. Or some fresh parsley.

Serve. ••

## MINESTRONE (FROM A JEWISH PERSPECTIVE)

### THE NIGHT BEFORE:

SOAK 1½ CUPS OF KIDNEY BEANS IN 8 CUPS OF WATER.

### THE DAY OF:

PUT THE WATER-LOGGED BEANS AND REMAINING WATER IN A POT ON A LOW HEAT. THE BEANS NEED TO COOK AT LEAST AN HOUR.

IN THE MEANTIME, CHOP UP A ZUCCHINI, SOME ONIONS, GREEN BEANS AND TOMATOS IN VERY SMALL PIECES. CELERY TOO.

ADD 2 CLOVES CHOPPED GARLIC, A DASH OF OREGANO AND THYME, AND SOME BASIL TO THE COOKING BEANS. THEN ADD THE VEGETABLES AND A BAY LEAF OR TWO.

COOK ANOTHER 30 MINUTES OR SO, STILL ON VERY LOW HEAT. THEN ADD TOMATO SAUCE TO THE STOCK. USE YOUR OWN JUDGMENT AS TO HOW MUCH. BREAK IN SOME SPAGHETTI.

TWENTY MINUTES LATER ADD TAMARI TO TASTE. ITS SOUP!

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## Jane's Infamous Mushroom Barley

Boil 8 cups of stock. Lower the heat to simmer and add 1 cup uncooked barley.

Chop up 1 rib celery, 1 large carrot, 2 onions and 1 pound of mushrooms.

Add this, along with 1 bay leaf, 1 clove chopped garlic, oregano and thyme to the cooking barley.

Cook at least another hour or two. Add tamari to taste. the longer this soup cooks, the thicker it gets.

## VEGETABLE & CHEESE SANDWICHES

I FRESH MUSHROOMS, CUCUMBER, TOMATO, AND LETTUCE WITH MELTED SWISS CHEESE IN PITA.

II CREAM CHEESE, APPLE SLICES AND CUCUMBER ON A TOASTED ENGLISH MUFFIN

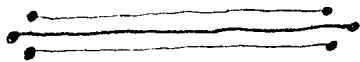
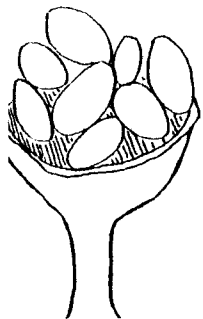
III CREAM CHEESE ON A GRILLED ONION ROLL WITH FRESH TOMATO, CUCUMBER, MUSHROOMS AND SPROUTS BLANKETED BY MELTED SWISS CHEESE.

IV HUMUS, CREAM CHEESE, CUCUMBER AND SPROUTS ON A GRILLED ONION ROLL.

V SAUTED MUSHROOMS & ONIONS, TOMATO AND SPROUTS WITH MELTED MOZZARELLA ON A GRILLED ONION ROLL.

## EGG SANDWICHES:

- ⇒ Scrambled egg, melted cheese and tomato in pita.
- ⇒ Scrambled eggs, homefried potatoes & melted cheese on a toasted onion roll.
- ⇒ Jack McMuffin: Fried egg with melted cheese and tomato on an onion roll or an english muffin.
- ⇒ Scrambled egg with fresh mushrooms and onions in pita with melted swiss cheese.




## MUSHROOM NOODLES

Prepare the stock. Vegetable cubes make a tasty base in this instance.

Chop up a pound of mushrooms and two onions. Add to the stock.

Put in your favorite spices. I like basil and a bay leaf in this one. Cook 30 minutes or so.

Throw some noodles in. You can use any that you like. I've used thin lasagna noodles which are delicious. Try whole wheat or spinach noodles for variation.

Cook 20 more minutes and then serve 

## ...ONION...

This soup is very easy if you can stand cutting all the onions. But it is delicious. Especially when served with swiss cheese and some croutons.

- Heat the stock.
- Slice 4 or 5 onions. Sauté them in butter and garlic powder. When they turn golden, add them to the stock.
- Throw in some fresh parsley, a dash of worchestershire sauce, a bit of dill, tamari to taste.
- Cook on low heat for 30 minutes.
- Then its ready.



## PEAS & CARROTS

BOIL THE STOCK. ADD A CUP OF DRY SPLIT PEAS AND LET THEM BOIL FOR A FEW MINUTES. THEN LOWER THE HEAT TO SIMMER. COOK AN HOUR.

ADD A PINCH OF DILL AND GARLIC POWDER.

SLICE 2 CARROTS VERY THIN. DO THE SAME WITH 2 ONIONS. ADD TO THE SOUP.

COOK AT LEAST ANOTHER HOUR. ADD TAMARI TO TASTE. SERVE.

## POTATO

HEAT THE STOCK.

CHOP UP 4-5 POTATOS, 2-3 ONIONS, A COUPLE RIBS OF CELERY.

ADD VEGETABLES TO THE STOCK, ALONG WITH A PINCH OF DILL AND SOME FRESH PARSLEY.

COOK ALL TOGETHER ON LOW HEAT FOR AT LEAST AN HOUR. ADD A CUP OR SO OF MILK IMMEDIATELY BEFORE SERVING.

SERVE.

MOST PEOPLE IMMEDIATELY PEEL THEIR POTATOS BEFORE COOKING. I KEEP THE PEELS ON. TRY IT. IT IS HEALTHIER AND

8

# HALF-ASS FAVORITES...

## TUNA SPECIAL

TUNA WITH CELERY - A SLICE OF MELTED CHEESE - LETTUCE & TOMATO - SERVED ON A GRILLED ONION ROLL.

## EGG SALAD SPECIAL

EGG SALAD WITH CELERY - A SLICE OF MELTED CHEESE LETTUCE & TOMATO - SERVED ON A GRILLED ONION ROLL.

## HUMUS

IN A BLENDER CHOP 2 CUPS COOKED CHICK PEAS (GARBANZO BEANS), 2 TABLESPOONS TAHINI (SESAME SPREAD), A SPLASH OF LEMON JUICE, GARLIC POWDER AND TAMARI TO TASTE, A DASH OF CAYENNE POWDER. SERVE IN PITA WITH CRUNCHY GREEN VEGETABLES. (SERVES 3-7).

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# VEGETABLE

- The same is true with this soup as with tomato soup. With a good stock you can add anything.
- If you want a clear broth and vegetables, simply add the spices you like and the vegetables (chopped) you have to the stock. Cook until tender.
- If you want more bulk, add a cup of uncooked rice to a boiling stock before you add the vegetables and spices.
- If you want a thick soup, use a cup of barley or bulghur (cracked wheat) instead of rice. The longer you cook it (especially barley), the thicker the soup gets. And of course, add your favorite vegetables and spices.
- If you want variation, try noodles or alphabet or whole wheat noodles or spinach noodles or spaghetti or.....



→ Casseroles can be delicious, filling, very cheap and full of nutrition. The casseroles made in the Halfway are basically vegetable-grain-nut or seed mixtures. Since we don't have an oven, these can be made on top of a stove.

## → VEGETABLES

Very lightly sauté any of your favorite cookable vegetables in butter and garlic. You can use any or all: onions, zucchini, yellow squash, broccoli, carrots, cabbage, celery, eggplant, peppers. Brown them lightly - the less they cook, the more crunch they will retain.

## → GRAINS

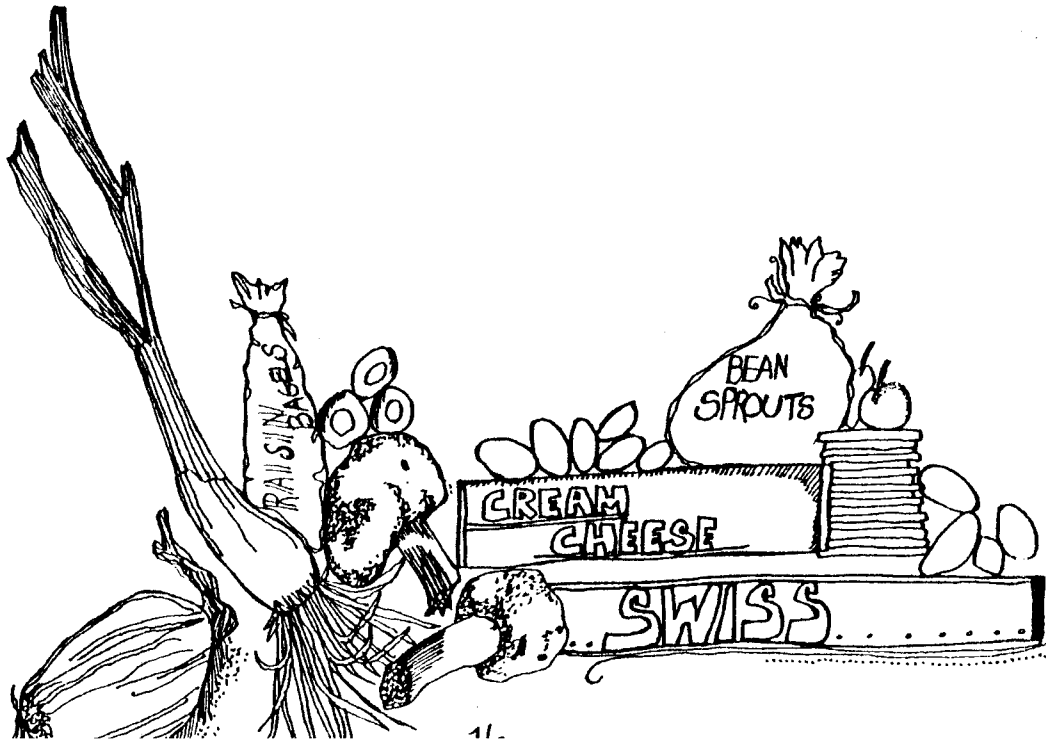
We've used brown rice, millet and bulghur. They are cooked basically the same way - use one cup for every two cups of water. First boil the water. Then lower the heat to simmer and add the grain. Rice cooks 30-45 minutes; millet 15-20 minutes; bulghur 8-10 minutes.

## → COMBINE

Mix the vegetables and grain together. Grating in cheese while it is still hot makes it gooey and good. Adding nuts or seeds - sesame, sunflower, walnut or cashew - turns a grain and nut or seed combination into a very nutritious and high protein meal.\*

\*See Diet for a Small Planet for more, detailed information on making...

# SPECIAL SANDWICHES



## SPINACH RICE is nice.

- Boil the stock.
- Add 1 cup uncooked rice and lower heat to simmer.
- Chop up 2 onions,  $\frac{1}{2}$  pound mushrooms and  $\frac{1}{2}$  pound spinach. When rice has cooked at least  $\frac{1}{2}$  hour, add the vegetables, along with some dill.
- Cook at least another hour. Add tamari to taste.
- Eat and enjoy. Try with some grated cheese. This soup gets thick and hearty, and it is wonderful on a real cold day.

## YOUR BASIC TOMATO SOUP

PLAIN:  
HEAT STOCK. ADD TOMATO SAUCE. TAMARI TO TASTE.  
PINCH OF BASIL, GARLIC, OREGANO.  
COOK ALL TOGETHER FOR AT LEAST THIRTY MINUTES.  
THEN IT IS READY TO GO.

DRESSED:  
YOU CAN PUT ANYTHING IN A GOOD TOMATO SOUP.  
RICE - BARLEY - ALPHABETS - NOODLES. SIMPLY  
ADD 1 CUP OF WHATEVER TO A BOILING STOCK.  
BEFORE YOU'VE ADDED THE TOMATO SAUCE  
AND SPICES, LOWER THE HEAT AND LET SIMMER  
FOR AN HOUR.  
THEN, IF YOU LIKE, ADD VEGETABLES → ONIONS,  
CARROTS, CELERY, ZUCCHINI, SPINACH, GREEN  
BEANS....  
COOK ALL TOGETHER UNTIL TENDER.  
TAMARI TO TASTE. 9 SERVES.

# VEGETABLE

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## → GRAINS

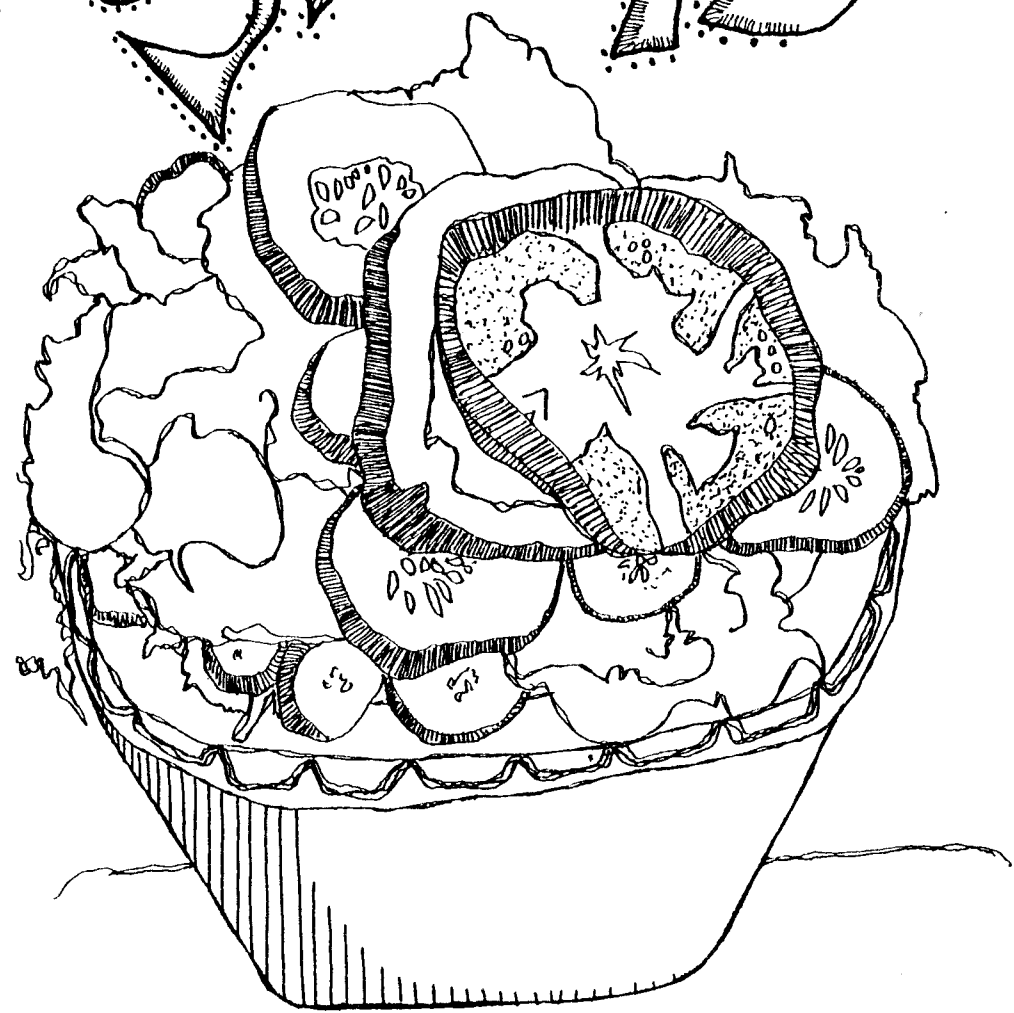
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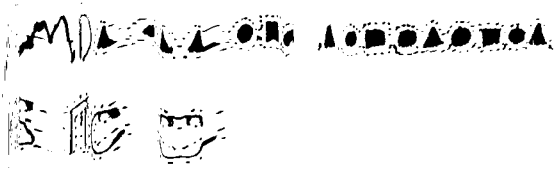
## → COMBINE

Mix the vegetables and grain together. Grating in cheese while it is still hot makes it gooey and good. Adding nuts or seeds - sesame, sunflower, walnut or cashew - turns a grain and nut or seed combination into a very nutritious and high protein meal.

# CASSEROLES

# SALAD





if you do it right.  
 fresh washed vegetables.  
 - to be eaten in which.  
 is... celery... cucumber...  
 - radishes... sprouts...  
 pizza...  
 links  
 seeds or  
 ese  
 oregano and parmesan  
 without dressing too. Try it.  
 if fresh vegetables  
 being. Celebrate salad  
 is are limitless.



## JANE'S BULGHUR SALAD

Phase I: Chop up vegetables like carrot, celery (two ribs), green pepper, tomato (1), cucumber (1) into chunks. Put all together in fairly big bowl.

Sprinkle on oregano, thyme, basil. Add wine vinegar (if is ok too) and marinade.

Phase II: Sauté two sliced onions in garlic. Pour 3 cups of water directly into the pan and heat so that the water boils. Add three bouillon cubes (vegetarian). Lower heat to simmer and add 1 1/2 - 1 3/4 cups of bulghur. Don't stir. Allow to cook until the water is absorbed.

Phase III: Mix the bulghur into the veg. Add a couple handfuls of chickpeas and serve.

# How to MAKE A SALAD

## FANTASTIC

SALADS can be terrific if you do it right.

Hints → Always begin with fresh, washed vegetables.  
↓ Lettuce and/or spinach to begin with.

Then ..cabbage..carrots..celery..cucumber..  
green peppers..tomato..radishes..sprouts.....

But what really adds pizzazz is  
a handful of raisins  
some pineapple  
a few apple chunks

Try some sunflower seeds or  
sesame seeds

Grate in some cheese

Sprinkle on some oregano and parmesan

Salads are great without dressing too. Try it.  
The bright colors of fresh vegetables  
are very appealing. Celebrate salad!

The possibilities are limitless.



## JANE'S BULGHUR SALAD

Phase I: Chop up vegetables like carrots (1), celery (two ribs), green pepper (1), tomato (1), cucumber (1) into small chunks. Put all together in a fairly big bowl.

Sprinkle on oregano, thyme, sage & basil. Add wine vinegar ( cider vinegar is OK too) and marinate for a while.

Phase II: Sauté two sliced onions in butter and garlic. Pour 3 cups of water directly into the pan and raise the heat so that the water boils. Add three boullion cubes (vegetable or onion). Lower heat to simmer and add  $1\frac{1}{2}$  -  $1\frac{3}{4}$  cups of bulghur (cracked wheat). Don't stir. Allow to cook 10 minutes or until the water is absorbed. Then its done

Phase III: Mix the bulghur into the vegetable mixtun. Add a couple handfuls of walnuts.\*  
Chill and serve. Feeds maybe 10.

\* See comments on page 15 about combining with or seeds