Marty Zupan

Lou Villadsen

LIBERATED COOKING



Rabble-Rousing Recipes from Assorted Libertarian Luminaries

◆ AYN RAND ◆ ROBERT HEINLEIN ◆ MURRAY ROTHBARD ◆ ED CLARK

POUL ANDERSON ◆ JOHN HOSPERS ◆ JACK WHEELER ◆ HENRY HAZLITT ◆

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from
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Marty Zupan
and
Lou Villadsen

◆ JAMES BUCHANAN ◆ MILTON FRIEDMAN ◆ KARL HESS ◆ DAVE NOLAN

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Introduction

"Are we advancing individual liberty via subversive recipes?" asked Andre Marrou when he sent his favorite recipes for this collection. "Well, sort of," we laughed. Maybe it *is* subversive to have some fun just for the fun of it!

People who prize individual liberty are a diverse bunch. Okay, that's not so amazing considering their human genus. But, coming from all over the world, from all kinds of families, working in all kinds of occupations, they also like all kinds of foods. About three years ago, we decided it would be fun to grace the libertarian movement with a collection of recipes considered special for one reason or another by libertarian luminaries—defined loosely as people who have been important in or to the movement. The project has proceeded in fits and starts, but here it is at last.

And diversity? That's what we got, all right! From Robert Heinlein's favorite dessert, to Jack Wheeler's outrageous entrée. From the dish Milton Friedman couldn't stand until Rose made it for him, to the only meal that F. Paul Wilson's family will come running for. Recipes from Russia and recipes from Tennessee. Recipes from the Middle Ages and recipes for modern kitchens. The only requirement we put to contributors was that it be one of their favorite recipes—and not necessarily a recipe that they themselves prepare, we were quick to add!

A lot of what makes this collection fun is accompanying comments. "Is there anything amusing, touching, factual, or laudatory about the recipe that you would like to note?" we asked people. A lot of contributors did just that. So, read...browse...test...eat...enjoy!

And if you find that your favorite "luminary" isn't represented, stay calm. We couldn't include everybody, and we didn't mean to slight anyone. Some people just didn't answer. Some answered but didn't send a recipe (a few of their comments are included, too). Some queries probably (surely?) were lost in the mail. To all those who did share a recipe or two (or three or four), many thanks. Without you, as they say, we truly couldn't have done it.

Lou Villadsen & Marty Zupan
Los Angeles, California, 1987



Anarchist Appetizers

David Friedman

"The one problem with Hais is that if you serve it at the beginning of a meal as an appetizer, everyone fills up on Hais and has no appetite for the rest of the meal. That is why it is said, 'Hais makes waste.' (Sorry.) Another version is 'Hais makes waist.' "

Hais

$2^2/_3$ cups bread crumbs
2 cups (about 1 lb.) dates
$^1/_3$ cup ground almonds
$^1/_3$ cup ground pistachios
7 tbsp. melted butter or sesame oil
sugar

Knead together bread crumbs, dates, and mixed ground nuts. Work in either butter or sesame oil. Roll into one-inch balls and dust with sugar. Good as caravan food (or for taking to wars). They last forever if you do not eat them, but you do so they don't.

David Friedman, an economist, is active in the Society for Creative Anachronism, an organization dedicated to recreating the Middle Ages as they should have been. Society members often gather for weekend-long wars, wherein battles are fought with mock medieval weapons.

Ed Clark

"Gourmet easy cooking—elegant and delicious."

Poached Salmon with Mustard Dill Sauce

(serves 6–8)

Coat a large, *heavy* piece of foil with Crisco or butter. Place a layer of sliced onions and a thin layer of sliced lemon peel on top of foil. Place a whole salmon, washed and dried, on top of the bed of onions and lemon. Sprinkle inside and outside of fish with dill and salt. (Be generous.) Repeat layers of onion and lemon peel on top of fish and stick a few in the center cavity of salmon. Secure foil tightly around fish, folding up ends so that it is air-tight. Place on a cookie sheet and bake at 400° F. for 1 hour. (You may do this with part of a salmon also; 2–3 lbs. takes about 1/2 hour.) Let cool wrapped in foil.

When cool, open and remove onions and lemons. Scrape off skin and gray surface of fish. This is oily and not good for anything. You are now ready to serve. You may put the fish on a big platter and garnish it, or cut in small pieces for individual servings. Feel around with your fingers and remove any loose backbones that you can. Chill before serving. Serve with buttered pumpernickel, a lemon slice, dill weed, and watercress. It is delicious with Mustard Dill Sauce (below).

Mustard Dill Sauce

1/4 cup chopped dill
1 cup mustard, Grey Poupon Dijon
1/3 cup wine vinegar
1/2 cup mayonnaise
1/2 cup sugar
2 tbsp. salad oil

Combine all ingredients, adding oil slowly. Mix well with whisk. Refrigerate. This keeps for weeks. Serve over Poached Salmon (above) —or fill a ripe avocado or half a papaya with shrimp or crab and top with sauce.

Ed Clark was the Libertarian Party candidate for president in 1980.

Mike Grossberg

"I learned this chopped liver recipe from my Jewish grandmother, who learned it from her Jewish grandmother in Rumania, who learned it from... Some traditions are worth preserving!"

Grandma's Chopped Liver

1 lb. chicken liver
1 lb. calves liver
bread crumbs
4–5 eggs
4 tbsp. vegetable oil
2 tbsp. olive oil
1 tsp. salt, pepper
1/2 cup onion, chopped

After rolling the liver in bread crumbs, fry it in a pan that has been greased with 2 tbsp. vegetable oil. After the liver is cooked and looks dark, rather than blood-red, all the way through, grind it up in a meat grinder.

Boil the eggs and set aside under running water to cool. Mash the liver with a fork or spatula, adding salt, pepper, and 2 tbsp. each vegetable oil and olive oil.

Chop the eggs into extremely small bits, and mash into the liver. Right before serving, mash the onion bits into the liver.

Serve in a bowl with parsley placed on the side, surrounded by crackers on a plate.

Mike Grossberg helped to organize the Libertarian Futurist Society, which makes awards each year for libertarian-oriented science fiction. He also founded the Free Press Association, an organization of libertarian journalists.

Manny Klausner

"One of the most exciting appetizers around—created by the master, Fredy Girardet."

Foie Gras in Warm Vinaigrette*

(serves 4)

1 shallot
1 sprig each chervil and parsley
3 blades chives
2 1/2 tbsp. wine vinegar
salt and pepper
2 1/2 tbsp. walnut oil
4 1/2–inch slices raw duck foie gras (about 7 ozs. in all)
flour, for coating the foie gras

Mince the shallot. Chop enough of the herbs together to make 1 tablespoon in all.

Cook the vinegar, shallot, and salt and pepper in a small saucepan over medium-high heat for 1 minute. Add the walnut oil, remove from the heat, and keep warm. Salt and pepper each slice of foie gras and flour it lightly. Heat a nonstick pan over high heat and when it is hot sauté the foie gras slices in it, without any oil, for 30 seconds on each side. Add the mixed herbs to the warm vinaigrette.

Put the foie gras on small warm plates and nap with the vinaigrette. Serve immediately.

Manny Klausner is a senior editor of REASON *magazine and founder of the Libertarian Law Council in Los Angeles.*

*Reprinted from THE CUISINE OF FREDY GIRARDET, William Morrow (1984).



Subversive Soups

John Hospers

"This most resembles the best of the borscht I had in various places in Russia, the Lake Baikal (Siberia) borscht being the best, and similar to this, except that it was served in little individual pots with a layer of cheese acting as a lid to keep the heat in (the cheese could then be thrown away or added to the soup, according to individual taste)." (Long ago, when REASON magazine was in its infancy and was "pasted up" on weekends in Los Angeles, Dr. Hospers would show up with a welcome pot of this wonderful soup.)

Russian Borscht

5 pints clear beef stock or beef broth
1 one-pound ham bone, or 1 1/2–2 lbs. ham hocks
3 raw beets
1/2 lb. potatoes
1 small head of cabbage
2 onions
2 carrots
1 parsnip and/or 1 turnip
1–3 tbsp. tomato puree (or stewed tomatoes that have gone through mixer)
1 oz. butter
1 sprig chopped parsley
salt, pepper, sugar
1–3 tbsp. vinegar
sour cream

Bring the ham (in small pieces) to boil in water in large saucepan; boil for at least an hour, 'til water is well flavored. While ham is boiling, cut the beets, potatoes, carrots, onions, and cabbage into small pieces. Add the sugar, spices, and vinegar to the soup stock. Put in sliced onions and boil 'til soft. Potatoes should cook about 10–15 minutes ('til soft) and carrots and beets about 5 minutes, cabbage only a couple of minutes at the end. Add tomato puree. At the last moment, add sour cream to taste (about half a cupful). Soup is now ready to serve.

John Hospers, a professor of philosophy at the University of Southern California, was the Libertarian Party's first presidential candidate in 1972.

J. Neil Schulman

"This is what I use for culinary seductions."

French Onion Soup Gratinée

Per Serving:

1/2–1 onion
1 tbsp. Bertolli olive oil
1 tbsp. butter
1 cup beef stock or bouillon
salt and black pepper
2 ozs. sweet vermouth
1 1/2 ozs. shredded Gruyère
1 1/2 ozs. shredded sharp cheddar
1 1/2 ozs. shredded Parmesan
garlic toast croutes

Sauté onion in butter and olive oil until caramel colored. Meanwhile, prepare bouillon. When bouillon is ready, add to onions, reduce heat, cover, and simmer 1/2 hour. Add salt and pepper. Stir in vermouth. Put soup in oven-proof crock, to 2/3 full. Float garlic toast croutes on soup until covered completely, and sprinkle cheeses on —Gruyère on top. Bake in 400° F. oven until cheese is crusted golden brown. Serve.

WARNING: Go light on the salt—most onion soups are ruined by too much salt.

J. Neil Schulman is the author of several science fiction novels, among them THE RAINBOW CADENZA.

Institute for Humane Studies Cooking Collective

Submitted by Elizabeth Ditz

Smash the State Soup

(aka Gazpacho for Many)

For every 5 people you intend to serve, allow:

1 large can tomatoes (or 1 lb. really ripe tomatoes, peeled)
1 large (48-oz.) can tomato juice (or V-8 juice)
2 bell peppers, coarsely diced
2 cucumbers, coarsely diced (with the skin if it is not bitter)
1–2 sweet red onions (2 if small, 1 if big), coarsely diced
1/4 cup good red wine vinegar*
1/4 cup sugar*
1 clove garlic
5–10 drops Tabasco sauce*
salt and pepper

Select a serving dish big enough to hold your proposed volume of soup. Rub the inside well with one or more cloves of garlic.

Drain the canned tomatoes into the soup dish. Tear or chop the tomatoes coarsely. Add the rest of the ingredients, except for the Tabasco sauce. Stir and let rest for an hour.

Add about half the Tabasco sauce. Stir and taste, adding more salt and pepper as necessary. The soup base should be very slightly sour, and only as sweet as ripe cherry tomatoes. At this point, the soup should be only about half as hot as you want to serve it.

Put in the refrigerator and let mellow overnight. Just before serving, stir, taste, and adjust seasoning (salt, pepper, and Tabasco).

*If you are really making a large batch—such as to serve 25—do not increase these ingredients proportionally, as the soup will end up too sweet, too sour, and too hot. For 25, I would use about 3/4 cup each of vinegar and sugar, and Tabasco to taste. The larger the recipe, the more important it is to make it ahead.

The Institute for Humane Studies is located at George Mason University, although it resided in Menlo Park, California, when Elizabeth Ditz was making Gazpacho for its many.

Poul Anderson

"My wife, Karen, used to make this chowder for the annual picnic of the Elves', Gnomes', and Little Men's Science Fiction, Chowder, and Marching Society. There were never any leftovers."

Clam Chowder*

(makes 6–7 gallons)

In four quarts cold water bring to a boil:

- 1/4 cup Accent
- 4 ozs. Hana Katsuo (shaved dried bonito)
- 4 ozs. Ise-Hijiki or a substitute, such as 2 oz. of sheet Nori (20 sheets; dried seaweed)
- 3/4 cup salt
- 1 1/2 tsp. Shichimi Togarishi (Japanese chili powder—a spice mixture, about 50% red pepper)

Simmer gently for 10 minutes and strain. Discard solids.

- 4 lbs. chopped onions
- 4 ozs. olive oil
- 10 lbs. potatoes, cubed
- 10 lbs. carrots, sliced

Fry onions in olive oil and add with carrots and potatoes to the dashi broth above. On top, place:

- 1 bunch leeks
- 1/4 bunch parsley
- water (just enough to float everything so it won't stick)

Cook until tender. Discard leeks and parsley. At this point it may be advisable to divide the ingredients and use a second kettle.

To the above stew add:

5 lbs. pear tomatoes, canned, cut up
2 tbsp. basil
3 or 4 garlic cloves, sliced
juice of 12 lbs. minced canned clams (25 cans)

Set clams aside (refrigerate). Simmer chowder gently for an hour. This may be left overnight. When ready to use, bring to a boil and add the clams.

Poul Anderson writes science fiction celebrating a future history in which space is dominated by traders: the Polesotechnic League.

*First published in COOKING OUT OF THIS WORLD, edited by Anne McCaffrey, Ballantine Books (1973).

Andrea Millen Rich

"Wonderful and soothing on a cold winter day."

Cream of Carrot Soup

1 tbsp. butter
1/4 cup minced ginger root
1 1/2 lbs. carrots, pared and chopped
1 medium onion, chopped
1 tsp. salt
1/2 cup raw rice
4 cans (13 3/4 size) chicken broth, or 7 cups water and 7 chicken bouillon cubes
1 cup light cream

Melt butter, and add carrots, ginger, onion, and salt. Cook over low heat, stirring, for about 15 minutes.

Add rice and 3 cans of soup. Cook slowly, uncovered, about 45 minutes, or until carrots are tender. Puree in blender or food processor.

Return to pot, add other can of soup, and stir. Bring to a boil. Add cream and heat through.

Andrea Millen Rich is the president of Laissez Faire Books, a New York City–based bookseller with the world's largest selection of books on liberty.



Spontaneous Salads

Institute for Humane Studies Cooking Collective

Submitted by Elizabeth Ditz

Avocado, Jicama, and Walnut Salad

Allow 1/2 an avocado for each person. Do not peel.

To 1 cup of vinaigrette dressing, add 1 tbsp. plum sauce (available in Chinese stores or section of grocery). Blend well.

Buy 1 jicama, which is a South American tuber that looks like a turnip with potato skin on the outside, and like a very crisp, fine-textured apple on the inside. Peel and dice coarsely. Coarsely dice about 1 tbsp. walnuts per person.

Heap the center cavity of the avocado with a mixture of 1/4 walnuts and 3/4 jicama cubes. Pour plum-vinaigrette over cavity. Serve with a spoon.

The Institute for Humane Studies is located at George Mason University, where it concentrates on assisting the work of young scholars of a classical liberal bent.

Joe Cobb

"This is also great with fresh spinach, either as a mixed lettuce and spinach or straight spinach salad."

Wilted Lettuce Salad

(serves 4)

1/2 lb. bacon
1 bunch leaf lettuce
1/4 cup sliced green onions
1 tsp. dill weed
1/4 cup vinegar
1/2 tsp. salt
dash of pepper

Cut bacon into one-inch pieces. Cook in skillet until crisp; remove and drain, reserving two tablespoons of drippings. Meanwhile, tear lettuce into pieces. Combine with bacon pieces, onions, and dill weed in bowl. Add vinegar, salt, and pepper to reserved drippings; heat to boiling. Pour over bacon-lettuce mixture and toss lightly.

Provide crumbled hard-boiled egg and other garnishes if desired.

Joe Cobb is an economist at the Joint Economic Committee of Congress, a contributing editor of REASON *magazine, and founder of the Choice in Currency Commission.*



Enterprising Entrées

Ayn Rand

Barbara Branden, who provided this recipe, says: "This was one of Ayn Rand's favorites, easy to make and delicious, which she had brought with her from Russia in 1926. She told me it was the *authentic Russian recipe for beef stroganoff."*

Beef Stroganoff à la Ayn Rand

(serves 4)

1 1/2 lbs. round steak, cut in thin strips
3 tbsp. flour
1/8 lb. butter
1 onion, grated
1 tsp. mustard
juice of 1/2 lemon
1 lb. fresh mushrooms
1/2 pint sour cream
1 small can tomato sauce
2 tbsp. sugar
2 tbsp. catsup
salt

Place meat in slightly buttered skillet and fry for 2 minutes on each side. Turn off element, and let meat stand in covered skillet while preparing the rest of the ingredients.

Cut mushrooms and boil them in 1/2 cup water for a half hour. Melt the butter. Remove pan from flame and add flour, grated onion, and the rest of the ingredients except for the mushrooms. Stir. Pour the mixture over the meat in the skillet and cook for 8 minutes, stirring frequently. Add mushrooms at the last minute.

Serve over rice.

Ayn Rand wrote the individualist classics ANTHEM, WE THE LIVING, THE FOUNTAINHEAD, *and* ATLAS SHRUGGED.

Dave Nolan

"Colorado libertarians have spent many an evening over wine and spaghetti adorned with this sauce, planning the rollback of the State."

Colorado Boomer Spaghetti Sauce

1 32-oz. jar Ragu "Extra Thick & Zesty" spaghetti sauce
2 16-oz. jars Ragu "Classic Combination" spaghetti sauce, one with sausage and peppers and one with mushrooms and onions
1 12-oz. can tomato paste
1 1/2 lbs. lean ground beef
1 red onion, 2 1/2-inch diameter (onion flakes are an acceptable substitute)
Italian spice mix (such as Lawry's or Durkee's)
4 ozs. Chianti or Zinfandel

Crumble ground beef loosely in skillet. Chop onion and add to meat. Sprinkle mixture heavily with Italian spice mix. Cook at medium heat until meat is brown, draining off fat and water.

Place resulting browned meat in a large crock pot or other container suitable for slow cooking. Stir in Ragu sauces and tomato paste.

Simmer at very low heat for four to six hours, stirring about every half hour. Add wine 1/2 hour prior to planned serving time. Start cooking spaghetti. By the time it's done, the sauce will be, too.

Dave Nolan founded the Libertarian Party in 1971.

Henry Hazlitt

"This recipe is one that I cook myself. It is amazingly simple, excellent, and never fails. I learned it from my wife."

Lemon Sole

(serves 2)

Put $^2/_3$ – $^3/_4$ pound of lemon sole in a pyrex dish, first putting in just enough melted butter or margaine at the bottom so that it can be spread to cover. Put just enough melted butter or margarine on top to cover the fish with a thin layer. Then insert for 10 minutes in an oven preheated to 400° F. Take it out, cover the fish with a thin layer of bread crumbs or Shake 'n' Bake, and put in the oven for another 10 minutes.

Henry Hazlitt is the author of ECONOMICS IN ONE LESSON, *a well-written introduction to free-market economics.*

Ron Paul

Shrimp Casserole

2 cups raw rice (cook as usual)
2 lbs. shrimp (boil)
2 cans cream of mushroom soup
2 cups grated cheese
6 tsp. grated onion
4 tsp. lemon juice
1 bell pepper (small)
1 jar pimento (small, chopped)
dash of garlic
1 tsp. black pepper

Mix all ingredients in cooked rice. Add shrimp. Put in covered casserole and cook 30–40 minutes at 350° F. To make it fancy, add crab and toasted almonds.

Ron Paul, former five-term Republican congressman from Texas, joined the Libertarian Party in 1987.

Jack Wheeler

"The world's greatest steak is made from the nerve of an elephant's tusk. An elephant's tusk is actually a gigantic tooth, and as we are all painfully aware, teeth have nerves. A large male elephant tusk will contain a nerve some two feet long, round and three or four inches thick at the base, tapering to a point.

"The Montagnards of South Vietnam, with whom I've hunted elephant, leopard, and tiger in the jungles of the Vietnamese central highlands, consider the foot of the elephant the greatest delicacy. But I love a great steak, and the nerve of the tusk is the best. The best restaurant steak in the world, served at La Cabaña steak house in Buenos Aires, can't compare."

The World's Greatest Steak

Step One: Shoot an elephant. Use a big-bore, .375- to .460-caliber hunting rifle. A brain shot is often deflected by protective bone. Go for the "ivory shot," aiming for the big wrinkle of skin just behind the shoulder, which will penetrate to the heart.

Step Two: Remove the tusks. Your bearers will do this for you, hacking the tusks free with an ax.

Step Three: Extract the nerve. This can easily be done with a machete.

Step Four: Slice the nerve into 1- or 2-inch thick steaks—just like a New York stripper.

Step Five: Grill the steaks over an open campfire. Seared on the outside, rare on the inside, it will be the tenderest, juiciest, tastiest steak you've ever had in your life.

Jack Wheeler is a philosopher and adventurer and president of the Freedom Research Foundation. This recipe wins the editors' award for most unusual —and hardest to test.

Andre Marrou

"Anybody who's spent time in New England knows how good freshly boiled lobster tastes. But unless you live 'down east,' it is *expensive. So, if you ever visit Alaska and chance upon a halibut, here's how to make it taste like lobster. The salt and sugar somehow change the taste and texture of halibut from bland and flaky to lobstery and semi-chewy. With some imagination, abetted by a little champagne, you'll think you're eating lobster. This recipe is used by fishermen in the Kachemak Bay area of Alaska."*

Poor Man's Lobster

Boil 1 gallon of fresh water. Add 1 cup salt and 1 cup sugar. After all that dissolves, boil again. Add bite-size chunks of halibut (no bones, please)—say, a handful at a time. They will sink to the bottom, then about 30 seconds later float to the top. Remove immediately.

Serve with drawn butter for dipping.

Andre Marrou was a Libertarian member of Alaska's House of Representatives from 1984 to 1986.

Milton Friedman

"This is my wife's recipe, which she got from her mother, for stuffed cabbage. My mother used to make stuffed cabbage, and it was one of the few dishes that I came actively to dislike. On the other hand, after I sampled my wife's version, it became one of my favorites. My wife is Rose Director Friedman, and the recipe is from Sarah Director."

Prockes (Stuffed Cabbage)

(serves 12)

5 lbs. ground chuck
2 large apples, diced
2 tbsp. brown sugar
1 tbsp. salt
pepper
1 medium onion, diced
juice of one lemon
1/2 cup uncooked rice
2 large heads of cabbage

Combine all ingredients except cabbage. Pour boiling water over cabbage and let simmer for a few minutes. Remove from water and separate leaves. Wrap meat mixture tightly in leaves.

On bottom of casserole, combine

cut up onion and celery
1 fresh or canned tomato
handful of raisins
lemon juice
brown sugar
catsup
1 cup water or tomato juice

The precise amounts don't matter. Put a layer of prockes in the pot and sprinkle with the juice of 1/2 lemon and some brown sugar and raisins. Continue with additional layers of prockes and lemon, brown sugar, and raisins.

Cook covered on top of stove for 1 1/2 hours. Uncover and brown in 350° F. oven for 1/2 hour.

Milton Friedman won the Nobel Prize in economics in 1976. He and his wife, Rose, collaborated on the book and TV series FREE TO CHOOSE.

Roger MacBride

"Several years before I became the 1976 LP presidential nominee, I learned how wonderful the corporate state can be—if, that is, you don't live or pay taxes there. The eye-opening occasion was my first trip aboard the French superliner France. *Charles de Gaulle had arranged for this magnificent ship to be built in principal part out of French government funds. No expense was spared; it was a monument to French culture and cuisine. Hideously expensive as was a first-class fare, it was only half the actual cost; the balance was borne by those toiling in the factories and fields of* la belle France.

"The ornament of the France *was the Chambord dining room. Its reputation was that of one of the 10 finest restaurants in the world. And it unquestionably was; dinner, for the appreciative, never lasted less than three hours. One of my favorite meat dishes was Gourmandines de Veau Laitier au Gratin* France. *The chef, the legendary Henri Le Huede, had created the dish aboard the ship. Apparently a frequent lady traveler once asked him to prepare veal scallops au gratin. Veal does not lend itself to gratinéeing, so to prevent the scallops from becoming dry he hit upon the idea of stuffing them with mushrooms and wrapping them in a crêpe. The dish was delicious but disastrous in appearance. When the lady ordered it on another voyage, he was inspired to use small scallops wrapped in miniature crêpes, to combine the mushrooms with diced chicken, and to bind the stuffing by gratinéeing it with an intensely flavored Sauce Supreme. When the lady congratulated the chef, saying 'the veal scallops were a real gourmandise,' she helped to baptize the dish that became one of his greatest successes.*

"Echoes of all this survive today. The France, *retired around 1974, was sold and, as refitted, is cruising the Caribbean under the name* Norway. *The French corporate state now heavily subsidizes travel on the Concorde, which I dearly love. And you can taste the best of it all in this dish!"*

Gourmandines de Veau Laitier au Gratin "France"*

(Veal Scallops au Gratin à la "France")

18 veal scallops, 3 ozs. each, from milk-fed veal
salt, freshly ground white pepper
1/2 cup (8 tbsp.) butter, heated until foamy
2 1/2 cups thick Sauce Supreme (1 cup reserved for stuffing)
1 1/4 cups grated Swiss cheese
1/4 cup (4 tbsp.) butter

Sauce Supreme

2 1/2 cups chicken consommé
4 fresh mushrooms, chopped
1 1/4 cups veal velouté
1 1/4 cups crème fraîche or heavy cream
salt, pinch of cayenne

Mix the consommé with the mushrooms in a saucepan and simmer until reduced by half. Add the velouté and simmer again until reduced to 1 cup. Stir in the crème fraîche and season to taste with salt and cayenne. Makes about 3 cups.

Crêpes

4 eggs, separated
salt
1 1/2 cups milk
1 1/2 cups all-purpose flour

Stuffing

1 broiling chicken, about 2 1/2 lbs.
salt
2 carrots, chopped
2 leeks (green part only), chopped
1 stalk celery, chopped
1 onion, studded with 4 whole cloves
bouquet garni (fresh parsley, celery leaves, thyme)
10 large, fresh mushrooms, diced
1/2 cup (8 tbsp.) butter, heated until brown
juice of 1/2 lemon

Prepare stuffing. Cook chicken in water to cover with salt, carrots, leeks, celery, onion, and bouquet garni for 40–45 minutes, or until tender. Skin and bone chicken, then finely dice meat. Sauté mushrooms lightly (about 5 minutes), without browning, in butter seasoned with salt and lemon juice. Mix chicken and mushrooms in a bowl and stir in 1 cup of the Sauce Supreme. Set aside.

Pound veal scallops until paper-thin. Season with salt and pepper, then sear for a moment on each side in a skillet with butter (they should still be rare when taken from the pan).

Prepare a batter for crêpes. Beat the egg yolks with salt, milk, and flour until smooth. Let the batter rest for a while, then make 18 7-inch crêpes in a lightly greased crêpes Suzette pan. Set crêpes out on a marble slab or mixing board and put a veal scallop on each. Using a metal spatula, spread each veal scallop with some of the stuffing, then roll the crêpes into cylinders.

Preheat the oven to 400° F. Generously butter a large Pyrex gratin dish. Spread dish with half the remaining Sauce Supreme and sprinkle with half the cheese. Put the rolled crêpes into the pan and spoon remaining Sauce Supreme over. Sprinkle with remaining cheese and dot with butter. Bake in hot oven for 15–20 minutes or until piping hot. Serve immediately.

Roger MacBride was the 1976 Libertarian Party candidate for president and a 1972 electoral college member who cast a vote for Libertarian presidential and vice-presidential candidates John Hospers and Tonie Nathan.

*This recipe was published in Henri Le Huede's DINING ON THE FRANCE, Vendome Press (1981).

David Friedman

"Rishta is a spaghetti or noodle dish and comes from a recipe written about 50 years before *Marco Polo is said to have brought spaghetti back from China. Given the extensive trade between Italy and the Middle East, I think it unlikely that the traditional version of the origin of spaghetti is true. This recipe is from a 13th-century Middle Eastern cookbook."*

Rishta

1 lb. lamb
1/2 stick cinnamon
1 tsp. salt
1/2 cup peeled chickpeas (aka garbanzos or ceci; canned will do)
6 tbsp. lentils
2 cups flour
1/2 cup cold water

Cut lamb into small pieces (approximately 3/4-inch cubes), cover with water, add cinnamon, salt, chickpeas, and lentils. Boil until cooked (approximately 1 hour).

Mix flour with about 1/2 cup cold water (just enough to make an unsticky dough). Knead thoroughly, roll out, and cut into thin strips. Add to pot, simmer 1/2 hour, and serve.

David Friedman is an economist and the author of THE MACHINERY OF FREEDOM.

Robert W. Poole, Jr.

"This recipe is an adaptation of one from an Indian cookbook. It was my first exposure to anything Indian other than curries—and it kindled an abiding passion for that cuisine. The original recipe contained few precise measures of the various spices, and the quantities listed should be considered only general guidelines. Feel free to experiment with the relative proportions, making it subtly different each time you make it. Like much Indian food, it's a real symphony of flavors."

Apricot Chicken (Murgh Khoobani)

1 chicken, cut up
1/4 lb. pitted apricots
2 medium onions, chopped
2 medium tomatoes, blanched
1/4 tsp. ground garlic
1/2 tsp. ground ginger
1 tsp. cinnamon
1/2 tsp. cardamom
1/8 tsp. saffron, dissolved in milk or butter
2 tbsp. shortening

Fry onions until light brown, then add garlic and ginger and fry well. Add chicken pieces, tomatoes, and spices (except saffron). Cover and cook on low heat, 30–45 minutes, until chicken is tender.

Add apricots and saffron and cook 5–10 minutes, until apricots soften. (If you are using canned apricots, cook only until apricots are warmed up.)

Serve with rice.

Bob Poole is president of the Reason Foundation, a Los Angeles libertarian think tank, and publisher of REASON magazine.

F. Paul Wilson

"Lamb for people who hate lamb."

Butterfly Lamb

Have butcher bone and butterfly a leg of lamb. Make a marinade using one package of Good Seasons Italian dressing. Cut up two or three cloves of garlic and insert in lamb or tuck in folds of meat.

In bottom of dish, pour some of the marinade. Sprinkle in some basil and oregano and a couple of bay leaves. Lay lamb on top of this, then pour remainder of dressing over meat; add two more bay leaves and a sprinkle of basil and oregano. Best to marinate overnight, turning the meat every so often so it is well covered by marinade. Then charcoal as steak.

F. Paul Wilson won the first Prometheus Award from the Libertarian Futurist Society for his novel WHEELS WITHIN WHEELS.

F. A. Hayek

"I enjoy good food without enjoying how it has been produced and forgetting in an hour or so what I have eaten."

Friedrich Hayek won the Nobel Prize in economics in 1974. He is the author of some of the most influential books on political economy since World War II, including THE ROAD TO SERFDOM. *He is particularly well known among libertarians for his theory of "spontaneous order."*

Doug Bandow

"It's just the best homemade lasagna I've tasted, and Italian food is my favorite."

Lasagna

(serves 8–10)

2 tbsp. salad oil
1 1/2 lbs. ground beef
1/2 lbs. Italian sausage
2 cloves garlic, crushed
1 large can tomatoes
8 ozs. tomato sauce
1 can tomato paste
1 1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. oregano
1/2 cup red wine
1 lb. ricotta cheese
12 ozs. mozzarella cheese
1/2 cup Parmesan cheese
8 lasagna noodles

Brown meat. Add tomatoes, sauce, paste, seasoning. Cook (covered) 45 minutes over low heat.

Cook noodles. (Add a little oil to the water so it will not boil over.) Drain and rinse.

Put a little sauce in the bottom of a 13 x 9 x 2–inch glass baking dish. Cover bottom of dish with one layer of cooked noodles. Spread half of ricotta on noodles (with spoon or knife). Cover with sauce. Cover with thinly sliced mozzarella. Cover with Parmesan cheese. Repeat layers. (There may be a little sauce left over.)

Bake at 350° F. for about 30 minutes, or until cheese bubbles.

Doug Bandow was a White House policy analyst during Ronald Reagan's first term as president. He is now a syndicated columnist, a policy analyst for the Cato Institute, and a contributing editor of REASON *magazine.*

Barbara Branden

"I truly do not cook—and the world has lost nothing. But here is a recipe that my mother used to make when I was growing up in Winnipeg. I have fond memories of her instructing the maid on how to prepare it."

Reb's Sweet & Sour Meatballs

(serves 4)

1 lb. ground meat
2 slices white bread, crusts removed and bread soaked in a little water
1/2 tsp. salt
pepper
1 small onion, grated

Mix ingredients together, form into balls, put in pan, and broil until brown on both sides (approximately 12 minutes each side); gently turn while broiling.

Sauce

1 large can tomatoes
3–4 tsp. brown sugar
2–3 crystals sour salt (juice of 1/2 lemon can be substituted, but not desirably)

Mix sauce ingredients together, and bring to boil. Pour over meatballs. Bake in 350° F. oven for about an hour. Taste while cooking; add sugar and/or sour salt to taste. If extra richness is desired, add 1 tbsp. plum or strawberry jam.

Serve over rice or macaroni.

Barbara Branden was a long-time associate of novelist-philosopher Ayn Rand and is the author of THE PASSION OF AYN RAND.

Durk Pearson & Sandy Shaw

"Delightfully easy to prepare and a surprisingly delicious dish, particularly good for the very busy cook (Sandy). The addition of ascorbyl palmitate to the recipe is our own modification. Ascorbyl palmitate (lipid soluble Vitamin C) is an antioxidant that helps prevent the development of warmed-over flavor, the stale taste of rancid fats. This is particularly important if you plan to save leftovers. Tip: A good way to help maintain the flavor of leftover baked chicken is to add two teaspoons of ascorbyl palmitate to the coating mix before baking the chicken."

Favorite Pot Roast*

1 1/2–3 lb. pot roast
1 can (10 1/2 ozs.) cream soup, undiluted (celery, potato, mushroom)
1 envelope onion soup mix
2 tsp. powdered ascorbyl palmitate (lipid soluble Vitamin C)

Puncture meat with a fork on all sides. Mix ascorbyl palmitate with cream soup. Spread about one-third of cream soup in bottom of cooking bag. Place roast on top of soup. Sprinkle onion soup mix evenly over meat. Cover with remaining undiluted cream soup.

Gather end of cooking bag together. Tie loosely with plastic strip, leaving small space for steam to escape. Microwave at 50% power (medium) for 25–30 minutes per pound. Turn roast over half-way through cooking.

Let roast stand in bag 20–30 minutes to complete tenderizing. Slice and serve meat with its sauce.

Durk Pearson and Sandy Shaw are researchers into the subject of longer life through vitamins. They co-authored the books LIFE EXTENSION, THE LIFE EXTENSION COMPANION, *and* THE LIFE EXTENSION WEIGHT LOSS PROGRAM.

*Originally published, *sans* ascorbyl palmitate, in BASIC MICROWAVING, by Barbara Methven, Publication Arts (1978).

Tibor Machan

Paprika Wiener Schnitzel

Place four plates near each other. Pour some (1/2 cup) milk in the first, 1/2 cup flour in the second, 2 eggs in the third, and bread crumbs in the fourth. Mix a teaspoon of paprika and 1/2 teaspoon of garlic powder into the flour and the eggs. Mix 1/2 teaspoon chili powder or hot paprika into bread crumbs (along with 1/2 teaspoon preferred seasoning which is compatible with these).

Pound veal steaks (or, when the budget is tight, pork or even breakfast steaks) thin, and dip each thoroughly into the mixtures in sequence, starting with the milk (which, incidentally, should contain a smattering of salt). Fry breaded steaks in buttered pan until brown.

Serve with nice dry wine and with cucumber salad, prepared by salting slices of cucumber, leaving stand in refrigerator for an hour, then squeezing and placing on salad plates with paprika sprinkled over.

Tibor Machan is a senior editor of REASON *magazine and the editor of the anthologies* THE LIBERTARIAN ALTERNATIVE *and* THE LIBERTARIAN READER.

Mike Grossberg

"The essence of this recipe is the marinade. 'That's the secret of success,' says my Dad, Fred Grossberg. In the early 1960s, he tried marinated spare ribs prepared by a friend. But the friend wasn't so friendly—he wouldn't tell Dad the marinade's secret. So Dad experimented with various marinades in a trial-and-error process over many years—unforgettable years, as far as our family was concerned, although even his 'failures' tasted good. But it was all worthwhile once he arrived at his final recipe."

Texas-Chinese Barbecued Spare Ribs

First, buy some baby pork spare ribs. Buy one triangular piece of meat per person. Ask your butcher to cut each triangular rib section into three strips, each about 2–3 inches wide. Marinate the ribs overnight in the refrigerator, turning them over and basting them at least once. To make the marinade, mix together in a one-quart blender:

- 1 1/2 cups orange juice
- 3/4 cup honey
- 1/3 cup soy sauce
- 1 tbsp. unseasoned meat tenderizer
- 1 tsp. garlic powder
- pinch of coriander
- pinch of marjoram
- pinch of chervil

Blend well. Pour the marinade over ribs spread out evenly in one or two large baking pans that have sides at least 2 inches high. Sprinkle additional meat tenderizer over the marinating ribs.

There are two ways to cook the meat. The best way is barbecuing the ribs outdoors on a hickory-smoked fire in a revolving basket. Take the ribs out of the marinade and place them on a rotating spit in a wire mesh basket. Wait 'til the coals are gray before beginning to cook the meat, which should stay on the fire for about one hour. (You can add two or three pieces of dampened hickory wood to smoke the ribs on the fire. Add more pieces of hickory after they burn up.) Keep turning the ribs over and basting them about every 10 minutes with the marinade. When not basting, keep the lid closed to keep the hickory smoke in.

If you can't cook outdoors or don't have a rotating spit, you can cook them on an indoor grill or in the oven at about 325° F. for one hour. After the meat has cooked for awhile, you can broil it for a few minutes if you like even crispier, "charcoaled" barbecue. (The meat should look pretty charcoaled anyway, because of the honey in the marinade turning black from the heat.)

You'll know the meat is done when it pulls away from the bone, letting the spare rib bones stick out at the ends. During the last 10 minutes of cooking, you can add two or three garlic pods to the oven pan or charcoal fire, so that the garlic flavor will penetrate the meat.

Serving recommendations: Serve with cole slaw and "rusty" potatoes.

Mike Grossberg is the founder of the Free Press Association and helped to organize the Libertarian Futurist Society.

Ed Crane

"I only cook frozen chicken."

Ed Crane is a former Libertarian Party strategist and is currently president of the Cato Institute in Washington, D.C.

Leonard Liggio

"Monreale ('royal mountain') is on Monte Caputo overlooking the Golden Shell of Palermo. It was the site of the royal palace of the Normans who conquered Sicily from the Emir of Palermo and southern Italy from the Byzantine emperor in the 11th century. This conquest by the Normans preceded the Norman Conquest of England, and the two kingdoms on the edges of Europe shared their families and their administrators. Since Sicily was the site of the superior Arab culture, along with Byzantine and Hebrew, the Europeans learned a great deal that was transmitted to the rest of Europe. The Exchequer system was brought by chancery clerics in Palermo to London based upon advanced Arab commercial systems. Monreale was the seat of the archbishop and Benedictine monastery, with the most beautiful basilica in Sicily designed by Arab, Jewish, Greek and Italian artists."

Chicken Breasts Monreale

Dip boned chicken breasts in flour, then in beaten eggs, then in grated Parmesan cheese and bread crumbs. Sauté with garlic and fennel or fennel seeds. Remove chicken. Add one cup of Marsala wine to pan juices and heat. Pour over chicken placed on chopped or creamed spinach with basil and lemons.

Leonard Liggio

Chicken alla Casalinga (home-style)

Cook onions in olive oil. Add chicken pieces and brown with mushrooms. Remove chicken, add 1/2 cup sweet vermouth, light with match, burn out. Add 1/2 cup tomato paste, dill, garlic, nutmeg, and cinnamon (1/4 tsp.). Return chicken and cook over low flame up to one hour. Serve with Swiss chard.

Leonard Liggio, a historian, is president of the Institute for Humane Studies, which is located at George Mason University.

Alicia Garcia Clark

Pork Loin Stuffed with Parsley

(serves 8)

$4\frac{1}{2}$–5 lb. boned, rolled loin of pork, center cut
2–3 cloves garlic
2 bunches of parsley
salt and pepper
2 cups dry white wine
2 cups heavy cream
2 tbsp. green peppercorns
$\frac{1}{4}$ cup vegetable oil

Unroll loin, cut off any excess fat and, with the tip of a sharp knife, make small incisions in the meat. Insert small slivers of fresh garlic in these incisions and smooth the surface to close the cut. Many butchers tie two loins together. Roll each individual loin up and retie with the string. Take a long skewer or steel or wooden spoon handle and force it through the center of the loin, making a tunnel all the way through. Stuff this with heads of parsley, packing very tightly.

Heat the oil in the bottom of a casserole or pan with a cover, and brown the meat on all sides. Drain off any excess oil, and pour wine and cream over the top of the meat. Cover and bake in a 350° F. oven for $1\frac{1}{2}$ hours, or until meat shows no resistance to the tines of a fork.

Remove meat from pan and place on a platter. Skim fat from sauce (stick in freezer for 1 hour), and reduce to $1\frac{1}{2}$ cups. Slice meat and keep at room temperature, covered with foil, until the meal is almost ready. Reheat in oven about 15–20 minutes. When sauce is reduced, add the green peppercorns and keep warm on top of stove.

Alicia Garcia Clark was the 1981–83 National Chair of the Libertarian Party. She is married to Ed Clark, the LP's candidate for president in 1980. She learned about this recipe from her cooking teacher, Phyllis Ann Marshall.

L. Neil Smith

"I first ate this at a banquet given in conjunction with California State University's International Days, a campus-wide, week-long shindig for which, as a mere sophomore, I'd been appointed Entertainment Chairman, in charge of a review made up of a couple dozen acts. I discovered later that the honor was due to the fact that nobody else was willing to place their bodies between various Arab delegations and the Israelis, who, at the time, were just gearing up for the Six Day War. An interesting experience (in the Chinese sense), and my unique solution to the problem is another story altogether.

"In all the excitement, I never got a chance to buy the recipe book sold in connection with the banquet, but was so transported by the dish I tried for years afterward to recreate it. This, named after a restaurant-owning chimp in several of my novels, represents my best attempt. The original had slivered almonds, but any excuse to eat cashews is its own justification. I'd like to have contributed Lucy Kropotkin's favorite barbecue recipe, but it's never been written down. Maybe next time."

Mr. Meep's Chicken Arabesque

6–8 pieces of chicken
seasoned poultry spice
1/4 lb. butter
table salt
cinnamon
1 tbsp. honey
nutmeg
3 ozs. coarsely crushed cashews
coarsely ground black pepper

Melt butter in large iron skillet at medium heat. Add a heavy dash of nutmeg, cinnamon, and pepper. Use salt sparingly, practically no seasoned salt. Cook spices into butter. Add chicken to fill pan. Heavily dust with pepper. Brown well. When brown, add honey. Sprinkle cashews over chicken. Bake in 350° F. oven for 40 minutes, turning and basting every 10 or 15 minutes, making sure honey and cashews glaze chicken heavily.

L. Neil Smith's science fiction novel THE PROBABILITY BROACH *won the 1982 Prometheus Award from the Libertarian Futurist Society.*

David Henderson

"This is the best chicken cordon bleu I've ever had. When you're sautéing it, some of the cheese starts to melt. Pick it up with a fork, put it on a plate to cool, and eat it."

Chicken Cordon Bleu

deboned chicken breasts (1 whole breast per person)
Swiss cheese slices
boiled ham slices
2 eggs, beaten
1 1/2 cups bread crumbs
2 tbsp. butter, melted
2 tbsp. oil

Beat each breast into two squares. Sprinkle lightly with salt and pepper. Top each scallop with a slice cheese and a slice of ham. Roll up. Stick toothpick in. Dip in egg mixture. Roll in bread crumbs. Shake off excess. Put on plate in fridge for 2 hours.

Heat butter and oil in large skillet. Sauté rolls over moderate to high heat 'til barely browned on both sides, about 5 minutes.

Bake in oven at 350° F. for 20–25 minutes.

During President Reagan's first term, David Henderson was a staff economist with the Council of Economic Advisers.

Howie Rich

Country Chicken

1 chicken, cut into serving pieces
1 large onion, chopped
2 tbsp. butter or margarine
2 stalks celery
1 carrot
salt, pepper, nutmeg
1 can chicken broth
8 Italian sausages, browned
1/2 head cabbage, cut in wedges

Brown onion in butter. Remove from pan. Brown chicken on all sides. Put onions back in and add celery and carrot, cut up. Add salt, pepper, nutmeg, and chicken broth. Cover and cook slowly for 1/2 hour. Add sausages to pan and continue cooking 1/4 hour. Add cabbages, stir and cook 20 minutes.

Serve with rice.

Howie Rich is the publisher of CRITICAL REVIEW, *a libertarian-oriented journal of books and ideas.*

Lynn Kinsky

"It never comes out the same way twice!"

Curried Gemisch

(serves 6)

1–2 lbs. cubed meat (at our house, usually *chevon*—goat)
2 tbsp. curry powder (to taste)
2–3 tbsp. cooking oil
2–3 onions, chopped coarsely

Shake meat with some salt, flour, and pepper. Brown meat and onions in cooking oil. Sprinkle in curry powder. Add about 2 cups liquid (soup stock, beef bouillon, red wine, etc.). Simmer until meat starts to get tender (about 1 hour). Then start adding whatever's handy—a typical summer curry at our house would likely include the following:

1 cup dried lentils (*dhal*, to Indians)
4–5 new potatoes, diced
5–6 carrots
2 green peppers, chopped
2–3 oriental eggplants (*brinjals*) sliced
large handful green beans, sliced
3–4 tomatoes, chopped
3–4 celery stalks, sliced
2–3 medium summer squashes, sliced
handful raisins

Cook until all vegetables are done. Add more liquid if necessary (you want a thick stew consistency). Season with salt, pepper, and a pinch of dried red peppers. If one is feeling luxurious, add up to one pint of sour cream before serving.

Serve over cooked brown rice. Sliced cucumbers, shredded coconut, slivered roasted almonds, sliced banana, chutney, and plain yogurt are all good condiments to accompany the curry.

Lynn Kinsky was one of the original partners in the group that acquired REASON *magazine in 1970.*

Mike Holmes

"This method of preparation is similar to Mexican-style grilled chicken popular south of the border. Tasty but not as greasy as fried chicken."

Libertarian Lemon Grilled Chicken

1/2 cup fresh lemon juice (or use reconstituted)
3 tbsp. cooking oil
1 1/2 tbsp. Dijon mustard
1 tbsp. soy sauce
1/2 tsp. salt
1/4 tsp. cayenne (or red) pepper
2 small chickens, about 2 1/2 lbs. each, cut into serving pieces, or 4–5 lbs. chicken pieces
1 or 2 small green onions, minced
lemon wedges (optional)

Combine lemon juice, oil, mustard, soy sauce, salt, and red pepper in a large bowl. Mix thoroughly. Pour over chicken and allow to marinate for at least two hours, preferably at room temperature but in a cool place. Or prepare ahead of time and marinate overnight in the refrigerator (the longer you marinate, the more flavor you'll get).

My preferred cooking method is to grill the chicken outside on a full-sized hooded barbecue grill. I prefer to also add to the hot coals, just before starting, some chunks of mesquite which have been soaked for an hour or two in water. This adds a nice smoky taste.

Arrange the chicken on the grill and turn frequently and baste until brown. This will take 45 minutes to 1 hour, using medium heat. Rotate chicken every 10 or 15 minutes when you baste. Don't use too much charcoal, or the fire will be too hot and chicken will burn outside and be undercooked inside. A slow juicy cooking is best.

The basic recipe makes four to six servings. I usually double the above recipe (which is the maximum most outdoor grills will hold) and freeze the leftover chicken in suitable portions. Tastes great just warmed up or microwaved hot in minutes.

If the weather is unsuitable, arrange in a flat pan and broil until crusty brown, about 25 minutes, turning and basting frequently, as above.

Serve with fresh garden salad, corn on the cob or pasta, and white wine if you like it. I recommend a spicy gewürztraminer for a cool summer evening.

Mike Holmes is the editor of AMERICAN LIBERTARIAN.

Henry Hazlitt

"This is a recipe for my favorite dish that my wife cooks."

Oven-Baked Broiler

We buy a 3 1/2-lb. chicken and have it split. My wife cleans it, puts two or three tablespoons of melted butter or margarine on one half (we freeze the other), then pile the chest cavity with chopped onions. This is put in the oven at 375° F. for 30 minutes, taken out, reversed, with the onions put on top again, and reinserted for another 30 minutes. This dish is simple, delicious, and never fails.

Henry Hazlitt is an economic journalist, probably best known for his book ECONOMICS IN ONE LESSON.

Marty Zupan

"This is an adaptation of a recipe my mother used to make. To her version of a Hungarian dish from a cookbook she picked up somewhere, I have made my own changes. It is one of my daughter's favorite meals."

Chicken Paprika

(serves 4)

3 lbs. chicken pieces
1 1/2 tbsp. butter
1 1/2 tbsp. oil
1 medium onion, chopped
1 clove garlic, minced
2 tbsp. flour
2–3 tsp. sweet paprika
1/2 cup dry red wine
1/2 cup tomato juice (or several tbsp. tomato paste, or 1/4 cup tomato sauce)
1 cup water (more or less)
salt
hot paprika or cayenne to taste
1 cup sour cream
nokedli (recipe below)

Sauté the chicken pieces in the butter and oil in a heavy skillet over medium heat. When chicken is lightly browned on both sides, sprinkle well with sweet paprika and sauté a little longer. Remove chicken, reduce heat, and sauté onions and garlic in pan about five minutes.

Add flour to onions, stir well, and cook for a minute or so. Stir in 2 tsp. sweet paprika, wine, tomato juice, 3/4–1 cup water, and salt to taste. Bring to a boil and cook for a few minutes. Add a little more water if it seems too thick. Add chicken pieces, putting dark meat on bottom of pan. (In fact, it's a good idea to keep out any white meat for the first 10 minutes.) When it returns to the boil, reduce the heat, cover pan, and simmer gently until chicken is cooked, about 50 minutes (or 40 minutes if you have all white meat). If you are not ready to serve, stop at this point. Bring the mixture back to a boil over moderate heat when you are ready.

Ladle about 1/2 cup of the juices in the pan into a mixing bowl. Add sour cream, stirring until blended. Ladle some more juice into the bowl and stir. Now stir this mixture slowly into the pot. Season to

taste with salt and hot paprika or cayenne. (You can put more on the table for people to season their own dish to taste, too.) Heat a few minutes longer, but do not boil after adding sour cream, to keep it from curdling.

Serve with nokedli, preferably in wide, flat soup bowls. Ladle on plenty of the sauce, and provide your diners with soup spoon, knife, and fork. (If you prefer serving on plates, you may want to add a little more flour or decrease the liquid earlier.)

Nokedli (Hungarian Dumplings)

2 cups flour
1 tsp. salt
2 tbsp. chopped parsley (optional)
1 egg, lightly beaten
3/4 cup water
3–4 tbsp. butter

Bring 2-3 quarts salted water to a boil in a large pan.

Stir salt, and parsley if you're using it, into flour in a bowl (one with a "lip" is best for the next stage). Blend egg and water, add to flour mixture, and mix well. Stir in water or flour by the tablespoon as necessary to achieve a soft, but not sticky, dough.

When the water is boiling vigorously, drop in dumplings: Scoot the dough to one side of the bowl. Holding the bowl sideways over the boiling water with one hand, use a table knife in the other hand to "cut off" teaspoon-size bits of dough. Use the lower edge of the bowl to scrape the dough off the knife. The dumplings will drop into the water (watch out for hot splashes!). Continue with this, dipping knife into water occasionally to prevent sticking.

After all the dumplings are in, boil gently 5–7 minutes, or until tender in center. Test by cutting one or two in half.

When nokedli are cooked, drain in colander. Serve as is, or if you're not worried about calories and cholesterol, sauté quickly in butter over moderately high heat, stirring several times, until golden and slightly crispy on the outside. (This touch is worth it at least once!)

Marty Zupan is the editor-in-chief of REASON *magazine. Cooking and recipe collecting are her hobbies.*

Dave Walter

"I have enjoyed Wiener schnitzel many times in many places. The most memorable, however, was at the Puntigamer Brewery's Beer Garden in Graz, Austria. Lunch was a huge Wiener schnitzel washed down with several steins of fresh brew. After that meal I could understand why Germans feel they can conquer the world."

Wiener Schnitzel

4 veal escallopes
5 eggs
bread crumbs
oil for frying

Coat the veal in egg and bread crumbs and fry until golden brown. Fry four eggs (over light or sunnyside up) and serve veal garnished with egg on top.

Vegetables: spaetzle (German noodles) and string beans.

Beverage: good imported German beer (Becks, St. Pauli Girl, Lowenbrau, Wurzburg, etc.)

Dessert: Sacher Tort

Dave Walter co-founded Students for Individual Liberty (SIL).

Craig Franklin

Franklin's Scallops

(serves 4)

2 lbs. fresh scallops (or use any white fish, cut up into small pieces)
1 lb. fresh mushrooms
1/4–1/2 cauliflower
1 bunch of broccoli
1 bunch of scallions
salt, pepper, mustard powder, etc., to taste
2 cups white wine
fresh spinach (optional)
1/2 stick butter

1. Chop all vegetables and put into piles or bowls. If you do this in advance, you can really impress your friends when you make this.

2. Melt butter in an electric wok or skillet. Add chopped mushrooms and scallions. (You add them first because they take the longest to cook.) Cook at medium heat until mushrooms are all brown (about 10 minutes).

3. Add the scallops, then pile all the vegetables on top, spinach last. Turn up the heat to high and pour in the wine. Cover for 15 minutes, stirring occasionally, so that the stuff on the bottom doesn't stick. The idea is that the scallops cook, but the vegetables steam in the wine.

4. Make some white rice while this is going on, and serve.

Craig Franklin is a libertarian folk singer.

David Friedman

"This recipe is from a short collection of recipes contained in an Icelandic medical miscellany; I think the book is 15th-century, but the translators suggest that the recipes were lifted from an earlier source, circa 1300."

Icelandic Chicken

5 cups flour
about 1 3/4 cups water
1/2 lb. bacon
3 tbsp. dried sage (or sufficient fresh sage leaves to cover)
3 lbs. chicken

Make a stiff dough by kneading together flour and water. Roll it out. Cover the dough with sage leaves and the sage leaves with strips of bacon. Cut the chicken in half. Wrap each half in the dough, sealing it. You now have two packages which contain, starting at the outside, dough, sage, bacon, chicken. Put them in the oven and bake them like bread, at 325° F. for 2 hours. Some people do the whole chicken as one loaf.

The part of the bread at the bottom is particularly good, because of the bacon fat and chicken fat. You may want to turn the loaves once or twice, or baste the top with the drippings.

Members of the Society for Creative Anachronism develop medieval personas and attempt to recreate the best parts of the Middle Ages. Economist David Friedman has done extensive research in medieval cooking, and as Cariadoc of the Bow—a 12th-century Moor—has co-authored a whole cookbook of medieval recipes.

Ken Fanning

"I discovered this 'train-wreck' on a wilderness trek when our canned food was air-dropped into a lake, washing the labels off the cans. While searching for the potatoes, I'd opened all the other cans first and just threw them into the brew. Turned out delicious and works equally well with sheep or moose roast, or even beef."

Salmon Train-Wreck

1 fresh salmon (6–8 lbs., preferably sockeye)
1 can corn
1 can green beans
1 can stewed tomatoes
1 can black olives
1 can baby whole potatoes
1 can mushrooms

Barbecue salmon over open coals, using liberal applications of sauce during final 10 minutes. (Sauce consists of tomato sauce, Worcestershire, brown sugar, lemon juice, mustard, water, salt and pepper.)

Gently roll salmon into a shallow roaster of preheated mixture of canned vegetables listed above, and let steam for 15 minutes.

Serve veggies over pan bread and cut salmon as if baked.

Ken Fanning was a Libertarian member of the Alaska state legislature from 1980 to 1982.

Institute for Humane Studies Cooking Collective

Submitted by Elizabeth Ditz

Third World Pork Stew

2 lbs. pork, more or less, cut into cubes
1 lb. (fresh) or 1 can *tomatillos enteros*, drained (in Mexican section of grocery)
1 can stewed tomatoes, or 1 lb. tomatoes, peeled and seeded*
1 large yellow onion
2 cloves garlic
cooking oil
salt and pepper
1 tbsp. butter
1 cup couscous

Heat the cooking oil and brown the cubed pork well in Dutch oven or saucepan. Add the onions and garlic and sauté until just limp.

In a blender or food processor, blend the tomatillos and tomatoes. (*If you are using fresh tomatoes, add a stick or two of celery and half a bell pepper, if you like.)

Drain any excess fat off the pork and onion mixture. Add the tomatillo-tomato mixture and bring to a boil, stirring well. Reduce heat, and simmer for at least an hour, until pork is tender. Adjust seasoning.

When pork is ready, boil 1 cup water. Melt butter in water and pour over couscous. Let stand for 5 minutes, and fluff with fork.

Serve either as separate dishes, or arrange sauce and pork over a heap of couscous.

The Cooking Collective sustains the Institute for Humane Studies in its concentration on the academic aspects of advancing the cause of liberty.

Don Ernsberger

"I named this creation 'Libertine' because it is spicy yet syrupy sweet, bathed in delectable juices, and easy to make."

Libertine Chicken

1 lb. boned chicken breasts and legs, *or* 2 lbs. chicken breasts and legs on the bone
1 can whole cranberry sauce
2 green sweet peppers, sliced into 1/2-inch strips
pinch of garlic

Broil or bake the chicken until it is almost cooked. Place the chicken in a frying pan with cranberry sauce and sliced green peppers. Bring to a mild boil and add a pinch of garlic. Cover and let stand until peppers are soft.

Serve over rice (or alongside, if you prefer) with salad and wine.

Don Ernsberger is the co-founder of Students for Individual Liberty (SIL).

Marshall Fritz

"This stir fry is different every time I make it. That is part of the fun. Use this as a guide. White rice, corn tortillas (chopped), cooked spaghetti, or Chinese noodles can be substituted for brown rice. If done with corn tortillas, rename it 'Chiliquiles Fritez.' If noodles, then it's 'Chow Mein Marshall.' "

Fritz's Stir Fry

The basic recipe includes:

short-grain brown rice, onions, and curry powder
pepitas (shelled pumpkin seeds)
bratwurst (or kielbasa, ham, bacon, or summer sausage)
bacon grease (or peanut, sesame, or vegetable oil)
cayenne pepper, salt, pepper—to your taste

Plan on just over an hour from a standing start (or 1/2 hour if you cooked the rice the day before, which is best). Other good things invariably get in the stir. I can't imagine putting all of these in at once. Well,...

fresh ginger, garlic
soy sauce, liquid smoke
eggs
peanuts, sesame or sunflower seeds
cabbage, broccoli, carrots, scallions
green peas, Chinese pea pods
just about any other vegetables you like

Cook 1 or 2 cups brown rice 40–45 minutes. Follow directions on the package, and it won't be sticky. While rice is cooking, get vegetables and other stuff out, chopped, diced, or whatever and ready to go.

About 10 minutes before rice is done, start stir-frying in a very large frying pan or wok. Get it hot, add a few tablespoons of oil or bacon grease. (If you need precision in your life, use 3.5 tbsp. oil for each 9 ozs. of chopped onion.)

Put in two or three chopped onions. Stir it around some. Turn heat up to max. After a couple minutes, put in a couple handfuls pepitas. They'll "pop"—not quite like popcorn—and develop a nutty taste. After a couple minutes, put in a cup or two of cabbage or any other veggies that need a bit of cooking. Add as much fresh ginger as your guests can stand. Ummmm!

Once or twice put in 1/4 cup of water and put on a lid to steam the veggies for a minute.

Then put in a 1/2 pound of precooked meat. After a minute, in goes the rice, noodles, or tortillas. Stir and fry another 3–4 minutes. (If you make it with tortillas, you may tell anyone who will believe you that it's authentic Mexican campesino food. Helps credibility by adding small cans of chopped cactus and ortega chiles.)

Important: curry must be cooked. So make a clear area in the pan, put in a pat of butter, and then cook 1 tbsp. curry powder in the butter. As it cooks add 1/4 cup of water and cook it further. Curry cooking time totals a minute or less. Then start stirring again, turn off heat, add several raw eggs and keep stirring; they'll cook. Add cayenne, salt, pepper to taste.

Serve with anything: salad, sour dough toast, red wine, whatever!

WARNING: THIS RECIPE HAS *NOT* BEEN APPROVED BY THE FEDERAL WHOLESOME RECIPE STANDARDS ACT (1984, as amended). THE COOK GENERAL OF THE UNITED STATES HAS FOUND THAT USE OF UNAUTHORIZED RECIPES MAY NOT PROVIDE THE BALANCED DIET DETERMINED BY CONGRESS AND THE SUPREME CHEF. USE AT OWN RISK.

Marshall Fritz is the founder of Advocates for Self-Government, Inc.



Voluntarist Vegetables

James Buchanan

"Properly done, this is the best *dish in the* world!"

Middle Tennessee Fried Corn

Select several ears of fresh *field* corn (*not* sweet corn), preferably Hickory King white corn. Husk ears, then cut *tips* of kernels into bowl. Then *scrape* remaining *milk* of kernels into bowl.

Add water and salt to mixture. Add 2 tbsp. *lard* (or other fat) to mixture.

Put in skillet and cook over *moderate* heat (simmer) for one hour. Add water as needed. Stir to prevent sticking.

James Buchanan is a leading theorist of the "public choice" school of economics, which is critical of government involvement in the economy, and was awarded the Nobel Prize in economics in 1986.

Andre Marrou

"This is a real back-country recipe, useful at South Texas deer hunting camps, where it originated. My late father showed me how on just such a trip many years ago. It may not be healthy, but it sure tastes good out in the woods."

Daddy's Spinach

First, drink a beer or two. This will measurably improve your attitude and gustatory ability. Then, do this in the order listed:

Fry about 1/2 lb. chopped bacon until almost crisp (in a big skillet).

Add 1 cup chopped onions and brown.

Dump in one No. 2 can of chopped spinach (after draining).

Mix well, then break 2 eggs over the mess and keep stirring until the eggs are scrambled.

Season with ground black pepper and serve.

From 1982 to '86, Andre Marrou served in the Alaska House of Representatives as a Libertarian.

Alicia Garcia Clark

Vegetable Pot Pourri

(serves 8)

1 lb. whole, fresh mushrooms
1/2 lb. whole, fresh pea pods
1/2 basket cherry tomatoes
sliced zuchinni
sliced carrots
sliced water chestnuts

Add any vegetables you wish. Do your own thing! Add yellow or green squash, green or red peppers, cauliflowerettes, broccoli flowers, pearl onions, green beans, fresh peas, to name only a few. This is a marvelous way to use up leftovers or the handfuls of vegetables you get from your garden at the beginning of harvest.

Sauté mushrooms in hot oil, butter, or half and half. Add any of the vegetables that require a little cooking. This is stir-frying—it should be done quickly, and the vegetables should remain crisp. Add pea pods and tomatoes at the very end of preparation, as they only need to be warmed. For seasoning you may add to the pan crushed garlic, fresh grated ginger, soy sauce, Worcestershire sauce, or any fresh herbs and spices, keeping in mind the dinner it is to be served with. Salt and pepper lightly.

This may be done ahead, the afternoon of the party, and kept in the same pan and warmed quickly just before serving. You can add garlic, ginger, or mustard and soy sauce just before serving.

Alicia Garcia Clark was the 1981–83 National Chair of the Libertarian Party. She learned about this recipe from her cooking teacher, Phyllis Ann Marshall.

Poul Anderson

Cheese Garbanzos

Cut up bacon and cook in frying pan or fireproof dish. Pour off most fat. Sauté chopped onion in the rest. Add garbanzos, tomato paste, water, salt, parsley, and rosemary. Simmer till sauce begins to thicken. Cover with cheese slices and dust with paprika. Bake a few minutes at 400° F., till cheese melts.

Quantities used depend on individual taste and how many servings are desired. I am pretty generous with the onions, parsley, and rosemary, and much prefer they be fresh.

Poul Anderson is a well-known science fiction writer. His Polesotechnic League stories are set in a future where the free market plays a dominant role.

David Friedman

Caboges

Wash 1 medium head of cabbage. Cut it in fourths. Parboil it (dump into boiling water and leave it there a few minutes). Drain. Chop. Squeeze out water. Put it in a pot with 4 cups of beef broth and 4 lbs. of marrow bones. Simmer until soft, stirring often enough to keep it from sticking (about 20 minutes). Add a pinch of saffron, 1 tbsp. of salt, enough bread crumbs to make it very thick. Simmer 10 minutes more. Serve.

David Friedman is the author of THE MACHINERY OF FREEDOM. *He has spent many years researching medieval cooking. This recipe is from a 15th-century English cookbook.*

F. Paul Wilson

"A vegetarian delight. Can be mild or very hot according to amount of pepper added. (We like it hot*!) It's the only meal all adults and kids in our house will eat without complaint."*

Linguini con Broccoli

(4–6 servings)

1 bunch broccoli, about 1 1/4 lbs.—use flowers only
6 tbsp. olive oil
2 tsp. finely chopped garlic
1/4 tsp. hot red-pepper flakes
1/3 cup fresh or canned chicken broth
salt and freshly ground pepper
1 lb. linguini cooked according to package directions

Cut the broccoli flowerettes off the stems into ample, bite-size pieces.

Heat the oil in a wok and add the garlic. Cook briefly, without browning. Add the broccoli and toss to heat through. Add the red-pepper flakes. Add the broth and salt and pepper to taste and bring to a boil.

Toss with hot cooked linguini and serve immediately.

*F. Paul Wilson is a novelist—*WHEELS WITHIN WHEELS, THE KEEP, AN ENEMY OF THE STATE, *etc.*

Leonard Liggio

"The northern Albanians (Ghegs) departed Albania in the 15th century after long resistance to the Ottoman Turks under the leadership of Alexander Bey (Skanderbeg). Most Albanians—Ggehs and Tosks (southern)—embraced Islam. The Ghegs were settled in the Kingdom of the Two Sicilies, with some established in Calabria and others across the straits in Sicily proper where the town of Piana de Greci was the seat of the Albanian Byzantine-rite bishop and the Greek-rite clergy. The Albanians are the oldest people in Europe; along with the Basques they are the descendants of the Illyrians of the ancient world, providing leaders of the Hellenistic and Roman empires as well as the vizers of the Ottoman golden age and the royal dynasty of Egypt from Mohmet Ali to Farouk.

Albanian Macaroni Seashells

Cook basil, oregano, chives, dill, and parsley in butter or oil and pour over seashells.

Leonard Liggio, president of the Institute for Humane Studies, loves both food and history.



Buyer Beware Breads

Frances Kendall

"I was raised on whole wheat bread, and for me it means stability, wholesomeness, and home. There is nothing I enjoy more than a hunk of this bread with butter and a thick piece of strong cheddar cheese. This particular recipe is foolproof, easy, and makes delicious bread that is the staple diet of our family. Our housekeeper bakes double this quantity twice a week, and if you're lucky you might come in at just the right time to have a crust fresh from the oven. Everyone who tastes it wants the recipe."

Nutty Wheat Bread

(makes two 10-inch loaves)

5 cups nutty wheat flour (or whole wheat)
1 cup white bread flour
1 cup crushed wheat
1/2 cup brown sugar
1/2 tbsp. dried yeast (or 1/2 packet)
1/4 cup sunflower (or other) oil
1/2 handful sunflower seeds (optional)
warm water

Mix all the dry ingredients in a large bowl. Make a well in the center and add warm water little by little, mixing it in with your hands until the mixture is thick and gluey. Add the oil and keep turning the mixture with your hands until the oil is incorporated. Sprinkle a little white flour on top of the dough and cover with a dish cloth. Leave in a warm place to rise for 30 minutes. Punch the dough down and mix for a further five minutes.

Spray two bread tins with cooking oil substitute, or lightly oil them. Put the mixture into the tins and leave it in a warm place until it rises to the top of the tins.

Preheat the oven to 400° F. Put the bread in and turn the temperature down to 350° F. Bake for one hour. Remove from the oven and turn out onto a rack to cool.

Frances Kendall lives in South Africa. She and her husband, Leon Louw, AFTER APARTHEID: THE SOLUTION FOR SOUTH AFRICA. She also wrote SUPER PARENTS, SUPER CHILDREN.

Robert W. Poole, Jr.

"This is my mother's recipe. It was (and still is) an annual tradition; no year-end celebration in my house would be complete without at least one loaf. For those (like me) unused to dealing with yeast, you need to take care not to let the little buggers get too hot when dissolving the yeast. Hot rather than warm water will kill them, and instead of a loaf of bread you'll end up with an Xmas brick."

Christmas Fruit Bread

3 whole eggs
3 egg yolks
3/4 cup shortening
1 cup milk
2/3 cup sugar
3 packages yeast
6 cups flour
1 tsp. salt
1 cup chopped pecans
1/2 cup raisins
1/2 cup chopped citron
1 jar maraschino cherries
1/2 tsp. ground cardamom

Heat milk (do not boil). Add sugar, salt, and shortening; cool to lukewarm. Dissolve yeast in 1/3 cup warm water. Add yeast mixture to milk mixture in large bowl. Beat eggs and add; mix well. Mix in 1 or 2 cups of flour, using beater. Gradually add the rest of the flour and mix well by hand.

Slice the cherries in half and add all the fruits and nuts (plus cardamom). Mix well. When dough forms into a ball, place on floured surface and knead 10 minutes. Place in greased bowl, turning several times to cover with shortening.

Let rise in a warm place until double in bulk—about 1 1/2 hours. Once the dough has risen, punch it down, cover with paper towels, and let it rest for 15 minutes. Then divide the dough into two large loaf pans.

Bake about 30 minutes at 350° F. Cool on wire rack.

Bob Poole is president of the Reason Foundation, publisher of REASON *magazine, and the author of* CUTTING BACK CITY HALL.

James Buchanan

Pizza Romana or Focaccia

(Quick Rise Pizza Dough)

2 packages quick-rise yeast
1 cup hot water (110–115° F.)
3 1/2 cups flour
1 tsp. salt
2 tbsp. vegetable oil

Dissolve yeast in water. Mix with rest of ingredients. Knead dough until smooth. Set aside and let rise for a bit. Roll dough out to fit 2 oiled 12-inch pans or 1 13 x 9–inch pan. Brush dough with a thin layer of olive oil. Sprinkle with coarse salt. Bake at 450° F. for 10 minutes. Remove from oven and brush entire surface again with oil.

1986 Nobel Prize winner James Buchanan says this recipe was created by "Italians in Rome."



Deregulated Desserts

Karl Hess

"This recipe is very much in keeping with my general notion that the mastery of basic principles is desirably precedent to efforts of greater complexity. It is also in keeping with the fact that I am acknowledged by friends and family alike to be capable of no kitchen task more demanding than dish washing. I have been forbidden access to such advanced kitchen equipment as the stove except in the one instance I am about to reveal. Incidentally, I seem to inherit the tendency to destroy menu items. My mother, although the greatest teacher, was the worst cook.

"Several years ago, in recognition of all this, my best friend, Randy Langhenry, presented to me a recipe which, it was his feeling, not even I, the Genghis Khan of the kitchen, the dunce of dumplings, the nincompoop of nourishment, the beast of baking, could wreck. And he was correct. It is revealed here, therefore, as perhaps the ultimately simple yet satisfying culinary activity for klutzes such as I. It is delicious. It works every time. It does not require an attention span or dexterity beyond that available to the average five-year-old, and it does not provoke arguments or curiosity which might lead to unfortunate experimentation, as, for instance, the time I took a dimly remembered phrase, "salt fried," to mean that one could usefully fry a steak on a bed of table salt; or when I reasoned that peanut butter being magnificent and hamburgers being patriotic, putting both together would yield a taste delight of significance. The former instance was so terrible that it could not be remedied even by washing the steak in running water, nor could the latter be made palatable even by the addition of strawberry jelly, that sovereign companion of peanut butter."

Untitled

1 large egg
1 cup peanut butter (I prefer chunky)
1 cup sugar

Mix thoroughly. Form into balls of no more than 3/4-inch diameter. Place on cookie sheet. Squish with fork to cookie shape and flatness. Place in oven preheated to 350° F. Bake for 10 or so minutes until toothsome.

Karl Hess is the editor of L.P. NEWS, the official newspaper of the national Libertarian Party. He is, by trade, a welder. Once upon a time, he was a speech writer for Barry Goldwater.

Murray Rothbard

"I submit this recipe strictly as a consumer rather than a producer, in the Great Division of Labor. It is an indescribably yummy dessert, so much so that regardless of how much I may eat, diminishing marginal utility has never yet set in. Other diners are always in danger of coming away with nothing, if the Clafouti is served in a common plate, and my utensils are anywhere in sight."

Cherry Clafouti

1 lb. fresh sweet cherries, or canned, dark sweet cherries (preferably pitted)
1/2 cup flour
2/3 cup sugar
pinch salt
3 eggs, slightly beaten
1 1/2 cups milk
3 tbsp. butter, melted and cooled

Butter a 9 x 9 x 2–inch baking dish and sprinkle with 1 tbsp. sugar. Spread cherries on bottom. Combine in a bowl flour, sugar, salt, eggs, and milk. Mix in butter and pour over cherries.

Bake at 400° F. for 30 minutes. Sprinkle with a little sugar and bake until knife comes out clean.

Murray Rothbard, otherwise known as "Mr. Libertarian," writes books, essays, articles, monographs, and operas. Among his books is FOR A NEW LIBERTY.

Robert Heinlein

Virginia Heinlein writes: "Although we can't have this very often, we love it and would have it frequently if it weren't so tempting! Although this recipe is for four to six people, Robert and I can eat the entire thing at a sitting."

Chocolate Soufflé

5 tbsp. sweet butter
3 tbsp. sifted cake flour
6 ozs. dark sweet chocolate
1 1/2 cups light cream
1 inch vanilla bean
4 egg yolks
4 tbsp. granulated sugar
6 egg whites
pinch of salt
granulated sugar
confectioners' sugar

Melt 3 tbsp. butter in pan. Stir in flour off fire. Cut up chocolate, put into saucepan with light cream, and stir over slow fire until it dissolves. Pour this mixture slowly into the butter and flour. When smooth, stir over fire until it just comes to a boil. Remove and add scraped vanilla bean. Cool and cover.

Beat egg yolks with granulated sugar until light and fluffy. Add this to soufflé mixture. Beat egg whites with the salt in a metal bowl with a whisk until stiff, and carefully fold into the soufflé mixture. *Be sure that this mixture is cold.*

Grease inside of an 8-inch soufflé dish with remaining butter, dust with coarse granulated sugar, fill with soufflé mixture, and sprinkle top with fine granulated sugar. Stand in pan of hot water and bake at 350° F. for 30 minutes. Increase heat to 375° F. for another 15 minutes, or until firm to touch. Sprinkle with confectioners' sugar and serve at once.

Robert Heinlein writes science fiction. Among libertarians, one of his most popular books is THE MOON IS A HARSH MISTRESS.

Leon Louw

A note from Leon's wife, Frances Kendall: "Koeksisters are a traditional Afrikaans sweet and really need two people working together to make them. This recipe has been passed down from mother to daughter for generations. I wouldn't dare make them, and Leon doesn't cook, but he has a very sweet tooth and was raised on koeksisters. He tries to control his desire for sugar, but when he breaks out these are what he eats!"

Koeksisters

4 cups white flour
2 eggs
1/4 cup butter
4 tsp. baking powder
milk

Mix flour, baking powder, and salt and rub in butter well. Beat eggs well and add them to the dry ingredients. Add a little milk and work the ingredients together to form a rolling dough. Roll the dough to 1/4-inch thickness and cut it into two-inch squares. Take one corner of the square and fold it to the center, then fold the opposite corner to overlap the first fold. Or, oblong strips about 2 x 3 inches may be cut. Slice in three, stopping just short of one end, and plait; join the three loose ends at the end of the plait by pressing them together.

Put oil in a large saucepan deep enough to cover the koeksisters. Heat the oil very hot. Drop the koeksisters in a few at a time so that they have plenty of room and the temperature of the oil is not lowered. Turn them over with a warm fork, cook for a minute longer, and quickly lift them out and immediately drop them into a bowl of very cold syrup and push them down in the syrup. Lift out and let the excess syrup drain off. Pack in a tin.

If the syrup is very cold and the koeksisters are dunked in it when they are boiling hot, they should be impregnated with syrup and have a golden glazed appearance on the outside and be crispy.

Syrup

2 cups sugar
1 cup water
1/4 tsp. ground ginger
oil (sunflower, corn, or other light vegetable oil)

Put the sugar, water, and ginger into a saucepan and stir over medium heat until the sugar is melted, then boil the mixture for 10-15 minutes until the syrup is fairly heavy. *Do not stir while the syrup is boiling*. Leave the syrup to cool, then refrigerate it.

It is advisable to have two or three bowls of syrup, as the mixture soon warms up from the hot koeksisters. The syrup can be placed in an ice pan while in use, but more than one bowl is still a good idea.

Leon Louw is an attorney in South Africa and president of the Free Market Foundation, a South African libertarian think tank. He is an advisor to the Ciskei homeland and is responsible for many of its laws privatizing land ownership and deregulating business. He and his wife, Frances Kendall, co-authored the book AFTER APARTHEID: THE SOLUTION FOR SOUTH AFRICA.

David Henderson

"Yummy—a good way to be both a vegetarian and a chocolate freak." (More important, he's found another use for zucchini!)

Chocolate Zucchini Cake

1/2 cup butter
1/2 cup vegetable oil
1 3/4 cups sugar
2 eggs
1 tsp. vanilla
1/2 cup sour milk
2 1/2 cups *un*sifted flour
4 tbsp. cocoa
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. cloves
2 cups grated, unpeeled zukes
1/4–1/2 cup chocolate chips

Combine butter, oil, and sugar. Add eggs, vanilla, and sour milk. Combine dry ingredients and add to mixture. Beat well. Stir in zukes. Spoon into greased 9 x 13–inch pan or tube pan. Sprinkle with chocolate chips. Bake 40–45 minutes at 325° F.

David Henderson was a staff economist with the Council of Economic Advisers during Ronald Reagan's first term as president and now teaches at the Naval Postgraduate School in Monterey, California, and does free-lance writing.

Lynn Scarlett

"A friend gave me this recipe once when I was living in the hills above Santa Barbara, California, with a pear orchard near-by. It has remained a favorite dessert of my family and friends."

Pear Pie

1 egg yolk
2 1/2–3 tbsp. water
8 tbsp. butter
1/2 tsp. salt
1 1/2 cups flour
frangipan cream (see below)
3–4 ripe pears, peeled, quartered, and cored
granulated sugar
1/2 cup apricot jam glaze

Make pie dough (egg yolk, water, butter, salt, and flour). Gather into ball, cover, and chill 30 minutes. Roll out and line 9-inch pie pan. Flute edges. Prick with fork. Chill until firm.

1/3 cup butter
1/3 cup sugar
1 whole egg and 1 egg yolk, beaten
1/2 cup blanched almonds, ground
1 tsp. almond extract
2 tbsp. flour

To make frangipan cream: Cream butter and gradually beat in sugar. Beat until light and fluffy. Add egg and egg yolk and beat well. Add almond extract and flour and mix well. Stir in ground almonds. Spread evenly in chilled pastry.

Slice pears thinly. Arrange in close configuration, slices upright, in frangipan. Bake tart at 400° F. for 10–15 minutes. Reduce heat to 350° and cook 15–20 minutes longer, until pears are tender and frangipan is set. Sprinkle with sugar 10 minutes before end of cooking (it should melt and caramelize slightly). Cool on rack.

Melt apricot jam in saucepan. Brush lightly over top of cooled pie.

Lynn Scarlett is director of research at the Reason Foundation and book review editor of REASON *magazine.*

Lou Villadsen

"This recipe was originally written to be mixed with a hand beater and baked in a wood stove, hence the vagueness of the instructions. Grandma Villadsen actually make them that way, and they were considered a very special treat. Let's hear it for modern conveniences—like electric mixers. The recipe works well for cupcakes (my favorite) or in a cake pan."

Grandma's Spice Cakes

1 cup flour
1 tsp. baking powder
3 eggs
1/2 cup butter
1/4 cup cocoa
1 cup sugar
1 tsp. ground cinnamon
1/4 tsp. ground cloves
1/2 cup cold water

Preheat oven and grease pan. Combine flour and baking powder and set aside.

Separate eggs and beat the yolks well. Cream butter, and add cocoa, egg yolks, sugar, cinnamon, cloves, and water. Beat egg whites until *very* fluffy. Gradually combine egg whites, flour/baking powder, and butter/cocoa mixtures by gently folding together.

Bake until done. Dust with powdered sugar and serve warm.

Lou Villadsen is co-editor of this cookbook and, as Bob Poole's wife, is the Reason Foundation's unofficial cheerleader.

Kay Nolte Smith

"The combination of fresh and glazed fruit is what gives this pie its unique, delicious taste. My mother used to make it, and when I was a little girl, I thought it quite the most wonderful dessert in the world. I still do."

Glazed Raspberry Pie

3 cups fresh raspberries
1/2 cup cold water
2 1/2 tbsp. cornstarch or arrowroot
1 cup sugar
1 tbsp. lemon juice
pinch of salt
baked 9-inch pastry shell
sweetened whipped cream

Reserve 2 cups of the raspberries. Crush the other cup and mix with water, cornstarch, sugar, lemon juice, and salt. Cook for 15 minutes over low to medium heat. Cool. Spread half of this glaze on the pastry shell. Fill with the reserved raspberries (you may want to use even more than 2 cups), and spread over them the remaining glaze. Serve with whipped cream.

Kay Nolte Smith is a one-time associate of Ayn Rand's and is the author of THE WATCHER, ELEGY FOR A SOPRANO, *and other novels.*

Marty Zupan

"This is a fabulous dessert that wins more raves than any other dessert I've ever made. It is a lot of work, but if you like to cook you'll enjoy the results. If you don't, but you like to eat, find somebody to make it for you!"

Marjolaine*

(8-10 servings)

Start two to three days ahead of when you want to serve. The end result will be a four-layer, rectangular almond-hazelnut meringue, with a different cream filling between each layer and covered with a chocolate cream. The fillings require an almond praline powder and a thick crème fraîche, obtained by filtering off the whey.

Crème Fraîche

1 cup sour cream
2 cups heavy cream

Whisk the heavy cream into the sour cream in a large mixing bowl. Cover with plastic wrap and leave in a warm place for 8–24 hours, or until the mixture has thickened.

Place a large coffee filter paper in a plastic coffee filter or in a suitable sieve. Pour in the thickened cream mixture. Cover with plastic wrap, refrigerate, and leave to drain for 24–36 hours, or until the consistency of softened cream cheese. Tear away the filter paper and place the crème fraîche in a covered container. Refrigerate until ready to use.

Praline Powder

This can be done weeks in advance and refrigerated or frozen, tightly covered.

1 cup whole blanched almonds
1 tbsp. unsalted butter
1 cup sugar
1/4 cup water

Preheat oven to 350° F. Bake almonds, spread on baking pan, until almost brown (about 15 minutes), shaking twice.

Grease a baking sheet with butter.

Boil sugar with water, swirling pan to dissolve sugar completely. Cover closely and boil several minutes, until syrup thickens and begins to darken. Remove lid and, swirling again, boil to a caramel color. Remove from heat and stir in almonds. Quickly turn out onto buttered baking sheet and cool about 1 hour.

Break praline into pieces and put in food processor with metal blade. Pulse four times, then let processor run until praline is finely ground.

Vanilla and Praline Cream Fillings

1 1/3 cups crème fraîche
1/3 cup heavy cream
1/4 cup superfine sugar
3/4 tsp. vanilla extract
2/3 cup praline powder

Stir together the crème fraîche and cream in a bowl. Beat with electric hand mixer until mixture begins to hold its shape. Gradually add sugar while continuing to beat until mixture is stiff but not yet buttery. Divide mixture in half. Stir vanilla into one portion and the praline powder into the other. Refrigerate both until firm, 2–3 hours.

Chocolate Cream Filling

3/4 cup crème fraîche
9 ozs. bittersweet chocolate (the higher the quality, the better)

Break the chocolate into pieces and process with the metal blade, pulsing 3 or 4 times and then running the processor until the chocolate is very finely chopped.

Bring the crème fraîche to a boil in a small saucepan, stirring constantly. With the machine running, pour through the feed tube and continue to process about 5 seconds more. Empty the chocolate cream into a bowl and cool at room temperature 2–3 hours.

Meringue

1 cup sugar
3/4 cup almonds, blanched and roasted
1/2 cup hazelnuts, blanched
1 tbsp. cornstarch
6 egg whites
pinch of salt

Preheat oven to 350° F. Butter a 10 1/2 x 15 1/2 x 1–inch jelly roll pan. Line with waxed paper and butter and flour the paper.

Grind sugar, nuts, and cornstarch in food processor until fine. Beat egg whites with salt until stiff, and fold into nut mixture. Spread mixture evenly in pan and bake for 25 minutes. Remove meringue from oven and let cool for 5 minutes. Turn out onto rack, peel off waxed paper, and allow to cool, about 1 1/2 hours. Trim the rough edges off the meringue with a serrated knife, then cut into four even rectangles, about 3 3/4 x 10 inches.

To assemble the marjolaine, place a meringue layer on a serving plate. Evenly spread with about 1/2 cup chocolate cream filling. Top with another meringue layer and spread with vanilla cream filling. Add a third meringue layer and spread with praline cream filling. Top with final meringue layer and spread top and sides of cake with a thin layer of the remaining chocolate cream.

Refrigerate overnight. Before serving, place a paper doily on top of the cake and sprinkle with several tablespoons of powdered sugar. Carefully lift the doily to leave a sugar pattern.

Marty Zupan is the editor-in-chief of REASON *magazine and co-editor of this cookbook. That's why she gets to have such a long recipe.*

*The original of this recipe was published in THE PLEASURES OF COOKING, Nov./Dec. 1980.



Libertarian Libations

J. Neil Schulman

"This recipe was given to me by the bartender at the Villa Olga, a resort lodge in Charlotte Amalie, St. Thomas, in 1972. The Villa Olga was originally the Russian embassy under Tsar Nicholas II, and I was told Herman Wouk wrote one of this novels there. I didn't get any writing done, myself."

Piña Colada

1 1/2 jiggers white rum—Bacardi preferred
dash lemon juice
dash simple syrup (sugar solution—the syrup from canned pineapple in heavy syrup should do)
1 oz. Coco Lopez Cream of Coconut
2–3 tbsp. crushed pineapple
2 scoops crushed ice
maraschino cherry

Blend ingredients until blended into frappe. If too thin, add more ice; if not blending, add more rum. Garnish with maraschino cherry.

J. Neil Schulman writes science fiction. His book THE RAINBOW CADENZA *was inspired by the Los Angeles Laserium, and in turn the Laserium produced a light show based on the book.*

Robert W. Poole, Jr.

"My Uncle Ted was a career Army officer, and he and Aunt Helen had a number of choice postings in the United States and Europe. Years ago they gave me this recipe, obtained from the bartender at one of the Army/Navy clubs. I make it only once a year, during the Xmas/New Year season. It's powerful stuff."

Army/Navy Club Eggnog

(serves 10)

12 eggs
1 cup sugar
1 qt. milk
1 qt. cream
16 ozs. whiskey
8 ozs. rum
4 ozs. brandy
2 ozs. sherry

Separate eggs. Beat yolks together with sugar and add milk and spirits. Whip cream and fold in. Whip egg whites and fold in. Bottle and let stand. Makes about 5 quarts, which settles to make 4 quarts.

Bob Poole, president of the Reason Foundation, often serves this at his annual holiday party for local libertarians and assorted friends, who on that occasion are allowed to look at—but not touch—his "O" scale model railroad.

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DAVID FRIEDMAN ◆ BARBARA BRANDEN ◆ RON PAUL ◆ BOB POOLE ◆

Marty Zupan



Lou Villadsen

LIBERATED COOKING



Rabble-Rousing
Recipes from
Assorted
Libertarian Luminaries

◆ AYN RAND ◆ ROBERT HEINLEIN ◆ MURRAY ROTHBARD ◆ ED CLARK

POUL ANDERSON ◆ JOHN HOSPERS ◆ JACK WHEELER ◆ HENRY HAZLITT ◆

LIBERATED COOKING

Rabble-Rousing Recipes
from
Assorted Libertarian Luminaries

Marty Zupan
and
Lou Villadsen

◆ JAMES BUCHANAN ◆ MILTON FRIEDMAN ◆ KARL HESS ◆ DAVE NOLAN

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Marty Zupan and Lou Villadsen
Los Angeles, California

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Introduction

"Are we advancing individual liberty via subversive recipes?" asked Andre Marrou when he sent his favorite recipes for this collection. "Well, sort of," we laughed. Maybe it *is* subversive to have some fun just for the fun of it!

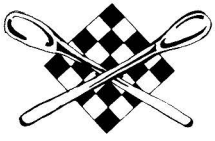
People who prize individual liberty are a diverse bunch. Okay, that's not so amazing considering their human genus. But, coming from all over the world, from all kinds of families, working in all kinds of occupations, they also like all kinds of foods. About three years ago, we decided it would be fun to grace the libertarian movement with a collection of recipes considered special for one reason or another by libertarian luminaries—defined loosely as people who have been important in or to the movement. The project has proceeded in fits and starts, but here it is at last.

And diversity? That's what we got, all right! From Robert Heinlein's favorite dessert, to Jack Wheeler's outrageous entrée. From the dish Milton Friedman couldn't stand until Rose made it for him, to the only meal that F. Paul Wilson's family will come running for. Recipes from Russia and recipes from Tennessee. Recipes from the Middle Ages and recipes for modern kitchens. The only requirement we put to contributors was that it be one of their favorite recipes—and not necessarily a recipe that they themselves prepare, we were quick to add!

A lot of what makes this collection fun is accompanying comments. "Is there anything amusing, touching, factual, or laudatory about the recipe that you would like to note?" we asked people. A lot of contributors did just that. So, read...browse...test...eat...enjoy!

And if you find that your favorite "luminary" isn't represented, stay calm. We couldn't include everybody, and we didn't mean to slight anyone. Some people just didn't answer. Some answered but didn't send a recipe (a few of their comments are included, too). Some queries probably (surely?) were lost in the mail. To all those who did share a recipe or two (or three or four), many thanks. Without you, as they say, we truly couldn't have done it.

Lou Villadsen & Marty Zupan
Los Angeles, California, 1987



Anarchist Appetizers

David Friedman

"The one problem with Hais is that if you serve it at the beginning of a meal as an appetizer, everyone fills up on Hais and has no appetite for the rest of the meal. That is why it is said, 'Hais makes waste.' (Sorry.) Another version is 'Hais makes waist.' "

Hais

$2^2/_3$ cups bread crumbs
2 cups (about 1 lb.) dates
$^1/_3$ cup ground almonds
$^1/_3$ cup ground pistachios
7 tbsp. melted butter or sesame oil
sugar

Knead together bread crumbs, dates, and mixed ground nuts. Work in either butter or sesame oil. Roll into one-inch balls and dust with sugar. Good as caravan food (or for taking to wars). They last forever if you do not eat them, but you do so they don't.

David Friedman, an economist, is active in the Society for Creative Anachronism, an organization dedicated to recreating the Middle Ages as they should have been. Society members often gather for weekend-long wars, wherein battles are fought with mock medieval weapons.

Ed Clark

"Gourmet easy cooking—elegant and delicious."

Poached Salmon with Mustard Dill Sauce

(serves 6–8)

Coat a large, *heavy* piece of foil with Crisco or butter. Place a layer of sliced onions and a thin layer of sliced lemon peel on top of foil. Place a whole salmon, washed and dried, on top of the bed of onions and lemon. Sprinkle inside and outside of fish with dill and salt. (Be generous.) Repeat layers of onion and lemon peel on top of fish and stick a few in the center cavity of salmon. Secure foil tightly around fish, folding up ends so that it is air-tight. Place on a cookie sheet and bake at 400° F. for 1 hour. (You may do this with part of a salmon also; 2–3 lbs. takes about 1/2 hour.) Let cool wrapped in foil.

When cool, open and remove onions and lemons. Scrape off skin and gray surface of fish. This is oily and not good for anything. You are now ready to serve. You may put the fish on a big platter and garnish it, or cut in small pieces for individual servings. Feel around with your fingers and remove any loose backbones that you can. Chill before serving. Serve with buttered pumpernickel, a lemon slice, dill weed, and watercress. It is delicious with Mustard Dill Sauce (below).

Mustard Dill Sauce

1/4 cup chopped dill
1 cup mustard, Grey Poupon Dijon
1/3 cup wine vinegar
1/2 cup mayonnaise
1/2 cup sugar
2 tbsp. salad oil

Combine all ingredients, adding oil slowly. Mix well with whisk. Refrigerate. This keeps for weeks. Serve over Poached Salmon (above) —or fill a ripe avocado or half a papaya with shrimp or crab and top with sauce.

Ed Clark was the Libertarian Party candidate for president in 1980.

Mike Grossberg

"I learned this chopped liver recipe from my Jewish grandmother, who learned it from her Jewish grandmother in Rumania, who learned it from... Some traditions are worth preserving!"

Grandma's Chopped Liver

1 lb. chicken liver
1 lb. calves liver
bread crumbs
4–5 eggs
4 tbsp. vegetable oil
2 tbsp. olive oil
1 tsp. salt, pepper
1/2 cup onion, chopped

After rolling the liver in bread crumbs, fry it in a pan that has been greased with 2 tbsp. vegetable oil. After the liver is cooked and looks dark, rather than blood-red, all the way through, grind it up in a meat grinder.

Boil the eggs and set aside under running water to cool. Mash the liver with a fork or spatula, adding salt, pepper, and 2 tbsp. each vegetable oil and olive oil.

Chop the eggs into extremely small bits, and mash into the liver. Right before serving, mash the onion bits into the liver.

Serve in a bowl with parsley placed on the side, surrounded by crackers on a plate.

Mike Grossberg helped to organize the Libertarian Futurist Society, which makes awards each year for libertarian-oriented science fiction. He also founded the Free Press Association, an organization of libertarian journalists.

Manny Klausner

"One of the most exciting appetizers around—created by the master, Fredy Girardet."

Foie Gras in Warm Vinaigrette*

(serves 4)

1 shallot
1 sprig each chervil and parsley
3 blades chives
2 1/2 tbsp. wine vinegar
salt and pepper
2 1/2 tbsp. walnut oil
4 1/2–inch slices raw duck foie gras (about 7 ozs. in all)
flour, for coating the foie gras

Mince the shallot. Chop enough of the herbs together to make 1 tablespoon in all.

Cook the vinegar, shallot, and salt and pepper in a small saucepan over medium-high heat for 1 minute. Add the walnut oil, remove from the heat, and keep warm. Salt and pepper each slice of foie gras and flour it lightly. Heat a nonstick pan over high heat and when it is hot sauté the foie gras slices in it, without any oil, for 30 seconds on each side. Add the mixed herbs to the warm vinaigrette.

Put the foie gras on small warm plates and nap with the vinaigrette. Serve immediately.

Manny Klausner is a senior editor of REASON *magazine and founder of the Libertarian Law Council in Los Angeles.*

*Reprinted from THE CUISINE OF FREDY GIRARDET, William Morrow (1984).



Subversive Soups

John Hospers

"This most resembles the best of the borscht I had in various places in Russia, the Lake Baikal (Siberia) borscht being the best, and similar to this, except that it was served in little individual pots with a layer of cheese acting as a lid to keep the heat in (the cheese could then be thrown away or added to the soup, according to individual taste)." (Long ago, when REASON magazine was in its infancy and was "pasted up" on weekends in Los Angeles, Dr. Hospers would show up with a welcome pot of this wonderful soup.)

Russian Borscht

5 pints clear beef stock or beef broth
1 one-pound ham bone, or 1 1/2–2 lbs. ham hocks
3 raw beets
1/2 lb. potatoes
1 small head of cabbage
2 onions
2 carrots
1 parsnip and/or 1 turnip
1–3 tbsp. tomato puree (or stewed tomatoes that have gone through mixer)
1 oz. butter
1 sprig chopped parsley
salt, pepper, sugar
1–3 tbsp. vinegar
sour cream

Bring the ham (in small pieces) to boil in water in large saucepan; boil for at least an hour, 'til water is well flavored. While ham is boiling, cut the beets, potatoes, carrots, onions, and cabbage into small pieces. Add the sugar, spices, and vinegar to the soup stock. Put in sliced onions and boil 'til soft. Potatoes should cook about 10–15 minutes ('til soft) and carrots and beets about 5 minutes, cabbage only a couple of minutes at the end. Add tomato puree. At the last moment, add sour cream to taste (about half a cupful). Soup is now ready to serve.

John Hospers, a professor of philosophy at the University of Southern California, was the Libertarian Party's first presidential candidate in 1972.

J. Neil Schulman

"This is what I use for culinary seductions."

French Onion Soup Gratinée

Per Serving:

- 1/2–1 onion
- 1 tbsp. Bertolli olive oil
- 1 tbsp. butter
- 1 cup beef stock or bouillon
- salt and black pepper
- 2 ozs. sweet vermouth
- 1 1/2 ozs. shredded Gruyère
- 1 1/2 ozs. shredded sharp cheddar
- 1 1/2 ozs. shredded Parmesan
- garlic toast croutes

Sauté onion in butter and olive oil until caramel colored. Meanwhile, prepare bouillon. When bouillon is ready, add to onions, reduce heat, cover, and simmer 1/2 hour. Add salt and pepper. Stir in vermouth. Put soup in oven-proof crock, to 2/3 full. Float garlic toast croutes on soup until covered completely, and sprinkle cheeses on —Gruyère on top. Bake in 400° F. oven until cheese is crusted golden brown. Serve.

WARNING: Go light on the salt—most onion soups are ruined by too much salt.

J. Neil Schulman is the author of several science fiction novels, among them THE RAINBOW CADENZA.

Institute for Humane Studies Cooking Collective

Submitted by Elizabeth Ditz

Smash the State Soup

(aka Gazpacho for Many)

For every 5 people you intend to serve, allow:

1 large can tomatoes (or 1 lb. really ripe tomatoes, peeled)
1 large (48-oz.) can tomato juice (or V-8 juice)
2 bell peppers, coarsely diced
2 cucumbers, coarsely diced (with the skin if it is not bitter)
1–2 sweet red onions (2 if small, 1 if big), coarsely diced
1/4 cup good red wine vinegar*
1/4 cup sugar*
1 clove garlic
5–10 drops Tabasco sauce*
salt and pepper

Select a serving dish big enough to hold your proposed volume of soup. Rub the inside well with one or more cloves of garlic.

Drain the canned tomatoes into the soup dish. Tear or chop the tomatoes coarsely. Add the rest of the ingredients, except for the Tabasco sauce. Stir and let rest for an hour.

Add about half the Tabasco sauce. Stir and taste, adding more salt and pepper as necessary. The soup base should be very slightly sour, and only as sweet as ripe cherry tomatoes. At this point, the soup should be only about half as hot as you want to serve it.

Put in the refrigerator and let mellow overnight. Just before serving, stir, taste, and adjust seasoning (salt, pepper, and Tabasco).

*If you are really making a large batch—such as to serve 25—do not increase these ingredients proportionally, as the soup will end up too sweet, too sour, and too hot. For 25, I would use about 3/4 cup each of vinegar and sugar, and Tabasco to taste. The larger the recipe, the more important it is to make it ahead.

The Institute for Humane Studies is located at George Mason University, although it resided in Menlo Park, California, when Elizabeth Ditz was making Gazpacho for its many.

Poul Anderson

"My wife, Karen, used to make this chowder for the annual picnic of the Elves', Gnomes', and Little Men's Science Fiction, Chowder, and Marching Society. There were never any leftovers."

Clam Chowder*

(makes 6–7 gallons)

In four quarts cold water bring to a boil:

- 1/4 cup Accent
- 4 ozs. Hana Katsuo (shaved dried bonito)
- 4 ozs. Ise-Hijiki or a substitute, such as 2 oz. of sheet Nori (20 sheets; dried seaweed)
- 3/4 cup salt
- 1 1/2 tsp. Shichimi Togarishi (Japanese chili powder—a spice mixture, about 50% red pepper)

Simmer gently for 10 minutes and strain. Discard solids.

- 4 lbs. chopped onions
- 4 ozs. olive oil
- 10 lbs. potatoes, cubed
- 10 lbs. carrots, sliced

Fry onions in olive oil and add with carrots and potatoes to the dashi broth above. On top, place:

- 1 bunch leeks
- 1/4 bunch parsley
- water (just enough to float everything so it won't stick)

Cook until tender. Discard leeks and parsley. At this point it may be advisable to divide the ingredients and use a second kettle.

To the above stew add:

5 lbs. pear tomatoes, canned, cut up
2 tbsp. basil
3 or 4 garlic cloves, sliced
juice of 12 lbs. minced canned clams (25 cans)

Set clams aside (refrigerate). Simmer chowder gently for an hour. This may be left overnight. When ready to use, bring to a boil and add the clams.

Poul Anderson writes science fiction celebrating a future history in which space is dominated by traders: the Polesotechnic League.

*First published in COOKING OUT OF THIS WORLD, edited by Anne McCaffrey, Ballantine Books (1973).

Andrea Millen Rich

"Wonderful and soothing on a cold winter day."

Cream of Carrot Soup

1 tbsp. butter
1/4 cup minced ginger root
1 1/2 lbs. carrots, pared and chopped
1 medium onion, chopped
1 tsp. salt
1/2 cup raw rice
4 cans (13 3/4 size) chicken broth, or 7 cups water and 7 chicken bouillon cubes
1 cup light cream

Melt butter, and add carrots, ginger, onion, and salt. Cook over low heat, stirring, for about 15 minutes.

Add rice and 3 cans of soup. Cook slowly, uncovered, about 45 minutes, or until carrots are tender. Puree in blender or food processor.

Return to pot, add other can of soup, and stir. Bring to a boil. Add cream and heat through.

Andrea Millen Rich is the president of Laissez Faire Books, a New York City–based bookseller with the world's largest selection of books on liberty.



Spontaneous Salads

Institute for Humane Studies Cooking Collective

Submitted by Elizabeth Ditz

Avocado, Jicama, and Walnut Salad

Allow 1/2 an avocado for each person. Do not peel.

To 1 cup of vinaigrette dressing, add 1 tbsp. plum sauce (available in Chinese stores or section of grocery). Blend well.

Buy 1 jicama, which is a South American tuber that looks like a turnip with potato skin on the outside, and like a very crisp, fine-textured apple on the inside. Peel and dice coarsely. Coarsely dice about 1 tbsp. walnuts per person.

Heap the center cavity of the avocado with a mixture of 1/4 walnuts and 3/4 jicama cubes. Pour plum-vinaigrette over cavity. Serve with a spoon.

The Institute for Humane Studies is located at George Mason University, where it concentrates on assisting the work of young scholars of a classical liberal bent.

Joe Cobb

"This is also great with fresh spinach, either as a mixed lettuce and spinach or straight spinach salad."

Wilted Lettuce Salad

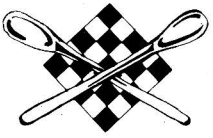
(serves 4)

1/2 lb. bacon
1 bunch leaf lettuce
1/4 cup sliced green onions
1 tsp. dill weed
1/4 cup vinegar
1/2 tsp. salt
dash of pepper

Cut bacon into one-inch pieces. Cook in skillet until crisp; remove and drain, reserving two tablespoons of drippings. Meanwhile, tear lettuce into pieces. Combine with bacon pieces, onions, and dill weed in bowl. Add vinegar, salt, and pepper to reserved drippings; heat to boiling. Pour over bacon-lettuce mixture and toss lightly.

Provide crumbled hard-boiled egg and other garnishes if desired.

Joe Cobb is an economist at the Joint Economic Committee of Congress, a contributing editor of REASON *magazine, and founder of the Choice in Currency Commission.*



Enterprising Entrées

Ayn Rand

Barbara Branden, who provided this recipe, says: "This was one of Ayn Rand's favorites, easy to make and delicious, which she had brought with her from Russia in 1926. She told me it was the *authentic Russian recipe for beef stroganoff."*

Beef Stroganoff à la Ayn Rand

(serves 4)

1 1/2 lbs. round steak, cut in thin strips
3 tbsp. flour
1/8 lb. butter
1 onion, grated
1 tsp. mustard
juice of 1/2 lemon
1 lb. fresh mushrooms
1/2 pint sour cream
1 small can tomato sauce
2 tbsp. sugar
2 tbsp. catsup
salt

Place meat in slightly buttered skillet and fry for 2 minutes on each side. Turn off element, and let meat stand in covered skillet while preparing the rest of the ingredients.

Cut mushrooms and boil them in 1/2 cup water for a half hour. Melt the butter. Remove pan from flame and add flour, grated onion, and the rest of the ingredients except for the mushrooms. Stir. Pour the mixture over the meat in the skillet and cook for 8 minutes, stirring frequently. Add mushrooms at the last minute.

Serve over rice.

Ayn Rand wrote the individualist classics ANTHEM, WE THE LIVING, THE FOUNTAINHEAD, *and* ATLAS SHRUGGED.

Dave Nolan

"Colorado libertarians have spent many an evening over wine and spaghetti adorned with this sauce, planning the rollback of the State."

Colorado Boomer Spaghetti Sauce

1 32-oz. jar Ragu "Extra Thick & Zesty" spaghetti sauce
2 16-oz. jars Ragu "Classic Combination" spaghetti sauce, one with sausage and peppers and one with mushrooms and onions
1 12-oz. can tomato paste
1 1/2 lbs. lean ground beef
1 red onion, 2 1/2-inch diameter (onion flakes are an acceptable substitute)
Italian spice mix (such as Lawry's or Durkee's)
4 ozs. Chianti or Zinfandel

Crumble ground beef loosely in skillet. Chop onion and add to meat. Sprinkle mixture heavily with Italian spice mix. Cook at medium heat until meat is brown, draining off fat and water.

Place resulting browned meat in a large crock pot or other container suitable for slow cooking. Stir in Ragu sauces and tomato paste.

Simmer at very low heat for four to six hours, stirring about every half hour. Add wine 1/2 hour prior to planned serving time. Start cooking spaghetti. By the time it's done, the sauce will be, too.

Dave Nolan founded the Libertarian Party in 1971.

Henry Hazlitt

"This recipe is one that I cook myself. It is amazingly simple, excellent, and never fails. I learned it from my wife."

Lemon Sole

(serves 2)

Put $^2/_3$ – $^3/_4$ pound of lemon sole in a pyrex dish, first putting in just enough melted butter or margaine at the bottom so that it can be spread to cover. Put just enough melted butter or margarine on top to cover the fish with a thin layer. Then insert for 10 minutes in an oven preheated to 400° F. Take it out, cover the fish with a thin layer of bread crumbs or Shake 'n' Bake, and put in the oven for another 10 minutes.

Henry Hazlitt is the author of ECONOMICS IN ONE LESSON, *a well-written introduction to free-market economics.*

Ron Paul

Shrimp Casserole

2 cups raw rice (cook as usual)
2 lbs. shrimp (boil)
2 cans cream of mushroom soup
2 cups grated cheese
6 tsp. grated onion
4 tsp. lemon juice
1 bell pepper (small)
1 jar pimento (small, chopped)
dash of garlic
1 tsp. black pepper

Mix all ingredients in cooked rice. Add shrimp. Put in covered casserole and cook 30–40 minutes at 350° F. To make it fancy, add crab and toasted almonds.

Ron Paul, former five-term Republican congressman from Texas, joined the Libertarian Party in 1987.

Jack Wheeler

"The world's greatest steak is made from the nerve of an elephant's tusk. An elephant's tusk is actually a gigantic tooth, and as we are all painfully aware, teeth have nerves. A large male elephant tusk will contain a nerve some two feet long, round and three or four inches thick at the base, tapering to a point.

"The Montagnards of South Vietnam, with whom I've hunted elephant, leopard, and tiger in the jungles of the Vietnamese central highlands, consider the foot of the elephant the greatest delicacy. But I love a great steak, and the nerve of the tusk is the best. The best restaurant steak in the world, served at La Cabaña steak house in Buenos Aires, can't compare."

The World's Greatest Steak

Step One: Shoot an elephant. Use a big-bore, .375- to .460-caliber hunting rifle. A brain shot is often deflected by protective bone. Go for the "ivory shot," aiming for the big wrinkle of skin just behind the shoulder, which will penetrate to the heart.

Step Two: Remove the tusks. Your bearers will do this for you, hacking the tusks free with an ax.

Step Three: Extract the nerve. This can easily be done with a machete.

Step Four: Slice the nerve into 1- or 2-inch thick steaks—just like a New York stripper.

Step Five: Grill the steaks over an open campfire. Seared on the outside, rare on the inside, it will be the tenderest, juiciest, tastiest steak you've ever had in your life.

Jack Wheeler is a philosopher and adventurer and president of the Freedom Research Foundation. This recipe wins the editors' award for most unusual —and hardest to test.

Andre Marrou

"Anybody who's spent time in New England knows how good freshly boiled lobster tastes. But unless you live 'down east,' it is *expensive. So, if you ever visit Alaska and chance upon a halibut, here's how to make it taste like lobster. The salt and sugar somehow change the taste and texture of halibut from bland and flaky to lobstery and semi-chewy. With some imagination, abetted by a little champagne, you'll think you're eating lobster. This recipe is used by fishermen in the Kachemak Bay area of Alaska."*

Poor Man's Lobster

Boil 1 gallon of fresh water. Add 1 cup salt and 1 cup sugar. After all that dissolves, boil again. Add bite-size chunks of halibut (no bones, please)—say, a handful at a time. They will sink to the bottom, then about 30 seconds later float to the top. Remove immediately.

Serve with drawn butter for dipping.

Andre Marrou was a Libertarian member of Alaska's House of Representatives from 1984 to 1986.

Milton Friedman

"This is my wife's recipe, which she got from her mother, for stuffed cabbage. My mother used to make stuffed cabbage, and it was one of the few dishes that I came actively to dislike. On the other hand, after I sampled my wife's version, it became one of my favorites. My wife is Rose Director Friedman, and the recipe is from Sarah Director."

Prockes (Stuffed Cabbage)

(serves 12)

5 lbs. ground chuck
2 large apples, diced
2 tbsp. brown sugar
1 tbsp. salt
pepper
1 medium onion, diced
juice of one lemon
1/2 cup uncooked rice
2 large heads of cabbage

Combine all ingredients except cabbage. Pour boiling water over cabbage and let simmer for a few minutes. Remove from water and separate leaves. Wrap meat mixture tightly in leaves.

On bottom of casserole, combine

cut up onion and celery
1 fresh or canned tomato
handful of raisins
lemon juice
brown sugar
catsup
1 cup water or tomato juice

The precise amounts don't matter. Put a layer of prockes in the pot and sprinkle with the juice of 1/2 lemon and some brown sugar and raisins. Continue with additional layers of prockes and lemon, brown sugar, and raisins.

Cook covered on top of stove for 1 1/2 hours. Uncover and brown in 350° F. oven for 1/2 hour.

Milton Friedman won the Nobel Prize in economics in 1976. He and his wife, Rose, collaborated on the book and TV series FREE TO CHOOSE.

Roger MacBride

"Several years before I became the 1976 LP presidential nominee, I learned how wonderful the corporate state can be—if, that is, you don't live or pay taxes there. The eye-opening occasion was my first trip aboard the French superliner France. *Charles de Gaulle had arranged for this magnificent ship to be built in principal part out of French government funds. No expense was spared; it was a monument to French culture and cuisine. Hideously expensive as was a first-class fare, it was only half the actual cost; the balance was borne by those toiling in the factories and fields of* la belle France.

"The ornament of the France *was the Chambord dining room. Its reputation was that of one of the 10 finest restaurants in the world. And it unquestionably was; dinner, for the appreciative, never lasted less than three hours. One of my favorite meat dishes was Gourmandines de Veau Laitier au Gratin* France. *The chef, the legendary Henri Le Huede, had created the dish aboard the ship. Apparently a frequent lady traveler once asked him to prepare veal scallops au gratin. Veal does not lend itself to gratinéeing, so to prevent the scallops from becoming dry he hit upon the idea of stuffing them with mushrooms and wrapping them in a crêpe. The dish was delicious but disastrous in appearance. When the lady ordered it on another voyage, he was inspired to use small scallops wrapped in miniature crêpes, to combine the mushrooms with diced chicken, and to bind the stuffing by gratinéeing it with an intensely flavored Sauce Supreme. When the lady congratulated the chef, saying 'the veal scallops were a real gourmandise,' she helped to baptize the dish that became one of his greatest successes.*

"Echoes of all this survive today. The France, *retired around 1974, was sold and, as refitted, is cruising the Caribbean under the name* Norway. *The French corporate state now heavily subsidizes travel on the Concorde, which I dearly love. And you can taste the best of it all in this dish!"*

Gourmandines de Veau Laitier au Gratin "France"*

(Veal Scallops au Gratin à la "France")

18 veal scallops, 3 ozs. each, from milk-fed veal
salt, freshly ground white pepper
1/2 cup (8 tbsp.) butter, heated until foamy
2 1/2 cups thick Sauce Supreme (1 cup reserved for stuffing)
1 1/4 cups grated Swiss cheese
1/4 cup (4 tbsp.) butter

Sauce Supreme

2 1/2 cups chicken consommé
4 fresh mushrooms, chopped
1 1/4 cups veal velouté
1 1/4 cups crème fraîche or heavy cream
salt, pinch of cayenne

Mix the consommé with the mushrooms in a saucepan and simmer until reduced by half. Add the velouté and simmer again until reduced to 1 cup. Stir in the crème fraîche and season to taste with salt and cayenne. Makes about 3 cups.

Crêpes

4 eggs, separated
salt
1 1/2 cups milk
1 1/2 cups all-purpose flour

Stuffing

1 broiling chicken, about 2 1/2 lbs.
salt
2 carrots, chopped
2 leeks (green part only), chopped
1 stalk celery, chopped
1 onion, studded with 4 whole cloves
bouquet garni (fresh parsley, celery leaves, thyme)
10 large, fresh mushrooms, diced
1/2 cup (8 tbsp.) butter, heated until brown
juice of 1/2 lemon

Prepare stuffing. Cook chicken in water to cover with salt, carrots, leeks, celery, onion, and bouquet garni for 40–45 minutes, or until tender. Skin and bone chicken, then finely dice meat. Sauté mushrooms lightly (about 5 minutes), without browning, in butter seasoned with salt and lemon juice. Mix chicken and mushrooms in a bowl and stir in 1 cup of the Sauce Supreme. Set aside.

Pound veal scallops until paper-thin. Season with salt and pepper, then sear for a moment on each side in a skillet with butter (they should still be rare when taken from the pan).

Prepare a batter for crêpes. Beat the egg yolks with salt, milk, and flour until smooth. Let the batter rest for a while, then make 18 7-inch crêpes in a lightly greased crêpes Suzette pan. Set crêpes out on a marble slab or mixing board and put a veal scallop on each. Using a metal spatula, spread each veal scallop with some of the stuffing, then roll the crêpes into cylinders.

Preheat the oven to 400° F. Generously butter a large Pyrex gratin dish. Spread dish with half the remaining Sauce Supreme and sprinkle with half the cheese. Put the rolled crêpes into the pan and spoon remaining Sauce Supreme over. Sprinkle with remaining cheese and dot with butter. Bake in hot oven for 15–20 minutes or until piping hot. Serve immediately.

Roger MacBride was the 1976 Libertarian Party candidate for president and a 1972 electoral college member who cast a vote for Libertarian presidential and vice-presidential candidates John Hospers and Tonie Nathan.

*This recipe was published in Henri Le Huede's DINING ON THE FRANCE, Vendome Press (1981).

David Friedman

"Rishta is a spaghetti or noodle dish and comes from a recipe written about 50 years before *Marco Polo is said to have brought spaghetti back from China. Given the extensive trade between Italy and the Middle East, I think it unlikely that the traditional version of the origin of spaghetti is true. This recipe is from a 13th-century Middle Eastern cookbook."*

Rishta

1 lb. lamb
1/2 stick cinnamon
1 tsp. salt
1/2 cup peeled chickpeas (aka garbanzos or ceci; canned will do)
6 tbsp. lentils
2 cups flour
1/2 cup cold water

Cut lamb into small pieces (approximately 3/4-inch cubes), cover with water, add cinnamon, salt, chickpeas, and lentils. Boil until cooked (approximately 1 hour).

Mix flour with about 1/2 cup cold water (just enough to make an unsticky dough). Knead thoroughly, roll out, and cut into thin strips. Add to pot, simmer 1/2 hour, and serve.

David Friedman is an economist and the author of THE MACHINERY OF FREEDOM.

Robert W. Poole, Jr.

"This recipe is an adaptation of one from an Indian cookbook. It was my first exposure to anything Indian other than curries—and it kindled an abiding passion for that cuisine. The original recipe contained few precise measures of the various spices, and the quantities listed should be considered only general guidelines. Feel free to experiment with the relative proportions, making it subtly different each time you make it. Like much Indian food, it's a real symphony of flavors."

Apricot Chicken (Murgh Khoobani)

1 chicken, cut up
1/4 lb. pitted apricots
2 medium onions, chopped
2 medium tomatoes, blanched
1/4 tsp. ground garlic
1/2 tsp. ground ginger
1 tsp. cinnamon
1/2 tsp. cardamom
1/8 tsp. saffron, dissolved in milk or butter
2 tbsp. shortening

Fry onions until light brown, then add garlic and ginger and fry well. Add chicken pieces, tomatoes, and spices (except saffron). Cover and cook on low heat, 30–45 minutes, until chicken is tender.

Add apricots and saffron and cook 5–10 minutes, until apricots soften. (If you are using canned apricots, cook only until apricots are warmed up.)

Serve with rice.

Bob Poole is president of the Reason Foundation, a Los Angeles libertarian think tank, and publisher of REASON magazine.

F. Paul Wilson

"Lamb for people who hate lamb."

Butterfly Lamb

Have butcher bone and butterfly a leg of lamb. Make a marinade using one package of Good Seasons Italian dressing. Cut up two or three cloves of garlic and insert in lamb or tuck in folds of meat.

In bottom of dish, pour some of the marinade. Sprinkle in some basil and oregano and a couple of bay leaves. Lay lamb on top of this, then pour remainder of dressing over meat; add two more bay leaves and a sprinkle of basil and oregano. Best to marinate overnight, turning the meat every so often so it is well covered by marinade. Then charcoal as steak.

F. Paul Wilson won the first Prometheus Award from the Libertarian Futurist Society for his novel WHEELS WITHIN WHEELS.

F. A. Hayek

"I enjoy good food without enjoying how it has been produced and forgetting in an hour or so what I have eaten."

Friedrich Hayek won the Nobel Prize in economics in 1974. He is the author of some of the most influential books on political economy since World War II, including THE ROAD TO SERFDOM. *He is particularly well known among libertarians for his theory of "spontaneous order."*

Doug Bandow

"It's just the best homemade lasagna I've tasted, and Italian food is my favorite."

Lasagna

(serves 8–10)

2 tbsp. salad oil
1 1/2 lbs. ground beef
1/2 lbs. Italian sausage
2 cloves garlic, crushed
1 large can tomatoes
8 ozs. tomato sauce
1 can tomato paste
1 1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. oregano
1/2 cup red wine
1 lb. ricotta cheese
12 ozs. mozzarella cheese
1/2 cup Parmesan cheese
8 lasagna noodles

Brown meat. Add tomatoes, sauce, paste, seasoning. Cook (covered) 45 minutes over low heat.

Cook noodles. (Add a little oil to the water so it will not boil over.) Drain and rinse.

Put a little sauce in the bottom of a 13 x 9 x 2–inch glass baking dish. Cover bottom of dish with one layer of cooked noodles. Spread half of ricotta on noodles (with spoon or knife). Cover with sauce. Cover with thinly sliced mozzarella. Cover with Parmesan cheese. Repeat layers. (There may be a little sauce left over.)

Bake at 350° F. for about 30 minutes, or until cheese bubbles.

Doug Bandow was a White House policy analyst during Ronald Reagan's first term as president. He is now a syndicated columnist, a policy analyst for the Cato Institute, and a contributing editor of REASON *magazine.*

Barbara Branden

"I truly do not cook—and the world has lost nothing. But here is a recipe that my mother used to make when I was growing up in Winnipeg. I have fond memories of her instructing the maid on how to prepare it."

Reb's Sweet & Sour Meatballs

(serves 4)

1 lb. ground meat
2 slices white bread, crusts removed and bread soaked in a little water
1/2 tsp. salt
pepper
1 small onion, grated

Mix ingredients together, form into balls, put in pan, and broil until brown on both sides (approximately 12 minutes each side); gently turn while broiling.

Sauce

1 large can tomatoes
3–4 tsp. brown sugar
2–3 crystals sour salt (juice of 1/2 lemon can be substituted, but not desirably)

Mix sauce ingredients together, and bring to boil. Pour over meatballs. Bake in 350° F. oven for about an hour. Taste while cooking; add sugar and/or sour salt to taste. If extra richness is desired, add 1 tbsp. plum or strawberry jam.

Serve over rice or macaroni.

Barbara Branden was a long-time associate of novelist-philosopher Ayn Rand and is the author of THE PASSION OF AYN RAND.

Durk Pearson & Sandy Shaw

"Delightfully easy to prepare and a surprisingly delicious dish, particularly good for the very busy cook (Sandy). The addition of ascorbyl palmitate to the recipe is our own modification. Ascorbyl palmitate (lipid soluble Vitamin C) is an antioxidant that helps prevent the development of warmed-over flavor, the stale taste of rancid fats. This is particularly important if you plan to save leftovers. Tip: A good way to help maintain the flavor of leftover baked chicken is to add two teaspoons of ascorbyl palmitate to the coating mix before baking the chicken."

Favorite Pot Roast*

1 1/2–3 lb. pot roast
1 can (10 1/2 ozs.) cream soup, undiluted (celery, potato, mushroom)
1 envelope onion soup mix
2 tsp. powdered ascorbyl palmitate (lipid soluble Vitamin C)

Puncture meat with a fork on all sides. Mix ascorbyl palmitate with cream soup. Spread about one-third of cream soup in bottom of cooking bag. Place roast on top of soup. Sprinkle onion soup mix evenly over meat. Cover with remaining undiluted cream soup.

Gather end of cooking bag together. Tie loosely with plastic strip, leaving small space for steam to escape. Microwave at 50% power (medium) for 25–30 minutes per pound. Turn roast over half-way through cooking.

Let roast stand in bag 20–30 minutes to complete tenderizing. Slice and serve meat with its sauce.

Durk Pearson and Sandy Shaw are researchers into the subject of longer life through vitamins. They co-authored the books LIFE EXTENSION, THE LIFE EXTENSION COMPANION, *and* THE LIFE EXTENSION WEIGHT LOSS PROGRAM.

*Originally published, *sans* ascorbyl palmitate, in BASIC MICROWAVING, by Barbara Methven, Publication Arts (1978).

Tibor Machan

Paprika Wiener Schnitzel

Place four plates near each other. Pour some (1/2 cup) milk in the first, 1/2 cup flour in the second, 2 eggs in the third, and bread crumbs in the fourth. Mix a teaspoon of paprika and 1/2 teaspoon of garlic powder into the flour and the eggs. Mix 1/2 teaspoon chili powder or hot paprika into bread crumbs (along with 1/2 teaspoon preferred seasoning which is compatible with these).

Pound veal steaks (or, when the budget is tight, pork or even breakfast steaks) thin, and dip each thoroughly into the mixtures in sequence, starting with the milk (which, incidentally, should contain a smattering of salt). Fry breaded steaks in buttered pan until brown.

Serve with nice dry wine and with cucumber salad, prepared by salting slices of cucumber, leaving stand in refrigerator for an hour, then squeezing and placing on salad plates with paprika sprinkled over.

Tibor Machan is a senior editor of REASON *magazine and the editor of the anthologies* THE LIBERTARIAN ALTERNATIVE *and* THE LIBERTARIAN READER.

Mike Grossberg

"The essence of this recipe is the marinade. 'That's the secret of success,' says my Dad, Fred Grossberg. In the early 1960s, he tried marinated spare ribs prepared by a friend. But the friend wasn't so friendly—he wouldn't tell Dad the marinade's secret. So Dad experimented with various marinades in a trial-and-error process over many years—unforgettable years, as far as our family was concerned, although even his 'failures' tasted good. But it was all worthwhile once he arrived at his final recipe."

Texas-Chinese Barbecued Spare Ribs

First, buy some baby pork spare ribs. Buy one triangular piece of meat per person. Ask your butcher to cut each triangular rib section into three strips, each about 2–3 inches wide. Marinate the ribs overnight in the refrigerator, turning them over and basting them at least once. To make the marinade, mix together in a one-quart blender:

- 1 1/2 cups orange juice
- 3/4 cup honey
- 1/3 cup soy sauce
- 1 tbsp. unseasoned meat tenderizer
- 1 tsp. garlic powder
- pinch of coriander
- pinch of marjoram
- pinch of chervil

Blend well. Pour the marinade over ribs spread out evenly in one or two large baking pans that have sides at least 2 inches high. Sprinkle additional meat tenderizer over the marinating ribs.

There are two ways to cook the meat. The best way is barbecuing the ribs outdoors on a hickory-smoked fire in a revolving basket. Take the ribs out of the marinade and place them on a rotating spit in a wire mesh basket. Wait 'til the coals are gray before beginning to cook the meat, which should stay on the fire for about one hour. (You can add two or three pieces of dampened hickory wood to smoke the ribs on the fire. Add more pieces of hickory after they burn up.) Keep turning the ribs over and basting them about every 10 minutes with the marinade. When not basting, keep the lid closed to keep the hickory smoke in.

If you can't cook outdoors or don't have a rotating spit, you can cook them on an indoor grill or in the oven at about 325° F. for one hour. After the meat has cooked for awhile, you can broil it for a few minutes if you like even crispier, "charcoaled" barbecue. (The meat should look pretty charcoaled anyway, because of the honey in the marinade turning black from the heat.)

You'll know the meat is done when it pulls away from the bone, letting the spare rib bones stick out at the ends. During the last 10 minutes of cooking, you can add two or three garlic pods to the oven pan or charcoal fire, so that the garlic flavor will penetrate the meat.

Serving recommendations: Serve with cole slaw and "rusty" potatoes.

Mike Grossberg is the founder of the Free Press Association and helped to organize the Libertarian Futurist Society.

Ed Crane

"I only cook frozen chicken."

Ed Crane is a former Libertarian Party strategist and is currently president of the Cato Institute in Washington, D.C.

Leonard Liggio

"Monreale ('royal mountain') is on Monte Caputo overlooking the Golden Shell of Palermo. It was the site of the royal palace of the Normans who conquered Sicily from the Emir of Palermo and southern Italy from the Byzantine emperor in the 11th century. This conquest by the Normans preceded the Norman Conquest of England, and the two kingdoms on the edges of Europe shared their families and their administrators. Since Sicily was the site of the superior Arab culture, along with Byzantine and Hebrew, the Europeans learned a great deal that was transmitted to the rest of Europe. The Exchequer system was brought by chancery clerics in Palermo to London based upon advanced Arab commercial systems. Monreale was the seat of the archbishop and Benedictine monastery, with the most beautiful basilica in Sicily designed by Arab, Jewish, Greek and Italian artists."

Chicken Breasts Monreale

Dip boned chicken breasts in flour, then in beaten eggs, then in grated Parmesan cheese and bread crumbs. Sauté with garlic and fennel or fennel seeds. Remove chicken. Add one cup of Marsala wine to pan juices and heat. Pour over chicken placed on chopped or creamed spinach with basil and lemons.

Leonard Liggio

Chicken alla Casalinga (home-style)

Cook onions in olive oil. Add chicken pieces and brown with mushrooms. Remove chicken, add 1/2 cup sweet vermouth, light with match, burn out. Add 1/2 cup tomato paste, dill, garlic, nutmeg, and cinnamon (1/4 tsp.). Return chicken and cook over low flame up to one hour. Serve with Swiss chard.

Leonard Liggio, a historian, is president of the Institute for Humane Studies, which is located at George Mason University.

Alicia Garcia Clark

Pork Loin Stuffed with Parsley

(serves 8)

4 1/2–5 lb. boned, rolled loin of pork, center cut
2–3 cloves garlic
2 bunches of parsley
salt and pepper
2 cups dry white wine
2 cups heavy cream
2 tbsp. green peppercorns
1/4 cup vegetable oil

Unroll loin, cut off any excess fat and, with the tip of a sharp knife, make small incisions in the meat. Insert small slivers of fresh garlic in these incisions and smooth the surface to close the cut. Many butchers tie two loins together. Roll each individual loin up and retie with the string. Take a long skewer or steel or wooden spoon handle and force it through the center of the loin, making a tunnel all the way through. Stuff this with heads of parsley, packing very tightly.

Heat the oil in the bottom of a casserole or pan with a cover, and brown the meat on all sides. Drain off any excess oil, and pour wine and cream over the top of the meat. Cover and bake in a 350° F. oven for 1 1/2 hours, or until meat shows no resistance to the tines of a fork.

Remove meat from pan and place on a platter. Skim fat from sauce (stick in freezer for 1 hour), and reduce to 1 1/2 cups. Slice meat and keep at room temperature, covered with foil, until the meal is almost ready. Reheat in oven about 15–20 minutes. When sauce is reduced, add the green peppercorns and keep warm on top of stove.

Alicia Garcia Clark was the 1981–83 National Chair of the Libertarian Party. She is married to Ed Clark, the LP's candidate for president in 1980. She learned about this recipe from her cooking teacher, Phyllis Ann Marshall.

L. Neil Smith

"I first ate this at a banquet given in conjunction with California State University's International Days, a campus-wide, week-long shindig for which, as a mere sophomore, I'd been appointed Entertainment Chairman, in charge of a review made up of a couple dozen acts. I discovered later that the honor was due to the fact that nobody else was willing to place their bodies between various Arab delegations and the Israelis, who, at the time, were just gearing up for the Six Day War. An interesting experience (in the Chinese sense), and my unique solution to the problem is another story altogether.

"In all the excitement, I never got a chance to buy the recipe book sold in connection with the banquet, but was so transported by the dish I tried for years afterward to recreate it. This, named after a restaurant-owning chimp in several of my novels, represents my best attempt. The original had slivered almonds, but any excuse to eat cashews is its own justification. I'd like to have contributed Lucy Kropotkin's favorite barbecue recipe, but it's never been written down. Maybe next time."

Mr. Meep's Chicken Arabesque

6–8 pieces of chicken
seasoned poultry spice
1/4 lb. butter
table salt
cinnamon
1 tbsp. honey
nutmeg
3 ozs. coarsely crushed cashews
coarsely ground black pepper

Melt butter in large iron skillet at medium heat. Add a heavy dash of nutmeg, cinnamon, and pepper. Use salt sparingly, practically no seasoned salt. Cook spices into butter. Add chicken to fill pan. Heavily dust with pepper. Brown well. When brown, add honey. Sprinkle cashews over chicken. Bake in 350° F. oven for 40 minutes, turning and basting every 10 or 15 minutes, making sure honey and cashews glaze chicken heavily.

L. Neil Smith's science fiction novel THE PROBABILITY BROACH *won the 1982 Prometheus Award from the Libertarian Futurist Society.*

David Henderson

"This is the best chicken cordon bleu I've ever had. When you're sautéing it, some of the cheese starts to melt. Pick it up with a fork, put it on a plate to cool, and eat it."

Chicken Cordon Bleu

deboned chicken breasts (1 whole breast per person)
Swiss cheese slices
boiled ham slices
2 eggs, beaten
1 1/2 cups bread crumbs
2 tbsp. butter, melted
2 tbsp. oil

Beat each breast into two squares. Sprinkle lightly with salt and pepper. Top each scallop with a slice cheese and a slice of ham. Roll up. Stick toothpick in. Dip in egg mixture. Roll in bread crumbs. Shake off excess. Put on plate in fridge for 2 hours.

Heat butter and oil in large skillet. Sauté rolls over moderate to high heat 'til barely browned on both sides, about 5 minutes.

Bake in oven at 350° F. for 20–25 minutes.

During President Reagan's first term, David Henderson was a staff economist with the Council of Economic Advisers.

Howie Rich

Country Chicken

1 chicken, cut into serving pieces
1 large onion, chopped
2 tbsp. butter or margarine
2 stalks celery
1 carrot
salt, pepper, nutmeg
1 can chicken broth
8 Italian sausages, browned
1/2 head cabbage, cut in wedges

Brown onion in butter. Remove from pan. Brown chicken on all sides. Put onions back in and add celery and carrot, cut up. Add salt, pepper, nutmeg, and chicken broth. Cover and cook slowly for 1/2 hour. Add sausages to pan and continue cooking 1/4 hour. Add cabbages, stir and cook 20 minutes.

Serve with rice.

Howie Rich is the publisher of CRITICAL REVIEW, *a libertarian-oriented journal of books and ideas.*

Lynn Kinsky

"It never comes out the same way twice!"

Curried Gemisch

(serves 6)

1–2 lbs. cubed meat (at our house, usually *chevon*—goat)
2 tbsp. curry powder (to taste)
2–3 tbsp. cooking oil
2–3 onions, chopped coarsely

Shake meat with some salt, flour, and pepper. Brown meat and onions in cooking oil. Sprinkle in curry powder. Add about 2 cups liquid (soup stock, beef bouillon, red wine, etc.). Simmer until meat starts to get tender (about 1 hour). Then start adding whatever's handy—a typical summer curry at our house would likely include the following:

1 cup dried lentils (*dhal*, to Indians)
4–5 new potatoes, diced
5–6 carrots
2 green peppers, chopped
2–3 oriental eggplants (*brinjals*) sliced
large handful green beans, sliced
3–4 tomatoes, chopped
3–4 celery stalks, sliced
2–3 medium summer squashes, sliced
handful raisins

Cook until all vegetables are done. Add more liquid if necessary (you want a thick stew consistency). Season with salt, pepper, and a pinch of dried red peppers. If one is feeling luxurious, add up to one pint of sour cream before serving.

Serve over cooked brown rice. Sliced cucumbers, shredded coconut, slivered roasted almonds, sliced banana, chutney, and plain yogurt are all good condiments to accompany the curry.

Lynn Kinsky was one of the original partners in the group that acquired REASON *magazine in 1970.*

Mike Holmes

"This method of preparation is similar to Mexican-style grilled chicken popular south of the border. Tasty but not as greasy as fried chicken."

Libertarian Lemon Grilled Chicken

1/2 cup fresh lemon juice (or use reconstituted)
3 tbsp. cooking oil
1 1/2 tbsp. Dijon mustard
1 tbsp. soy sauce
1/2 tsp. salt
1/4 tsp. cayenne (or red) pepper
2 small chickens, about 2 1/2 lbs. each, cut into serving pieces, or 4–5 lbs. chicken pieces
1 or 2 small green onions, minced
lemon wedges (optional)

Combine lemon juice, oil, mustard, soy sauce, salt, and red pepper in a large bowl. Mix thoroughly. Pour over chicken and allow to marinate for at least two hours, preferably at room temperature but in a cool place. Or prepare ahead of time and marinate overnight in the refrigerator (the longer you marinate, the more flavor you'll get).

My preferred cooking method is to grill the chicken outside on a full-sized hooded barbecue grill. I prefer to also add to the hot coals, just before starting, some chunks of mesquite which have been soaked for an hour or two in water. This adds a nice smoky taste.

Arrange the chicken on the grill and turn frequently and baste until brown. This will take 45 minutes to 1 hour, using medium heat. Rotate chicken every 10 or 15 minutes when you baste. Don't use too much charcoal, or the fire will be too hot and chicken will burn outside and be undercooked inside. A slow juicy cooking is best.

The basic recipe makes four to six servings. I usually double the above recipe (which is the maximum most outdoor grills will hold) and freeze the leftover chicken in suitable portions. Tastes great just warmed up or microwaved hot in minutes.

If the weather is unsuitable, arrange in a flat pan and broil until crusty brown, about 25 minutes, turning and basting frequently, as above.

Serve with fresh garden salad, corn on the cob or pasta, and white wine if you like it. I recommend a spicy gewürztraminer for a cool summer evening.

Mike Holmes is the editor of AMERICAN LIBERTARIAN.

Henry Hazlitt

"This is a recipe for my favorite dish that my wife cooks."

Oven-Baked Broiler

We buy a 3 1/2-lb. chicken and have it split. My wife cleans it, puts two or three tablespoons of melted butter or margarine on one half (we freeze the other), then pile the chest cavity with chopped onions. This is put in the oven at 375° F. for 30 minutes, taken out, reversed, with the onions put on top again, and reinserted for another 30 minutes. This dish is simple, delicious, and never fails.

Henry Hazlitt is an economic journalist, probably best known for his book ECONOMICS IN ONE LESSON.

Marty Zupan

"This is an adaptation of a recipe my mother used to make. To her version of a Hungarian dish from a cookbook she picked up somewhere, I have made my own changes. It is one of my daughter's favorite meals."

Chicken Paprika

(serves 4)

3 lbs. chicken pieces
1 1/2 tbsp. butter
1 1/2 tbsp. oil
1 medium onion, chopped
1 clove garlic, minced
2 tbsp. flour
2–3 tsp. sweet paprika
1/2 cup dry red wine
1/2 cup tomato juice (or several tbsp. tomato paste, or 1/4 cup tomato sauce)
1 cup water (more or less)
salt
hot paprika or cayenne to taste
1 cup sour cream
nokedli (recipe below)

Sauté the chicken pieces in the butter and oil in a heavy skillet over medium heat. When chicken is lightly browned on both sides, sprinkle well with sweet paprika and sauté a little longer. Remove chicken, reduce heat, and sauté onions and garlic in pan about five minutes.

Add flour to onions, stir well, and cook for a minute or so. Stir in 2 tsp. sweet paprika, wine, tomato juice, 3/4–1 cup water, and salt to taste. Bring to a boil and cook for a few minutes. Add a little more water if it seems too thick. Add chicken pieces, putting dark meat on bottom of pan. (In fact, it's a good idea to keep out any white meat for the first 10 minutes.) When it returns to the boil, reduce the heat, cover pan, and simmer gently until chicken is cooked, about 50 minutes (or 40 minutes if you have all white meat). If you are not ready to serve, stop at this point. Bring the mixture back to a boil over moderate heat when you are ready.

Ladle about 1/2 cup of the juices in the pan into a mixing bowl. Add sour cream, stirring until blended. Ladle some more juice into the bowl and stir. Now stir this mixture slowly into the pot. Season to

taste with salt and hot paprika or cayenne. (You can put more on the table for people to season their own dish to taste, too.) Heat a few minutes longer, but do not boil after adding sour cream, to keep it from curdling.

Serve with nokedli, preferably in wide, flat soup bowls. Ladle on plenty of the sauce, and provide your diners with soup spoon, knife, and fork. (If you prefer serving on plates, you may want to add a little more flour or decrease the liquid earlier.)

Nokedli (Hungarian Dumplings)

2 cups flour
1 tsp. salt
2 tbsp. chopped parsley (optional)
1 egg, lightly beaten
3/4 cup water
3–4 tbsp. butter

Bring 2-3 quarts salted water to a boil in a large pan.

Stir salt, and parsley if you're using it, into flour in a bowl (one with a "lip" is best for the next stage). Blend egg and water, add to flour mixture, and mix well. Stir in water or flour by the tablespoon as necessary to achieve a soft, but not sticky, dough.

When the water is boiling vigorously, drop in dumplings: Scoot the dough to one side of the bowl. Holding the bowl sideways over the boiling water with one hand, use a table knife in the other hand to "cut off" teaspoon-size bits of dough. Use the lower edge of the bowl to scrape the dough off the knife. The dumplings will drop into the water (watch out for hot splashes!). Continue with this, dipping knife into water occasionally to prevent sticking.

After all the dumplings are in, boil gently 5–7 minutes, or until tender in center. Test by cutting one or two in half.

When nokedli are cooked, drain in colander. Serve as is, or if you're not worried about calories and cholesterol, sauté quickly in butter over moderately high heat, stirring several times, until golden and slightly crispy on the outside. (This touch is worth it at least once!)

Marty Zupan is the editor-in-chief of REASON *magazine. Cooking and recipe collecting are her hobbies.*

Dave Walter

"I have enjoyed Wiener schnitzel many times in many places. The most memorable, however, was at the Puntigamer Brewery's Beer Garden in Graz, Austria. Lunch was a huge Wiener schnitzel washed down with several steins of fresh brew. After that meal I could understand why Germans feel they can conquer the world."

Wiener Schnitzel

4 veal escallopes
5 eggs
bread crumbs
oil for frying

Coat the veal in egg and bread crumbs and fry until golden brown. Fry four eggs (over light or sunnyside up) and serve veal garnished with egg on top.

Vegetables: spaetzle (German noodles) and string beans.

Beverage: good imported German beer (Becks, St. Pauli Girl, Lowenbrau, Wurzburg, etc.)

Dessert: Sacher Tort

Dave Walter co-founded Students for Individual Liberty (SIL).

Craig Franklin

Franklin's Scallops

(serves 4)

2 lbs. fresh scallops (or use any white fish, cut up into small pieces)
1 lb. fresh mushrooms
1/4–1/2 cauliflower
1 bunch of broccoli
1 bunch of scallions
salt, pepper, mustard powder, etc., to taste
2 cups white wine
fresh spinach (optional)
1/2 stick butter

1. Chop all vegetables and put into piles or bowls. If you do this in advance, you can really impress your friends when you make this.

2. Melt butter in an electric wok or skillet. Add chopped mushrooms and scallions. (You add them first because they take the longest to cook.) Cook at medium heat until mushrooms are all brown (about 10 minutes).

3. Add the scallops, then pile all the vegetables on top, spinach last. Turn up the heat to high and pour in the wine. Cover for 15 minutes, stirring occasionally, so that the stuff on the bottom doesn't stick. The idea is that the scallops cook, but the vegetables steam in the wine.

4. Make some white rice while this is going on, and serve.

Craig Franklin is a libertarian folk singer.

David Friedman

"This recipe is from a short collection of recipes contained in an Icelandic medical miscellany; I think the book is 15th-century, but the translators suggest that the recipes were lifted from an earlier source, circa 1300."

Icelandic Chicken

5 cups flour
about 1 3/4 cups water
1/2 lb. bacon
3 tbsp. dried sage (or sufficient fresh sage leaves to cover)
3 lbs. chicken

Make a stiff dough by kneading together flour and water. Roll it out. Cover the dough with sage leaves and the sage leaves with strips of bacon. Cut the chicken in half. Wrap each half in the dough, sealing it. You now have two packages which contain, starting at the outside, dough, sage, bacon, chicken. Put them in the oven and bake them like bread, at 325° F. for 2 hours. Some people do the whole chicken as one loaf.

The part of the bread at the bottom is particularly good, because of the bacon fat and chicken fat. You may want to turn the loaves once or twice, or baste the top with the drippings.

Members of the Society for Creative Anachronism develop medieval personas and attempt to recreate the best parts of the Middle Ages. Economist David Friedman has done extensive research in medieval cooking, and as Cariadoc of the Bow—a 12th-century Moor—has co-authored a whole cookbook of medieval recipes.

Ken Fanning

"I discovered this 'train-wreck' on a wilderness trek when our canned food was air-dropped into a lake, washing the labels off the cans. While searching for the potatoes, I'd opened all the other cans first and just threw them into the brew. Turned out delicious and works equally well with sheep or moose roast, or even beef."

Salmon Train-Wreck

1 fresh salmon (6–8 lbs., preferably sockeye)
1 can corn
1 can green beans
1 can stewed tomatoes
1 can black olives
1 can baby whole potatoes
1 can mushrooms

Barbecue salmon over open coals, using liberal applications of sauce during final 10 minutes. (Sauce consists of tomato sauce, Worcestershire, brown sugar, lemon juice, mustard, water, salt and pepper.)

Gently roll salmon into a shallow roaster of preheated mixture of canned vegetables listed above, and let steam for 15 minutes.

Serve veggies over pan bread and cut salmon as if baked.

Ken Fanning was a Libertarian member of the Alaska state legislature from 1980 to 1982.

Institute for Humane Studies Cooking Collective

Submitted by Elizabeth Ditz

Third World Pork Stew

2 lbs. pork, more or less, cut into cubes
1 lb. (fresh) or 1 can *tomatillos enteros*, drained (in Mexican section of grocery)
1 can stewed tomatoes, or 1 lb. tomatoes, peeled and seeded*
1 large yellow onion
2 cloves garlic
cooking oil
salt and pepper
1 tbsp. butter
1 cup couscous

Heat the cooking oil and brown the cubed pork well in Dutch oven or saucepan. Add the onions and garlic and sauté until just limp.

In a blender or food processor, blend the tomatillos and tomatoes. (*If you are using fresh tomatoes, add a stick or two of celery and half a bell pepper, if you like.)

Drain any excess fat off the pork and onion mixture. Add the tomatillo-tomato mixture and bring to a boil, stirring well. Reduce heat, and simmer for at least an hour, until pork is tender. Adjust seasoning.

When pork is ready, boil 1 cup water. Melt butter in water and pour over couscous. Let stand for 5 minutes, and fluff with fork.

Serve either as separate dishes, or arrange sauce and pork over a heap of couscous.

The Cooking Collective sustains the Institute for Humane Studies in its concentration on the academic aspects of advancing the cause of liberty.

Don Ernsberger

"I named this creation 'Libertine' because it is spicy yet syrupy sweet, bathed in delectable juices, and easy to make."

Libertine Chicken

1 lb. boned chicken breasts and legs, *or* 2 lbs. chicken breasts and legs on the bone
1 can whole cranberry sauce
2 green sweet peppers, sliced into 1/2-inch strips
pinch of garlic

Broil or bake the chicken until it is almost cooked. Place the chicken in a frying pan with cranberry sauce and sliced green peppers. Bring to a mild boil and add a pinch of garlic. Cover and let stand until peppers are soft.

Serve over rice (or alongside, if you prefer) with salad and wine.

Don Ernsberger is the co-founder of Students for Individual Liberty (SIL).

Marshall Fritz

"This stir fry is different every time I make it. That is part of the fun. Use this as a guide. White rice, corn tortillas (chopped), cooked spaghetti, or Chinese noodles can be substituted for brown rice. If done with corn tortillas, rename it 'Chiliquiles Fritez.' If noodles, then it's 'Chow Mein Marshall.' "

Fritz's Stir Fry

The basic recipe includes:

short-grain brown rice, onions, and curry powder
pepitas (shelled pumpkin seeds)
bratwurst (or kielbasa, ham, bacon, or summer sausage)
bacon grease (or peanut, sesame, or vegetable oil)
cayenne pepper, salt, pepper—to your taste

Plan on just over an hour from a standing start (or 1/2 hour if you cooked the rice the day before, which is best). Other good things invariably get in the stir. I can't imagine putting all of these in at once. Well,...

fresh ginger, garlic
soy sauce, liquid smoke
eggs
peanuts, sesame or sunflower seeds
cabbage, broccoli, carrots, scallions
green peas, Chinese pea pods
just about any other vegetables you like

Cook 1 or 2 cups brown rice 40–45 minutes. Follow directions on the package, and it won't be sticky. While rice is cooking, get vegetables and other stuff out, chopped, diced, or whatever and ready to go.

About 10 minutes before rice is done, start stir-frying in a very large frying pan or wok. Get it hot, add a few tablespoons of oil or bacon grease. (If you need precision in your life, use 3.5 tbsp. oil for each 9 ozs. of chopped onion.)

Put in two or three chopped onions. Stir it around some. Turn heat up to max. After a couple minutes, put in a couple handfuls pepitas. They'll "pop"—not quite like popcorn—and develop a nutty taste. After a couple minutes, put in a cup or two of cabbage or any other veggies that need a bit of cooking. Add as much fresh ginger as your guests can stand. Ummmm!

Once or twice put in 1/4 cup of water and put on a lid to steam the veggies for a minute.

Then put in a 1/2 pound of precooked meat. After a minute, in goes the rice, noodles, or tortillas. Stir and fry another 3–4 minutes. (If you make it with tortillas, you may tell anyone who will believe you that it's authentic Mexican campesino food. Helps credibility by adding small cans of chopped cactus and ortega chiles.)

Important: curry must be cooked. So make a clear area in the pan, put in a pat of butter, and then cook 1 tbsp. curry powder in the butter. As it cooks add 1/4 cup of water and cook it further. Curry cooking time totals a minute or less. Then start stirring again, turn off heat, add several raw eggs and keep stirring; they'll cook. Add cayenne, salt, pepper to taste.

Serve with anything: salad, sour dough toast, red wine, whatever!

WARNING: THIS RECIPE HAS *NOT* BEEN APPROVED BY THE FEDERAL WHOLESOME RECIPE STANDARDS ACT (1984, as amended). THE COOK GENERAL OF THE UNITED STATES HAS FOUND THAT USE OF UNAUTHORIZED RECIPES MAY NOT PROVIDE THE BALANCED DIET DETERMINED BY CONGRESS AND THE SUPREME CHEF. USE AT OWN RISK.

Marshall Fritz is the founder of Advocates for Self-Government, Inc.



Voluntarist Vegetables

James Buchanan

"Properly done, this is the best *dish in the* world!"

Middle Tennessee Fried Corn

Select several ears of fresh *field* corn (*not* sweet corn), preferably Hickory King white corn. Husk ears, then cut *tips* of kernels into bowl. Then *scrape* remaining *milk* of kernels into bowl.

Add water and salt to mixture. Add 2 tbsp. *lard* (or other fat) to mixture.

Put in skillet and cook over *moderate* heat (simmer) for one hour. Add water as needed. Stir to prevent sticking.

James Buchanan is a leading theorist of the "public choice" school of economics, which is critical of government involvement in the economy, and was awarded the Nobel Prize in economics in 1986.

Andre Marrou

"This is a real back-country recipe, useful at South Texas deer hunting camps, where it originated. My late father showed me how on just such a trip many years ago. It may not be healthy, but it sure tastes good out in the woods."

Daddy's Spinach

First, drink a beer or two. This will measurably improve your attitude and gustatory ability. Then, do this in the order listed:

Fry about 1/2 lb. chopped bacon until almost crisp (in a big skillet).

Add 1 cup chopped onions and brown.

Dump in one No. 2 can of chopped spinach (after draining).

Mix well, then break 2 eggs over the mess and keep stirring until the eggs are scrambled.

Season with ground black pepper and serve.

From 1982 to '86, Andre Marrou served in the Alaska House of Representatives as a Libertarian.

Alicia Garcia Clark

Vegetable Pot Pourri

(serves 8)

1 lb. whole, fresh mushrooms
1/2 lb. whole, fresh pea pods
1/2 basket cherry tomatoes
sliced zuchinni
sliced carrots
sliced water chestnuts

Add any vegetables you wish. Do your own thing! Add yellow or green squash, green or red peppers, cauliflowerettes, broccoli flowers, pearl onions, green beans, fresh peas, to name only a few. This is a marvelous way to use up leftovers or the handfuls of vegetables you get from your garden at the beginning of harvest.

Sauté mushrooms in hot oil, butter, or half and half. Add any of the vegetables that require a little cooking. This is stir-frying—it should be done quickly, and the vegetables should remain crisp. Add pea pods and tomatoes at the very end of preparation, as they only need to be warmed. For seasoning you may add to the pan crushed garlic, fresh grated ginger, soy sauce, Worcestershire sauce, or any fresh herbs and spices, keeping in mind the dinner it is to be served with. Salt and pepper lightly.

This may be done ahead, the afternoon of the party, and kept in the same pan and warmed quickly just before serving. You can add garlic, ginger, or mustard and soy sauce just before serving.

Alicia Garcia Clark was the 1981–83 National Chair of the Libertarian Party. She learned about this recipe from her cooking teacher, Phyllis Ann Marshall.

Poul Anderson

Cheese Garbanzos

Cut up bacon and cook in frying pan or fireproof dish. Pour off most fat. Sauté chopped onion in the rest. Add garbanzos, tomato paste, water, salt, parsley, and rosemary. Simmer till sauce begins to thicken. Cover with cheese slices and dust with paprika. Bake a few minutes at 400° F., till cheese melts.

Quantities used depend on individual taste and how many servings are desired. I am pretty generous with the onions, parsley, and rosemary, and much prefer they be fresh.

Poul Anderson is a well-known science fiction writer. His Polesotechnic League stories are set in a future where the free market plays a dominant role.

David Friedman

Caboges

Wash 1 medium head of cabbage. Cut it in fourths. Parboil it (dump into boiling water and leave it there a few minutes). Drain. Chop. Squeeze out water. Put it in a pot with 4 cups of beef broth and 4 lbs. of marrow bones. Simmer until soft, stirring often enough to keep it from sticking (about 20 minutes). Add a pinch of saffron, 1 tbsp. of salt, enough bread crumbs to make it very thick. Simmer 10 minutes more. Serve.

David Friedman is the author of THE MACHINERY OF FREEDOM. *He has spent many years researching medieval cooking. This recipe is from a 15th-century English cookbook.*

F. Paul Wilson

"A vegetarian delight. Can be mild or very hot according to amount of pepper added. (We like it hot*!) It's the only meal all adults and kids in our house will eat without complaint."*

Linguini con Broccoli

(4–6 servings)

1 bunch broccoli, about 1 1/4 lbs.—use flowers only
6 tbsp. olive oil
2 tsp. finely chopped garlic
1/4 tsp. hot red-pepper flakes
1/3 cup fresh or canned chicken broth
salt and freshly ground pepper
1 lb. linguini cooked according to package directions

Cut the broccoli flowerettes off the stems into ample, bite-size pieces.

Heat the oil in a wok and add the garlic. Cook briefly, without browning. Add the broccoli and toss to heat through. Add the red-pepper flakes. Add the broth and salt and pepper to taste and bring to a boil.

Toss with hot cooked linguini and serve immediately.

*F. Paul Wilson is a novelist—*WHEELS WITHIN WHEELS, THE KEEP, AN ENEMY OF THE STATE, *etc.*

Leonard Liggio

"The northern Albanians (Ghegs) departed Albania in the 15th century after long resistance to the Ottoman Turks under the leadership of Alexander Bey (Skanderbeg). Most Albanians—Ggehs and Tosks (southern)—embraced Islam. The Ghegs were settled in the Kingdom of the Two Sicilies, with some established in Calabria and others across the straits in Sicily proper where the town of Piana de Greci was the seat of the Albanian Byzantine-rite bishop and the Greek-rite clergy. The Albanians are the oldest people in Europe; along with the Basques they are the descendants of the Illyrians of the ancient world, providing leaders of the Hellenistic and Roman empires as well as the vizers of the Ottoman golden age and the royal dynasty of Egypt from Mohmet Ali to Farouk.

Albanian Macaroni Seashells

Cook basil, oregano, chives, dill, and parsley in butter or oil and pour over seashells.

Leonard Liggio, president of the Institute for Humane Studies, loves both food and history.



Buyer Beware Breads

Frances Kendall

"I was raised on whole wheat bread, and for me it means stability, wholesomeness, and home. There is nothing I enjoy more than a hunk of this bread with butter and a thick piece of strong cheddar cheese. This particular recipe is foolproof, easy, and makes delicious bread that is the staple diet of our family. Our housekeeper bakes double this quantity twice a week, and if you're lucky you might come in at just the right time to have a crust fresh from the oven. Everyone who tastes it wants the recipe."

Nutty Wheat Bread

(makes two 10-inch loaves)

5 cups nutty wheat flour (or whole wheat)
1 cup white bread flour
1 cup crushed wheat
1/2 cup brown sugar
1/2 tbsp. dried yeast (or 1/2 packet)
1/4 cup sunflower (or other) oil
1/2 handful sunflower seeds (optional)
warm water

Mix all the dry ingredients in a large bowl. Make a well in the center and add warm water little by little, mixing it in with your hands until the mixture is thick and gluey. Add the oil and keep turning the mixture with your hands until the oil is incorporated. Sprinkle a little white flour on top of the dough and cover with a dish cloth. Leave in a warm place to rise for 30 minutes. Punch the dough down and mix for a further five minutes.

Spray two bread tins with cooking oil substitute, or lightly oil them. Put the mixture into the tins and leave it in a warm place until it rises to the top of the tins.

Preheat the oven to 400° F. Put the bread in and turn the temperature down to 350° F. Bake for one hour. Remove from the oven and turn out onto a rack to cool.

Frances Kendall lives in South Africa. She and her husband, Leon Louw, AFTER APARTHEID: THE SOLUTION FOR SOUTH AFRICA. She also wrote SUPER PARENTS, SUPER CHILDREN.

Robert W. Poole, Jr.

"This is my mother's recipe. It was (and still is) an annual tradition; no year-end celebration in my house would be complete without at least one loaf. For those (like me) unused to dealing with yeast, you need to take care not to let the little buggers get too hot when dissolving the yeast. Hot rather than warm water will kill them, and instead of a loaf of bread you'll end up with an Xmas brick."

Christmas Fruit Bread

3 whole eggs
3 egg yolks
3/4 cup shortening
1 cup milk
2/3 cup sugar
3 packages yeast
6 cups flour
1 tsp. salt
1 cup chopped pecans
1/2 cup raisins
1/2 cup chopped citron
1 jar maraschino cherries
1/2 tsp. ground cardamom

Heat milk (do not boil). Add sugar, salt, and shortening; cool to lukewarm. Dissolve yeast in 1/3 cup warm water. Add yeast mixture to milk mixture in large bowl. Beat eggs and add; mix well. Mix in 1 or 2 cups of flour, using beater. Gradually add the rest of the flour and mix well by hand.

Slice the cherries in half and add all the fruits and nuts (plus cardamom). Mix well. When dough forms into a ball, place on floured surface and knead 10 minutes. Place in greased bowl, turning several times to cover with shortening.

Let rise in a warm place until double in bulk—about 1 1/2 hours. Once the dough has risen, punch it down, cover with paper towels, and let it rest for 15 minutes. Then divide the dough into two large loaf pans.

Bake about 30 minutes at 350° F. Cool on wire rack.

Bob Poole is president of the Reason Foundation, publisher of REASON *magazine, and the author of* CUTTING BACK CITY HALL.

James Buchanan

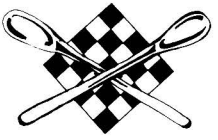
Pizza Romana or Focaccia

(Quick Rise Pizza Dough)

2 packages quick-rise yeast
1 cup hot water (110–115° F.)
3 1/2 cups flour
1 tsp. salt
2 tbsp. vegetable oil

Dissolve yeast in water. Mix with rest of ingredients. Knead dough until smooth. Set aside and let rise for a bit. Roll dough out to fit 2 oiled 12-inch pans or 1 13 x 9–inch pan. Brush dough with a thin layer of olive oil. Sprinkle with coarse salt. Bake at 450° F. for 10 minutes. Remove from oven and brush entire surface again with oil.

1986 Nobel Prize winner James Buchanan says this recipe was created by "Italians in Rome."



Deregulated Desserts

Karl Hess

"This recipe is very much in keeping with my general notion that the mastery of basic principles is desirably precedent to efforts of greater complexity. It is also in keeping with the fact that I am acknowledged by friends and family alike to be capable of no kitchen task more demanding than dish washing. I have been forbidden access to such advanced kitchen equipment as the stove except in the one instance I am about to reveal. Incidentally, I seem to inherit the tendency to destroy menu items. My mother, although the greatest teacher, was the worst cook.

"Several years ago, in recognition of all this, my best friend, Randy Langhenry, presented to me a recipe which, it was his feeling, not even I, the Genghis Khan of the kitchen, the dunce of dumplings, the nincompoop of nourishment, the beast of baking, could wreck. And he was correct. It is revealed here, therefore, as perhaps the ultimately simple yet satisfying culinary activity for klutzes such as I. It is delicious. It works every time. It does not require an attention span or dexterity beyond that available to the average five-year-old, and it does not provoke arguments or curiosity which might lead to unfortunate experimentation, as, for instance, the time I took a dimly remembered phrase, "salt fried," to mean that one could usefully fry a steak on a bed of table salt; or when I reasoned that peanut butter being magnificent and hamburgers being patriotic, putting both together would yield a taste delight of significance. The former instance was so terrible that it could not be remedied even by washing the steak in running water, nor could the latter be made palatable even by the addition of strawberry jelly, that sovereign companion of peanut butter."

Untitled

1 large egg
1 cup peanut butter (I prefer chunky)
1 cup sugar

Mix thoroughly. Form into balls of no more than 3/4-inch diameter. Place on cookie sheet. Squish with fork to cookie shape and flatness. Place in oven preheated to 350° F. Bake for 10 or so minutes until toothsome.

Karl Hess is the editor of L.P. NEWS, the official newspaper of the national Libertarian Party. He is, by trade, a welder. Once upon a time, he was a speech writer for Barry Goldwater.

Murray Rothbard

"I submit this recipe strictly as a consumer rather than a producer, in the Great Division of Labor. It is an indescribably yummy dessert, so much so that regardless of how much I may eat, diminishing marginal utility has never yet set in. Other diners are always in danger of coming away with nothing, if the Clafouti is served in a common plate, and my utensils are anywhere in sight."

Cherry Clafouti

1 lb. fresh sweet cherries, or canned, dark sweet cherries (preferably pitted)
1/2 cup flour
2/3 cup sugar
pinch salt
3 eggs, slightly beaten
1 1/2 cups milk
3 tbsp. butter, melted and cooled

Butter a 9 x 9 x 2–inch baking dish and sprinkle with 1 tbsp. sugar. Spread cherries on bottom. Combine in a bowl flour, sugar, salt, eggs, and milk. Mix in butter and pour over cherries.

Bake at 400° F. for 30 minutes. Sprinkle with a little sugar and bake until knife comes out clean.

Murray Rothbard, otherwise known as "Mr. Libertarian," writes books, essays, articles, monographs, and operas. Among his books is FOR A NEW LIBERTY.

Robert Heinlein

Virginia Heinlein writes: "Although we can't have this very often, we love it and would have it frequently if it weren't so tempting! Although this recipe is for four to six people, Robert and I can eat the entire thing at a sitting."

Chocolate Soufflé

5 tbsp. sweet butter
3 tbsp. sifted cake flour
6 ozs. dark sweet chocolate
1 1/2 cups light cream
1 inch vanilla bean
4 egg yolks
4 tbsp. granulated sugar
6 egg whites
pinch of salt
granulated sugar
confectioners' sugar

Melt 3 tbsp. butter in pan. Stir in flour off fire. Cut up chocolate, put into saucepan with light cream, and stir over slow fire until it dissolves. Pour this mixture slowly into the butter and flour. When smooth, stir over fire until it just comes to a boil. Remove and add scraped vanilla bean. Cool and cover.

Beat egg yolks with granulated sugar until light and fluffy. Add this to soufflé mixture. Beat egg whites with the salt in a metal bowl with a whisk until stiff, and carefully fold into the soufflé mixture. *Be sure that this mixture is cold.*

Grease inside of an 8-inch soufflé dish with remaining butter, dust with coarse granulated sugar, fill with soufflé mixture, and sprinkle top with fine granulated sugar. Stand in pan of hot water and bake at 350° F. for 30 minutes. Increase heat to 375° F. for another 15 minutes, or until firm to touch. Sprinkle with confectioners' sugar and serve at once.

Robert Heinlein writes science fiction. Among libertarians, one of his most popular books is THE MOON IS A HARSH MISTRESS.

Leon Louw

A note from Leon's wife, Frances Kendall: "Koeksisters are a traditional Afrikaans sweet and really need two people working together to make them. This recipe has been passed down from mother to daughter for generations. I wouldn't dare make them, and Leon doesn't cook, but he has a very sweet tooth and was raised on koeksisters. He tries to control his desire for sugar, but when he breaks out these are what he eats!"

Koeksisters

4 cups white flour
2 eggs
1/4 cup butter
4 tsp. baking powder
milk

Mix flour, baking powder, and salt and rub in butter well. Beat eggs well and add them to the dry ingredients. Add a little milk and work the ingredients together to form a rolling dough. Roll the dough to 1/4-inch thickness and cut it into two-inch squares. Take one corner of the square and fold it to the center, then fold the opposite corner to overlap the first fold. Or, oblong strips about 2 x 3 inches may be cut. Slice in three, stopping just short of one end, and plait; join the three loose ends at the end of the plait by pressing them together.

Put oil in a large saucepan deep enough to cover the koeksisters. Heat the oil very hot. Drop the koeksisters in a few at a time so that they have plenty of room and the temperature of the oil is not lowered. Turn them over with a warm fork, cook for a minute longer, and quickly lift them out and immediately drop them into a bowl of very cold syrup and push them down in the syrup. Lift out and let the excess syrup drain off. Pack in a tin.

If the syrup is very cold and the koeksisters are dunked in it when they are boiling hot, they should be impregnated with syrup and have a golden glazed appearance on the outside and be crispy.

Syrup

2 cups sugar
1 cup water
1/4 tsp. ground ginger
oil (sunflower, corn, or other light vegetable oil)

Put the sugar, water, and ginger into a saucepan and stir over medium heat until the sugar is melted, then boil the mixture for 10-15 minutes until the syrup is fairly heavy. *Do not stir while the syrup is boiling*. Leave the syrup to cool, then refrigerate it.

It is advisable to have two or three bowls of syrup, as the mixture soon warms up from the hot koeksisters. The syrup can be placed in an ice pan while in use, but more than one bowl is still a good idea.

Leon Louw is an attorney in South Africa and president of the Free Market Foundation, a South African libertarian think tank. He is an advisor to the Ciskei homeland and is responsible for many of its laws privatizing land ownership and deregulating business. He and his wife, Frances Kendall, co-authored the book AFTER APARTHEID: THE SOLUTION FOR SOUTH AFRICA.

David Henderson

"Yummy—a good way to be both a vegetarian and a chocolate freak." (More important, he's found another use for zucchini!)

Chocolate Zucchini Cake

1/2 cup butter
1/2 cup vegetable oil
1 3/4 cups sugar
2 eggs
1 tsp. vanilla
1/2 cup sour milk
2 1/2 cups *un*sifted flour
4 tbsp. cocoa
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. cloves
2 cups grated, unpeeled zukes
1/4–1/2 cup chocolate chips

Combine butter, oil, and sugar. Add eggs, vanilla, and sour milk. Combine dry ingredients and add to mixture. Beat well. Stir in zukes. Spoon into greased 9 x 13–inch pan or tube pan. Sprinkle with chocolate chips. Bake 40–45 minutes at 325° F.

David Henderson was a staff economist with the Council of Economic Advisers during Ronald Reagan's first term as president and now teaches at the Naval Postgraduate School in Monterey, California, and does free-lance writing.

Lynn Scarlett

"A friend gave me this recipe once when I was living in the hills above Santa Barbara, California, with a pear orchard near-by. It has remained a favorite dessert of my family and friends."

Pear Pie

1 egg yolk
2 1/2–3 tbsp. water
8 tbsp. butter
1/2 tsp. salt
1 1/2 cups flour
frangipan cream (see below)
3–4 ripe pears, peeled, quartered, and cored
granulated sugar
1/2 cup apricot jam glaze

Make pie dough (egg yolk, water, butter, salt, and flour). Gather into ball, cover, and chill 30 minutes. Roll out and line 9-inch pie pan. Flute edges. Prick with fork. Chill until firm.

1/3 cup butter
1/3 cup sugar
1 whole egg and 1 egg yolk, beaten
1/2 cup blanched almonds, ground
1 tsp. almond extract
2 tbsp. flour

To make frangipan cream: Cream butter and gradually beat in sugar. Beat until light and fluffy. Add egg and egg yolk and beat well. Add almond extract and flour and mix well. Stir in ground almonds. Spread evenly in chilled pastry.

Slice pears thinly. Arrange in close configuration, slices upright, in frangipan. Bake tart at 400° F. for 10–15 minutes. Reduce heat to 350° and cook 15–20 minutes longer, until pears are tender and frangipan is set. Sprinkle with sugar 10 minutes before end of cooking (it should melt and caramelize slightly). Cool on rack.

Melt apricot jam in saucepan. Brush lightly over top of cooled pie.

Lynn Scarlett is director of research at the Reason Foundation and book review editor of REASON *magazine.*

Lou Villadsen

"This recipe was originally written to be mixed with a hand beater and baked in a wood stove, hence the vagueness of the instructions. Grandma Villadsen actually make them that way, and they were considered a very special treat. Let's hear it for modern conveniences—like electric mixers. The recipe works well for cupcakes (my favorite) or in a cake pan."

Grandma's Spice Cakes

1 cup flour
1 tsp. baking powder
3 eggs
1/2 cup butter
1/4 cup cocoa
1 cup sugar
1 tsp. ground cinnamon
1/4 tsp. ground cloves
1/2 cup cold water

Preheat oven and grease pan. Combine flour and baking powder and set aside.

Separate eggs and beat the yolks well. Cream butter, and add cocoa, egg yolks, sugar, cinnamon, cloves, and water. Beat egg whites until *very* fluffy. Gradually combine egg whites, flour/baking powder, and butter/cocoa mixtures by gently folding together.

Bake until done. Dust with powdered sugar and serve warm.

Lou Villadsen is co-editor of this cookbook and, as Bob Poole's wife, is the Reason Foundation's unofficial cheerleader.

Kay Nolte Smith

"The combination of fresh and glazed fruit is what gives this pie its unique, delicious taste. My mother used to make it, and when I was a little girl, I thought it quite the most wonderful dessert in the world. I still do."

Glazed Raspberry Pie

3 cups fresh raspberries
1/2 cup cold water
2 1/2 tbsp. cornstarch or arrowroot
1 cup sugar
1 tbsp. lemon juice
pinch of salt
baked 9-inch pastry shell
sweetened whipped cream

Reserve 2 cups of the raspberries. Crush the other cup and mix with water, cornstarch, sugar, lemon juice, and salt. Cook for 15 minutes over low to medium heat. Cool. Spread half of this glaze on the pastry shell. Fill with the reserved raspberries (you may want to use even more than 2 cups), and spread over them the remaining glaze. Serve with whipped cream.

Kay Nolte Smith is a one-time associate of Ayn Rand's and is the author of THE WATCHER, ELEGY FOR A SOPRANO, *and other novels.*

Marty Zupan

"This is a fabulous dessert that wins more raves than any other dessert I've ever made. It is a lot of work, but if you like to cook you'll enjoy the results. If you don't, but you like to eat, find somebody to make it for you!"

Marjolaine*
(8-10 servings)

Start two to three days ahead of when you want to serve. The end result will be a four-layer, rectangular almond-hazelnut meringue, with a different cream filling between each layer and covered with a chocolate cream. The fillings require an almond praline powder and a thick crème fraîche, obtained by filtering off the whey.

Crème Fraîche

1 cup sour cream
2 cups heavy cream

Whisk the heavy cream into the sour cream in a large mixing bowl. Cover with plastic wrap and leave in a warm place for 8–24 hours, or until the mixture has thickened.

Place a large coffee filter paper in a plastic coffee filter or in a suitable sieve. Pour in the thickened cream mixture. Cover with plastic wrap, refrigerate, and leave to drain for 24–36 hours, or until the consistency of softened cream cheese. Tear away the filter paper and place the crème fraîche in a covered container. Refrigerate until ready to use.

Praline Powder

This can be done weeks in advance and refrigerated or frozen, tightly covered.

1 cup whole blanched almonds
1 tbsp. unsalted butter
1 cup sugar
1/4 cup water

Preheat oven to 350° F. Bake almonds, spread on baking pan, until almost brown (about 15 minutes), shaking twice.

Grease a baking sheet with butter.

Boil sugar with water, swirling pan to dissolve sugar completely. Cover closely and boil several minutes, until syrup thickens and begins to darken. Remove lid and, swirling again, boil to a caramel color. Remove from heat and stir in almonds. Quickly turn out onto buttered baking sheet and cool about 1 hour.

Break praline into pieces and put in food processor with metal blade. Pulse four times, then let processor run until praline is finely ground.

Vanilla and Praline Cream Fillings

$1\frac{1}{3}$ cups crème fraîche
$\frac{1}{3}$ cup heavy cream
$\frac{1}{4}$ cup superfine sugar
$\frac{3}{4}$ tsp. vanilla extract
$\frac{2}{3}$ cup praline powder

Stir together the crème fraîche and cream in a bowl. Beat with electric hand mixer until mixture begins to hold its shape. Gradually add sugar while continuing to beat until mixture is stiff but not yet buttery. Divide mixture in half. Stir vanilla into one portion and the praline powder into the other. Refrigerate both until firm, 2–3 hours.

Chocolate Cream Filling

$\frac{3}{4}$ cup crème fraîche
9 ozs. bittersweet chocolate (the higher the quality, the better)

Break the chocolate into pieces and process with the metal blade, pulsing 3 or 4 times and then running the processor until the chocolate is very finely chopped.

Bring the crème fraîche to a boil in a small saucepan, stirring constantly. With the machine running, pour through the feed tube and continue to process about 5 seconds more. Empty the chocolate cream into a bowl and cool at room temperature 2–3 hours.

Meringue

1 cup sugar
3/4 cup almonds, blanched and roasted
1/2 cup hazelnuts, blanched
1 tbsp. cornstarch
6 egg whites
pinch of salt

Preheat oven to 350° F. Butter a 10 1/2 x 15 1/2 x 1–inch jelly roll pan. Line with waxed paper and butter and flour the paper.

Grind sugar, nuts, and cornstarch in food processor until fine. Beat egg whites with salt until stiff, and fold into nut mixture. Spread mixture evenly in pan and bake for 25 minutes. Remove meringue from oven and let cool for 5 minutes. Turn out onto rack, peel off waxed paper, and allow to cool, about 1 1/2 hours. Trim the rough edges off the meringue with a serrated knife, then cut into four even rectangles, about 3 3/4 x 10 inches.

To assemble the marjolaine, place a meringue layer on a serving plate. Evenly spread with about 1/2 cup chocolate cream filling. Top with another meringue layer and spread with vanilla cream filling. Add a third meringue layer and spread with praline cream filling. Top with final meringue layer and spread top and sides of cake with a thin layer of the remaining chocolate cream.

Refrigerate overnight. Before serving, place a paper doily on top of the cake and sprinkle with several tablespoons of powdered sugar. Carefully lift the doily to leave a sugar pattern.

Marty Zupan is the editor-in-chief of REASON *magazine and co-editor of this cookbook. That's why she gets to have such a long recipe.*

*The original of this recipe was published in THE PLEASURES OF COOKING, Nov./Dec. 1980.



Libertarian Libations

J. Neil Schulman

"This recipe was given to me by the bartender at the Villa Olga, a resort lodge in Charlotte Amalie, St. Thomas, in 1972. The Villa Olga was originally the Russian embassy under Tsar Nicholas II, and I was told Herman Wouk wrote one of this novels there. I didn't get any writing done, myself."

Piña Colada

1 1/2 jiggers white rum—Bacardi preferred
dash lemon juice
dash simple syrup (sugar solution—the syrup from canned pineapple in heavy syrup should do)
1 oz. Coco Lopez Cream of Coconut
2–3 tbsp. crushed pineapple
2 scoops crushed ice
maraschino cherry

Blend ingredients until blended into frappe. If too thin, add more ice; if not blending, add more rum. Garnish with maraschino cherry.

J. Neil Schulman writes science fiction. His book THE RAINBOW CADENZA *was inspired by the Los Angeles Laserium, and in turn the Laserium produced a light show based on the book.*

Robert W. Poole, Jr.

"My Uncle Ted was a career Army officer, and he and Aunt Helen had a number of choice postings in the United States and Europe. Years ago they gave me this recipe, obtained from the bartender at one of the Army/Navy clubs. I make it only once a year, during the Xmas/New Year season. It's powerful stuff."

Army/Navy Club Eggnog

(serves 10)

12 eggs
1 cup sugar
1 qt. milk
1 qt. cream
16 ozs. whiskey
8 ozs. rum
4 ozs. brandy
2 ozs. sherry

Separate eggs. Beat yolks together with sugar and add milk and spirits. Whip cream and fold in. Whip egg whites and fold in. Bottle and let stand. Makes about 5 quarts, which settles to make 4 quarts.

Bob Poole, president of the Reason Foundation, often serves this at his annual holiday party for local libertarians and assorted friends, who on that occasion are allowed to look at—but not touch—his "O" scale model railroad.

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