

## From Aunt Olivia's Kitchen

From up and down the Cape, from the islands of Nantucket and Martha's Vineyard, and even from Cuttyhunk and Block Island, Aunt Olivia gathered recipes. Some came home with her when she visited relatives, and some arrived through the mail, sent by friends or friends of friends who heard Olivia Lovell was on the lookout for any new "recept" that was particularly good.

One such, a rule for a cracker spread Aunt Olivia always served with thin crisp wafers with unsalted tops... the kind that are imported from England and that Londoners call water biscuits... or that are labelled "matzo" in Jewish delicatessens... we called **Artichoke Spread**.

1 8-oz. can artichoke hearts, drained  
1 C. grated cheddar cheese  
3 T. mayonnaise  
3 T. lemon juice  
Paprika

Drain artichoke hearts in a sieve. Combine cheese, mayonnaise, and lemon juice and stir thoroughly. Cut the hearts into quarters and mix with cheese. Spoon mixture into a shallow, well-buttered casserole, sprinkle with paprika, and bake at 350° for 10 minutes or just until heated enough to melt the cheese.

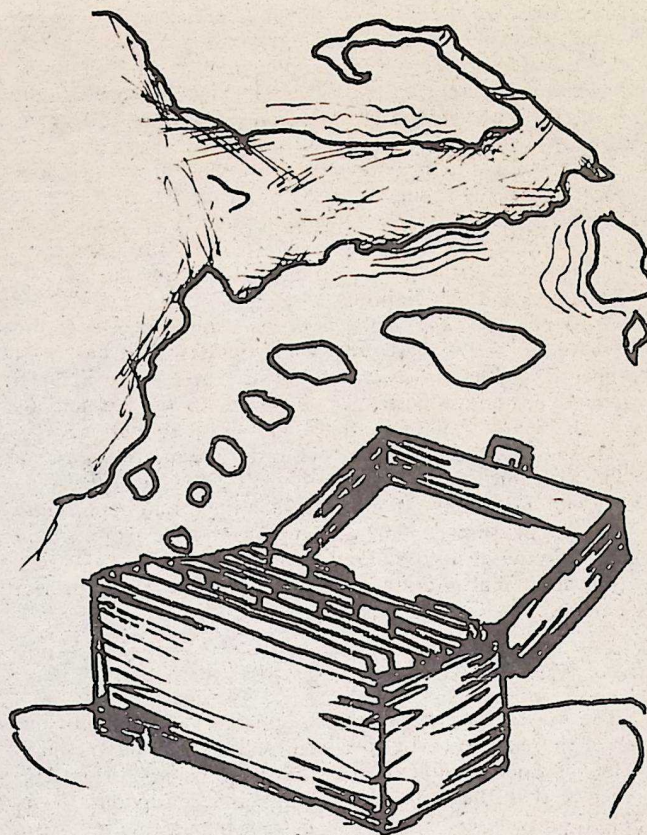
The exact same recipe may be used to make a delightful appetizer. Leave the artichoke hearts intact after draining, place a couple in two individual aluminum foil pie pans and top with cheese mixture before baking. Turn out, hot, onto toast points and serve immediately.

From Nantucket came a recipe for an especially delicious bread; loaves very similar to these can be found to this day at a bakery in the heart of Nantucket. If you happen to visit the island this fall, bring some home. Or why not make your own **Sprouted Herb Bread?**

3/4 C. milk  
2 T. shortening  
1 T. honey  
1/2 t. salt  
2 C. flour (divided)  
1 pkg. active dry yeast  
1 egg  
1 C. alfalfa sprouts, snipped  
1/2 C. toasted wheat germ  
1/2 t. dried basil, crushed  
1/2 t. celery seed  
1/4 t. poultry seasoning

In a small saucepan, warm, but do not scald, the milk, shortening, honey and salt. Meanwhile, in a large bowl, stir the yeast together with one cup of flour. When milk mixture is warmed, add the egg and combine with flour mixture. Beat with electric mixer on low speed for half-a-minute, scraping sides of bowl. Increase mixer speed to high and beat for three minutes. Now use a wooden spoon to stir in remaining flour, snipped sprouts, wheat germ, and herbs. Beat with wooden spoon until smooth. Cover bowl with wax paper and a tea towel, place in a warm place to rise until double in bulk (about an hour).

Punch down and turn out on lightly floured board. Cover with wax paper and tea towel; allow to rest for 10 minutes. Meanwhile, grease four small loaf pans (4 1/2 x 2 1/2 x 1 1/2"). Divide dough into four equal parts and shape into small loaves to fit pans. Cover again with towel and let rise until almost double (about 20 minutes). Place on center rack of preheated 375° oven and bake 20 minutes. If bread browns too fast, lay a sheet of foil over the top of them during the last five minutes of baking. Remove bread from pans and cool on



wire rack. While still hot, brush tops with butter to keep crusts soft.

Slices of these small herb loaves are especially delicious spread with cream cheese; that's how Aunt Olivia served them. Sometimes she used the same recipe to make one large loaf, putting the dough into a well-greased loaf pan (8x4x2") or shaping the dough into a round casserole. When that baked, the bread rose in a high crown. Bake the larger loaf for 40 minutes, watching carefully to prevent overbrowning.

And from Cuttyhunk, the tiny island at the western end of the Elizabeth chain, comes a recipe for **Cheese Pie** that isn't a pie at all, but an easy-to-make hot bread that can turn a tunafish or fruit salad into a square meal.

1 pkg. active dry yeast  
1/4 C. warm water  
1/4 C. milk, scalded  
1-1/2 C. flour  
1 T. sugar  
2 T. chopped fresh parsley  
1/2 t. salt  
1/3 C. butter or margarine  
1 beaten egg  
1/2 C. Parmesan cheese, grated

Soften yeast in warm water. Scald milk and cool to lukewarm. Sift flour, sugar, and salt into mixing bowl. Add shortening and cut into flour until mixture is like a coarse meal. Add egg to milk and then combine with yeast; add that mixture to flour mixture. Beat until smooth. Stir in cheese and parsley. Turn dough into a well-greased 8" pie plate. Wet a tea towel with warm water and wring it out; cover pan and let dough rise until double in bulk, about 3/4 hour. Dot top with butter and

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bake 20 to 25 minutes in 375° oven. Slice into eight wedges and serve to no more than four people. It disappears fast.

When you wonder what to make for dessert following a simple luncheon, take a close look at pancakes. The French call them "crepes"; by either name, the result is the same. A batch of pancakes creates an elegant dessert, and can be made ahead, filled, and reheated in the oven with a special sauce. The first step in Aunt Olivia's **Featherlights with Orange Sauce** is pancakes made from a Block Island recipe.

1 C. flour, sifted  
2 T. sugar  
2 T. baking powder  
1/2 t. salt  
1 beaten egg  
1 C. milk  
2 T. melted butter

Sift dry ingredients together onto a sheet of wax paper. Combine eggs, milk, and melted butter. Add flour mix to liquids and beat with spoon only until just moistened. Preheat griddle or electric frying pan to 425° (or until a few drops of water sprinkled on surface dance). Use a one-quarter-cup measure to make pancakes, one at a time, tipping pan to spread batter thinly. Flip pancakes only once when top is bubbly and a few bubbles are breaking. When all are cooked (should yield at least eight), allow them to cool, then stack between sheets of wax paper while you prepare **Cheese Filling**.

2-3-oz. pkgs. cream cheese  
2 T. sugar  
1/4 t. grated orange rind  
1-1/2 T. orange juice  
2 T. finely chopped pecans  
1/4 C. chopped dates (optional)

Have cream cheese at room temperature, cream with electric mixer until fluffy, add other ingredients while continuing to beat. Fill pancakes using about two tablespoons of cheese mixture and spreading it across the center of each pancake. Bring sides up and overlap, tuck ends up, and place, folds down, in a buttered baking pan. Chill until needed.

Prepare **Orange Sauce** an hour or so before needed.

1/2 C. sugar  
1-1/2 T. cornstarch  
Pinch of salt  
1/3 C. orange juice  
1 C. orange juice  
1/4 C. pecans, broken in half  
2 T. butter

Mix sugar, cornstarch, and salt with 1/3 C. orange juice. In a small saucepan, bring another cup of orange juice to a boil; stir in sugar mixture and cook, stirring constantly, until sauce thickens and clears. Remove from heat; add nuts and butter, stirring until butter melts. Reheat when needed.

Remove pancakes from refrigerator and cover pan with foil. Heat 10 minutes in 325° oven. Remove foil and pour hot Orange Sauce over pancakes. Turn off oven, return pan to oven to keep pancakes hot until ready to serve to eight pancake lovers. Or to set before four pancake lovers if your family's appetite for these delectable crepes matches that of the Lovells.

Just don't serve them to anyone who is trying to lose weight!

Bon appetit!