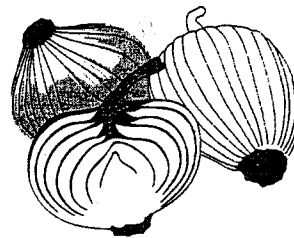
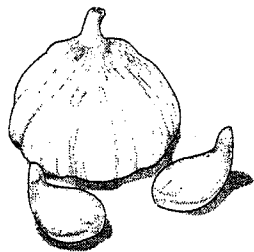


Minorcan



Family Recipes

# Minorcan Recipes — Then and Now

## Fromnjardis

### Crust:

- 6 cups flour
- 3 teaspoons salt
- 6 teaspoons baking powder
- 6 tablespoons sugar
- 1 pound Crisco
- Pinch of nutmeg (optional)



### Filling:

- 1 pound sharp cheddar cheese, grated
- 6 eggs, beaten
- 4 teaspoons baking powder
- 2 tablespoons flour
- 2 tablespoons sugar
- 1 teaspoon salt (scant)
- Pepper (pinch)

### Directions:

Prepare pie dough, blending in nutmeg. Roll dough thin. Grate cheese. Beat in eggs, salt, and pepper. Place one spoonful of this mixture on a circle of dough. Fold to make half circle. Pinch edges together. Brush with melted butter. Punch cross in top half.

Bake in 375-degree oven until golden brown. Cheese will puff up through cross.

- 1 datil pepper, whole for flavor (remove before serving)
- 12 dozen or more crabs, cleaned. Remove and discard back shell and legs. Clean the inside of white bodies. Break in half. Crack claws slightly.
- 2 or more cups of rice (approximately 1 cup per three or four people served)

### Directions:

Sauté bacon until rendered and crisp.

Sauté garlic slightly; then add onions and cook until opaque. Add diced green peppers and sauté for several minutes.

Add tomatoes and bay leaf. Bring to boil. Reduce heat and simmer until tomatoes have cooked down (45 to 50 minutes).

Add balance of seasonings, regulating to taste.

Add datil pepper.

At this point, you should cook rice separately.

Add crabs to tomato mixture and cook over low heat until flavor of crabs has transferred to the tomato mixture. Meat in crabs should still be firm but cooked (20 to 25 minutes).

Recheck seasonings for taste and remove datil pepper.

Serve in bowls over cooked rice. Break the crabs apart and suck out the meat while slurping the stew and rice. Great with cold, cold beer.

## Crab Stew

### Cooking Utensil:

10-quart or larger cast iron Dutch oven with lid

### Ingredients:

- ¼ pound salted white bacon, diced
- Several cloves of garlic, finely diced
- 2 pounds yellow onions, diced
- 1 large green peppers, diced
- Four 28-ounce cans tomatoes, chopped if whole
- 1 large bay leaf
- ½ teaspoon marjoram
- ¼ teaspoon thyme
- Salt to taste
- Black pepper to taste



## Spanish Beans

### Cooking Utensil:

Large cast iron or aluminum pot



### Ingredients:

- ¼ pound salted white bacon, diced
- 3 large cloves of garlic, finely diced
- 2 pounds of yellow onions, diced
- 6 packages of old-fashioned brown-and-serve sausage (approximately 4 pounds, cut into ½-inch pieces).
- One 6-ounce can of tomato paste (not sauce)
- 1 tablespoon sugar
- ½teaspoon Tabasco sauce
- cumin powder

salt  
pepper  
Two 8-ounce cans sliced mushrooms  
1 cup raisins (optional)  
Two 28-ounce cans of red kidney beans. Drain and save juice.

**Directions:**

Sauté bacon until brown.  
Add garlic and sauté slightly.  
Add sugar.  
Add Tabasco sauce and cook for a couple of minutes.  
Add onions and cook until opaque. Remove this mixture and set aside.  
Sauté sausage in a frying pan for about an hour. Drain and combine with the onion mixture.  
Mix tomato paste with the juice drained from the beans and mix well.  
Add tomato mixture and raisins to sausage, mix and simmer for several hours under low heat or until any bitter tomato taste is gone. Add water as needed.  
Add mushrooms.  
Stir frequently to avoid scorching.  
Add salt and pepper to taste. LEFTOVERS TASTE BETTER WITH EVERY REWARMING!

**Venison Stew**

**Cooking Utensil:**

Large cast iron or aluminum pot

**Ingredients:**

2 pounds cut up venison in approximately 1" squares  
1 cup flour  
salt and pepper  
sage, marjoram, and/or thyme  
1 cup dry red wine  
2 large cloves of garlic  
1 pound yellow onions  
Olive or vegetable oil  
water as needed



**Directions:**

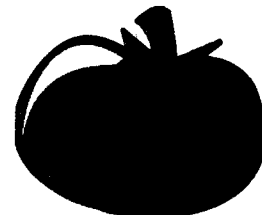
Marinate the venison for several hours in the red wine. Drain and pat dry with paper towels.  
Place venison in paper bag with flour, salt, pepper, and sage. Shake well to coat venison thoroughly.  
Sauté garlic for several minutes. Add onions and

sauté until opaque.  
Remove onions from pot and set aside.  
Add sufficient oil to brown the venison without burning. Remove pieces of venison as they are browned, continuing to brown remaining pieces.  
When all pieces are browned, return them to the pot with the onions and seasonings. Add water to cover.  
Bring to a slow boil and simmer until meat is tender. (Vegetables and cut-up potatoes may be added as desired.)  
Thicken more with flour and a little water if desired.

**Salsa**

**Cooking Utensil:**

Large cast iron pot or Dutch oven with lid



**Ingredients:**

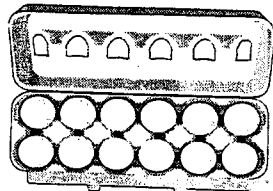
5 pounds of St. Augustine Sweet or Vidalia onions. diced in 1/2" squares.  
Olive oil or vegetable oil sufficient to sauté onions  
Three to five 28-ounce cans of tomatoes. Cut in small pieces if whole.  
2 green peppers, diced (optional)  
Salt and pepper  
Bay leaf  
Pinch of marjoram and thyme to taste  
4 large cloves of garlic, sliced for sautéing  
Kraft beef powder or beef bullion or granules

**Directions:**

Sauté garlic in small amount of oil.  
Add onions and sauté until (you guessed it!) OPAQUE and still firm. Add diced green peppers to onions while sautéing, if desired.  
Add tomatoes and bay leaf. Cook for several hours on low heat.  
Season with salt and pepper.  
Add beef bullion.  
Add other seasonings of your choice and taste.  
Most salsa tastes better cold.

### Mediterranean Omelet

**Cooking Utensil:**  
Large skillet with lid



**Ingredients:**

- 1 pound ground sausage
- 2 small onions, diced
- One 8-ounce jar of hot pickled vegetables (i.e., carrots, pickles, cauliflower, etc.) diced in small pieces
- 1 cup diced cooked potatoes
- One 4-ounce can sliced mushrooms
- 2 large eggs, well beaten
- Salt and pepper

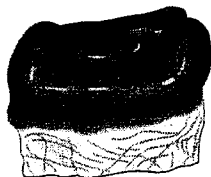
**Directions:**

Sauté onions until lightly browned. Remove from skillet.  
Sauté sausage until broken apart and well done.  
Add onions, pickled vegetables, diced cooked potatoes, and mushrooms to the sausage.  
Mix all ingredients well and add salt and pepper.  
Pour beaten eggs over all and mix well. Add a little milk or water to loosen it up if desired.  
Cook over low heat, lifting at edges to let uncooked portion seep under the cooked portion.  
Serve with rye toast and guava jelly, marmalade, or quince jelly.  
Add a little finely diced datil pepper for the Minorcan twist.

### Cuscuse

**Ingredients:**

- 2-2/10 pounds unsalted, grated stale bread
- 1-3/10 pounds sugar
- 6/10 pound shortening
- 7 ounces of unsalted butter
- 1-1/10 pounds of scalded almonds, grated
- Grated skin of a lemon
- One 2-inch stick of cinnamon
- 6 ounces of seedless raisins



**Directions:**

In a clay pot, put in shortening (not too much heat). When it is about to fry, add the raisins (which will swell up a lot), then the sugar. Stir so it mixes well

with the shortening and raisins.

Now add the almonds slowly and then the bread, stirring all the time.

When you think the mixture is cooked, take the grated lemon and ground cinnamon stick and add it to the rest. Cook as desired.

When it is done, give it a bread form and leave it to cool. Better to leave until the next day to eat it. (The quantities in this recipe are not exact. Put in more or less to your taste.)

### Puelia Valencianna

**Ingredients:**

- ½ cup salad oil
- 2 whole chicken breasts, split
- 4 chicken legs
- 1 cup chopped onions
- Two 14-ounce cans chicken broth (4 cups)
- 1 teaspoon white pepper
- 1 teaspoon paprika
- 1 teaspoon saffron
- 2 cups raw regular rice
- One 16-ounce can tomatoes (2 cups)
- 3 chorizos (Spanish sausage)
- 1 to 1½ pounds shelled, deveined shrimp
- 12 little neck clams or mussels
- One 10-ounce package frozen peas
- One 7-ounce can artichoke hearts  
(Substitute Italian sausage if necessary)



**Directions:**

Sauté chicken pieces until golden brown on all sides in a Dutch oven. Remove and set aside.  
In the same oil, sauté onions and garlic until golden.  
Add chicken broth, pepper, salt, paprika, and saffron. Bring to a boil.  
Add rice and cook covered over medium to low heat until about half of the liquid is absorbed.  
Now add tomatoes, sliced sausage, shrimp, and chicken. Simmer covered for about 30 minutes or until rice is almost dry.  
Meantime, steam clams or mussels until they pop open (about 10 minutes). Also cook peas as label suggests.  
Add artichokes and cooked peas to the mixture and toss well.  
Serve, heaped in a large bowl with clams/mussels as garnish. Makes 8 servings.

## Spanish Potato Soup

### Ingredients:

- 2 medium onions, chopped
- 3 tablespoons butter
- One 6-ounce can tomato paste
- One 15-ounce can red kidney beans, undrained
- 1 bay leaf
- Water cress or chopped parsley
- 1 clove garlic, chopped
- 1½ cups diced cooked ham
- One 10-ounce can beef consommé
- 2 teaspoons salt
- ¼ teaspoon pepper
- 3 cups cubed cooked potato

### Directions:

Sauté onions and garlic in butter in a large pot (with cover).

Add 4 cups water and remaining ingredients, except potatoes and parsley.

Bring to a boil. Lower heat and simmer uncovered for 20 minutes.

Add potatoes and cook 10 minutes more, uncovered.

Pour into soup bowls. Garnish with watercress or parsley. Serves 10 or more.