



### Recipes from Wormwood

#### Cherry Tomatoes with Pecans, Mozzarella, and Cass Wilde's Tarragon Dressing

1 pound cherry tomatoes, halved  
12 small mozzarella balls (*bocconcini*), halved  
½ cup pecans, toasted and coarsely chopped \*

#### Dressing:

2 tablespoons best-quality Balsamic vinegar  
1 ½ tablespoons Dijon mustard  
½ cup olive oil  
small bunch tarragon, leaves only, chopped fine  
salt  
freshly ground pepper

In a small bowl, whisk together the vinegar and mustard. Gradually whisk in oil, a few tablespoons at a time. Stir in the chopped tarragon; taste and adjust for seasoning with salt and pepper.

Pour dressing over mozzarella balls and marinate at room temperature for 1-2 hours. Stir in tomatoes. Just before serving, add toasted pecans, and gently stir to combine. Taste and adjust seasoning as desired.

\*To toast pecans, preheat oven to 300 F. Spread nuts in a pie pan and roast till they are fragrant and just beginning to darken, shaking occasionally. The pecans will continue to darken as they cool.

#### China Bayles' Fried Chicken, with Twelve Herbs and Spices

1 frying chicken, cut up  
3 cups sifted flour  
2 teaspoons paprika  
2 teaspoon garlic salt  
2 teaspoons onion salt  
1 teaspoon celery salt  
1 teaspoon dried oregano  
1 teaspoon dried rubbed sage

1 teaspoon dried powdered basil  
1/2 teaspoon dried powdered rosemary  
1/2 teaspoon dried powdered thyme  
1/2 teaspoon dried bay  
1/2 teaspoon allspice  
1 teaspoon ground black pepper

Thoroughly combine all ingredients and use to coat chicken pieces for frying.

#### Sister Charity's Vegetable Bisque

3 tablespoons butter  
2 cups coarsely chopped broccoli heads and peeled stems  
3/4 cup chopped carrots  
1/2 cup chopped celery  
1 small potato, peeled and chopped  
1 small onion, peeled and chopped  
2 cloves garlic, minced  
4 cups chicken broth  
1/4 teaspoon thyme  
1/4 teaspoon summer savory  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 bay leaves  
3 tablespoons flour  
1 egg yolk  
1 cup half and half  
1 1/2 cups shredded Cheddar cheese

In a heavy saucepan, melt butter. Add broccoli, carrots, celery, potato, and onion and sauté for 3-4 minutes, stirring so that the vegetables do not brown. Add broth and bring to a boil, stirring. Add herbs, salt and pepper. Cover and simmer until vegetables are tender, about 10-12 minutes. Remove bay leaves. In a small bowl, beat egg yolk, then add the half and half, continuing to beat. Gradually blend in several teaspoons of soup. Return the creamy mixture to the soup and cook, stirring until thickened. Blend in shredded cheese and serve to 6-8.

#### Sister Charity's Raspberry Flummery

1/3 cup sugar  
1/4 cup cornstarch  
1/4 teaspoon salt  
1/2 teaspoon nutmeg  
3 cups milk  
1 egg yolk, beaten  
1 tablespoon rosewater  
2 cups fresh raspberries, sweetened to taste

Combine sugar, cornstarch, salt, and nutmeg in a saucepan. Stir in milk. Cook and stir over medium heat until thickened and bubbly. Stir a small amount of hot liquid into the egg yolk; add

yolk mixture to saucepan. Cook and stir for 2 minutes or until thickened. Remove from heat; stir in rosewater. Pour into individual sherbet dishes, filling each half full. Cool. Fill dishes with fresh raspberries. Serves 8.

#### Sister Pearl's Vinegar Pie

1 cup sugar  
3 heaping tablespoons all-purpose flour  
1 cup cold water  
3 egg yolks  
1 whole egg  
2 tablespoons butter  
6 tablespoons cider vinegar  
1 (9 inch) pie crust, baked

Mix sugar and flour in saucepan. Add water, egg yolks (reserve egg whites for meringue), whole egg, butter, and vinegar. Cook, stirring, until thick. Pour into baked 9 inch pie shell. When cool, cover with meringue.

Meringue: Beat reserved egg whites until stiff. Continue to beat, gradually adding 4 tablespoons sugar. Spread over pie, being careful to seal against the crust. Brown meringue lightly in a 350-degree oven.

#### Martha Edmond's Fresh Sorrel Soup

1-2 tablespoon butter or margarine  
1 onions thinly sliced  
1 small potato, diced  
1/2 cup diced carrots  
1 garlic clove, minced  
6-8 ounces fresh sorrel (4-6 cups chopped)  
1 1/2 cups half-and-half  
2 cups water or vegetable stock  
1/4 teaspoon ground nutmeg  
1 teaspoon fresh lemon juice  
1 teaspoon salt  
1/2 teaspoon fresh ground black pepper

#### Garnish

sour cream or plain yogurt  
fresh lemon balm

Over medium heat, melt butter in a medium stainless or enamel pan (do not use cast iron). Cook onion, potato, and carrots until soft, about 10 minutes. Add garlic and cook 3 more minutes. Stir in sorrel and cook over moderate heat, uncovered, about 5 minutes, stirring occasionally. Add half and half, water or stock, and nutmeg. Bring to a low boil and remove from heat. Puree

in a blender until smooth. Stir in lemon juice, add salt and pepper to taste, and refrigerate at least 4 hours. Serve in cold bowls garnished with sour cream or yogurt and sprigs of fresh lemon balm.

### Indian Pudding

Indian Pudding was a favorite dessert in early New England. Colonists had a British fondness for baked and steamed puddings but could not obtain the necessary wheat flour. Instead, they used the native cornmeal and gave the dish the name “Indian” pudding. This is a traditional recipe, adopted by the Shakers.

6 cups milk  
1/2 cup butter  
1/2 cup yellow cornmeal  
1/4 cup flour  
1 teaspoon salt  
1/2 cup molasses  
3 eggs, beaten  
1/2 cup granulated sugar  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1/2 teaspoon ginger  
1 cup raisins  
1 cup cream, whipped with 1/2 teaspoon vanilla

Scald milk in a large double boiler. Add butter. In a small bowl, mix cornmeal, flour, and salt; stir in molasses. Thin the mixture with about 1/2 cup of scalded milk, then gradually add the cornmeal mixture to the scalded milk. Cook, stirring until thickened. In another bowl, mix eggs, sugar, and spices. Stir in the milk-cornmeal mixture and mix until smooth. Stir in raisins. Pour into a greased casserole dish. Bake for 2 hours at 275 degrees F. Cool about one hour, or warm if it has been chilled. Serve with whipped cream. Yield: 8-10 servings.