

Corn Tortillas

1 cup *masa harina* (corn flour, not cornmeal)
1/8 teaspoon salt (optional)
3/4 to 1 cup hot water

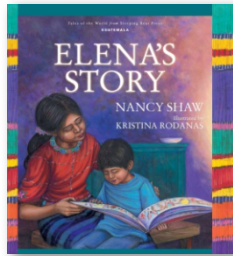
Mix salt and *masa* together and gradually pour water into it to make a firm dough, adding water as needed. Dough should not be too sticky or too dry. Cover the dough and let it rest about an hour.

Divide the dough into 6 balls. Flatten each into a 6-inch circle between two pieces of wax paper. (You can use a hard-cover book to press them.) Preheat griddle.

Place tortillas on hot griddle until the surface and edges look dry—a minute or more. Flip over until the other side also looks cooked.

You can serve these with hot sauce, black beans, and/or eggs scrambled with chopped tomato and onion.

From the kitchen of Nancy Shaw Art © by Kristina Rodanas

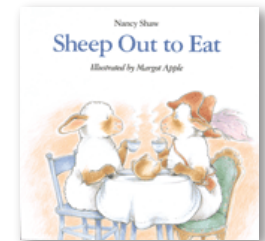


Spinach Custard

3/4 cup shredded cheese (About 3 ounces--try Parmesan, mozzarella, cheddar, or Swiss.)
10-ounce package frozen chopped spinach, thawed and squeezed to reduce moisture
3 large eggs
1 cup milk
1/2 teaspoon dried basil
1/4 teaspoon salt

Blend cheese and spinach—a food processor works well. Blend in eggs, milk, and seasonings. Pour the mixture into a greased 9-inch pie pan and bake at 375° for about 30 minutes, until the custard has puffed and browned a little.

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Trick-or-Treat Cookies

3/4 cup finely-chopped apple	1 cup flour
1 cup raisins	1 teaspoon salt
1 teaspoon vanilla	3/4 teaspoon cinnamon
3/4 cup butter, softened (1 1/2 sticks)	1/2 teaspoon baking soda
3/4 cup brown sugar	3 cups quick oats
1/2 cup white sugar	3/4 cup chopped nuts, optional
1 egg	

Mix the apple, raisins, and vanilla and set aside. Cream together the butter and sugars, then mix in the egg. Mix together the flour, salt, cinnamon, and soda, and add to the butter and sugar. Stir in the oats, a bit at a time, then the apple mixture and the nuts.

Form dough into 1/2-tablespoon mounds on a greased or parchment-papered cookie sheet. Bake about 11 to 12 minutes in the middle of a preheated 350° oven.

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Maple Porridge

1 3/4 cups water, milk, or a mixture of the two
(Add more or less liquid if you like.)
1 cup quick-cooking oats
1/8 teaspoon salt, optional
1 to 2 tablespoons maple syrup

Extras:

Chopped toasted pecans, almonds, or walnuts
Chopped apple, dried cherries, raisins, or currants

Pour water/milk and salt into a saucepan and bring to a boil. Add oats and syrup and cook for a minute—stir occasionally. Cover, remove from burner, and serve in about three minutes. Add fruit or nuts and extra milk if you like. Makes two servings.

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