

Can

Do

Foods



First Edition



Jewish Family Service



Kyra Effren, Editor

Kyra Effren grew up in England and South Africa, where she was nurtured by Welsh and Russian Jewish grandmothers, a German housekeeper, an Irish nanny—all of whom were formidable cooks—plus a Cape Malay cook who loved Italian food. As a child, she thought everyone ate roast beef on Sunday, hotpot on Monday, homemade ravioli on Tuesday, leberknodel on Wednesday, bobotie on Thursday, and chopped herring and matzah ball soup on Friday.

Upon emigrating as an adult to Santa Barbara, California and without any formal training, Mrs. Effren taught cooking to friends as a fundraiser for the kitchen in the community's new synagogue. She finally had found her mission! Eight years later, while living in England, she attended the Cordon Bleu.

In 1975, Kyra Effren opened Cours de Cuisine Cooking School in Dallas and has been "up to her elbows in food" ever since. In 1978, she was awarded The Commanderie des Cordon Bleus in France for her contributions to French cooking. Mrs. Effren also served as a food stylist and contributing writer for the Food section of the *Dallas Morning News* for 10 years. This is the fourth cookbook she has edited.

Thanks to Bernie Mayoff for his help with staging and photographing her recipes for this special cookbook!

In addition to her professional work, Mrs. Effren is a dedicated community volunteer who has served as president of both Jewish Family Service and the National Council of Jewish Women in Dallas and worked on behalf of United Way of Metropolitan Dallas, Operation Frontline of the North Texas Food Bank and Temple Shalom.

A beloved member of the Dallas community, Mrs. Effren brings an infectious enthusiasm—and plates of delicious sweets wherever she goes!

Can Do Foods: *You can do it!*

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soups



Peanut Butter and Tomato Soup

2 cans tomato soup
2-4 Tablespoon peanut butter [to your taste]
1 can chicken stock
2 'cans' milk
1 can diced tomatoes
Salt and pepper to taste

Combine all the ingredients in a medium large saucepan and bring to the boil.

Simmer for about 10 minutes. Cool

Then blend smooth in the blender Season to your taste

Note: You can freeze this soup, so if the amount is too much – freeze the rest for another meal

Tomato/ Potato 'Creamed' Soup

1 can tomato soup
1 can potatoes – divided use - drained
1 'can' milk
Salt and pepper to taste



2 teaspoons canola oil

Place the tomato soup, milk and half the potatoes in the saucepan – bring to the boil and simmer 10 minutes

Cool -then blend in the blender until smooth

Meanwhile dice the remaining potatoes - toss with the oil – put on a foil lined cookie sheet and put under the broiler for about 10 minutes until starting to brown. Toss the potato pieces and return to the broiler to brown. Serve the diced potatoes with the soup.

This soup can be doubled.

veggies

MY COUSIN DAVID'S BAKED BEANS [With a Texas Twist!]

Ingredients

- 8 oz dry pinto beans
- 1 Tablespoon oil
- 1 onion, chopped
- 1 Tablespoon brown sugar or molasses
- 2 Tablespoons ketchup
- 2 Tablespoons barbecue sauce
- 1x 15oz can diced tomatoes
- Salt and pepper to taste
- 2 Tablespoons chopped parsley
[optional]
- 1 teaspoon garlic powder [optional]
- 2 stalks celery chopped [optional]



Cooking Process

1. Soak the beans in plenty of water [3" above level of beans] overnight or for at least 8 hours
2. Drain well and rinse
3. Place in large saucepan – cover with fresh water and bring to a rapid boil
4. Boil for 10 minutes – then reduce heat and simmer gently uncovered for about 1 hour.
5. Remove from heat and drain – through a sieve or colander. Set beans aside
6. Place the same pot back on the stove - add the oil and cook the onion until soft.
7. Add the sugar or molasses, tomatoes, ketchup and barbecue sauce
8. Cook gently until the mixture is well blended – about 10-15 minutes
9. Add the cooked drained beans – stir – and cook gently uncovered for another 30 minutes
10. Season to your taste with salt and pepper and add the parsley if using.

Serve as they do in England on **Toast**

Or

They also go very nicely on **Baked Potatoes**

Of course you can cut out all the effort of using dry beans – and start the recipe at #2
Add 1-2 x 15 oz cans baked beans

Cooking Hint: Never add salt when cooking dry beans – it makes them tough Add the salt at the end

Delicious! My cousin was right!

Did You Know **PINTO BEANS ARE...**

- Pinto beans are very rich sources of dietary fiber that helps in lowering cholesterol level in blood.
 - They are recommended diet for individuals suffering from hypoglycemia, diabetes or insulin resistance, as they restrain the sugar level in blood, from rising rapidly.
 - They replenish the protein stores of the body, by providing fat free proteins.
- Being rich in fiber, foliate, magnesium and potassium, they help in preventing many heart diseases

entrees



TUNA AND RICE SALAD

2 cups cooked rice [#see cooking hints]
1 can peas, drained, rinsed
½ cup finely chopped celery
2 small cans [5oz] or 1 larger can tuna, drained
2-3 Tablespoons dressing of choice

Or

3 Tablespoons mayonnaise mixed with 2 Tablespoons hot water
1-2 hardboiled eggs, chopped up [#see cooking hint]
**Optional: 1 tomato, chopped

This is an easy salad which will keep in the refrigerator for up to 4 days

1. Combine the rice, peas, and celery in a large bowl and toss gently
2. Then add the tuna and dressing and toss again
3. Finally gently toss in the egg. Turn into a serving dish.
4. If you are adding the tomato – only add just before serving and sprinkle on top

COOKING HINT #1

To cook hardboiled eggs;

Bring a small saucepan filled with water – to the boil

Add the eggs – bring back up to simmer

And boil for 11 minutes [!] No more, no less

Drain off the water and immediately pour on cold water – and add an ice cube to stop the cooking.

Cool then remove the shell under running water. It should peel off perfectly

Cut the egg in half and you should be rewarded with a perfectly cooked egg!

COOKING HINT # 2

To cook 1 cup rice: [will make 2 cups cooked]

Rinse the rice in cold water

Bring a large pot of water to the boil –add a pinch of salt

Add the rice

Bring back up to the boil and boil for 13 minutes

Drain off the hot water and rinse the rice with cold water

You should have perfectly cooked rice!

Oh! And you can freeze the cooked rice and reuse by either microwaving it or setting it in a colander over simmering water. So go ahead and make extra rice and freeze it

Oh! And you can add other vegetables to the salad as your imagination allows!

TUNA CASSEROLE

Ingredients

2 small or 1 large [15oz] can tuna, drained
1 can cream of chicken soup
1 can carrots, drained, rinsed
1 can peas, drained, rinsed
1 ½ cups cracker crumbs they can be plain or cheesy crackers



1. Preheat the oven to 350
2. Drain the tuna and place in a baking dish
3. Pour the cream of chicken soup straight from the can onto the tuna – spread evenly over
4. Sprinkle the vegetables evenly over the soup
5. Sprinkle on the cracker crumbs
6. Bake for about 25 minutes or until the crumbs are slightly browned and the casserole is bubbling

FUN FACTS ABOUT TUNA

Tuna is a good source of protein and Vitamin B12

Canned tuna is the second most popular seafood product in the U.S. after shrimp

A diet rich in fish that are high in omega-3 fatty acids, like canned tuna, can curb or prevent depression, asthma and inflammatory disorders, just to name a few.

FRITTATA

The portable egg. Frittata are cousins to the omelet but they can be eaten hot or cold and you can add any vegetables you like...

- 2-3 Tablespoons olive or canola oil
- 1 small onion chopped fine
- 4 eggs
- ¼ cup liquid – your choice of milk or tomato juice or stock
- 2 cups chopped vegetables – your choice – canned or fresh [see note]*
- Salt and pepper
- Seasonings/ herbs – your choice [optional]
- ½ cup grated cheese [optional]



1. Turn on the broiler
2. Sauté the chopped onion in the oil in an oven proof skillet until limp and slightly browned *If you are including fresh vegetables – sauté them with the onion – until tender.
3. Meanwhile beat the eggs with some salt and pepper and stir in the liquid.
4. Pour the egg mixture over the vegetables in the pan and cook until the underside of the eggs are set – and slightly browned.
5. Sprinkle on the cheese if using and run the pan under the broiler for minute to brown the top and ensure the frittata is set.
6. Remove and cut into wedges.
7. Serve, hot – warm or at room temp

Suggestions for additions to the frittata:

Cooked potato cubes, Spinach, Cottage cheese, Green chilies, Mushroom

The Incredible Edible Egg

- It is one of the easiest and cheapest ways to get high quality protein.
- Eggs contain all the proteins and minerals and the yolk is a major source of vitamin D. The only vitamin that eggs don't contain is vitamin C!
- An egg has only 70 calories.
- Try to eat one egg a day—and don't skip the yolk; an egg has 6 grams of protein of which the yolk supplies half.
- Eggs are good for the eyes and they are better than spinach or other green vegetables. Eggs help with muscle strength.



We're Not Yolking—Fun Facts

A fresh egg will sink in water; a cooked egg will float.

In France, brides put an egg on the threshold of their new home before stepping in to ensure good luck and healthy babies!

At the time of the French Revolution, the French had **685 ways** to cook eggs!

CHICK N'CHICK PEA CHILI

1 bag chicken parts
1 teaspoon salt
2 tablespoons oil [canola]
1 onion, peeled, finely chopped
1 x 15 oz can chick peas [garbanzo beans]
1 teaspoon garlic powder
1 teaspoon cinnamon
1 tablespoon chili powder
1 x 15 oz can tomatoes or tomato sauce
1 bottle salsa
Salt and pepper and red pepper to your taste
½ cup grated sharp cheese
¼ cup chopped cilantro



1. Defrost chicken parts – set on a foil lined cookie sheet – sprinkle with salt
2. Heat oven to 400
3. Place chicken in oven and cook until brown and the fat has exuded from the chicken
4. Remove from oven– cool and then drain the fat and remove and discard the skin and bones. Cut up the chicken and set aside
5. Heat the oil in a large saucepan and brown the onions.
6. Add the chickpeas and the seasonings and continue to cook for another 10 minutes
7. Add the tomato sauce and the salsa and simmer for 15 minutes uncovered.
8. Test the seasoning and add salt, pepper and red pepper to your taste
9. Stir in the cheese and allow to melt into the chili
10. Top with chopped cilantro and serve with saltines

Note: #1 Instead of cinnamon and chili powder you can substitute a package of taco mix

Note# 2. This freezes very well. Just allow to cool then freeze .

Note# 3 Feel free to season the chili to your taste !



Defrost overnight in refrigerator then heat in a 325 oven until bubbling.

treats



I CAN'T BELIEVE IT IS CARROT CHEESECAKE!

- 8 oz cottage cheese – small curd preferably
- 2x 14 oz cans carrots – drained
- 3 eggs
- ½ cup brown sugar [*see note]
- 2 Tablespoons flour
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- ¼ teaspoon ground nutmeg
- 2 Tablespoons lemon juice
- ½ teaspoon salt

** you can also sprinkle cookie crumbs on the bottom of one pie and on the top of the other



Pre- heat oven to 325

Blend all the ingredients together in a food processor – or blender until smooth

Pour into a buttered 9" pie plate

Place in oven and bake for about 30 minutes or until set

Cool and refrigerate if not serving immediately

Topping

When cool spread the cheesecake with a topping made of

½ cup plain yoghurt mixed with 1 Tablespoon sugar

Note: if you do not have brown sugar you can substitute white

FUN FACTS ABOUT CARROTS

Did you know that:

- Three carrots will give you enough energy to walk three miles
- Carrots also come in other colors – red – white- yellow
- The longest recorded carrot was 16 feet long – now I wonder how many miles you could walk eating THAT?!
- That carrots used to be considered medicine and Not Food?
- There is as much calcium in 9 carrots as there is in a cup of milk?
- Carrots are 87% water – but they contain a lot of Vitamin A
- The Ancient Greeks and Romans loved carrots so much they called them 'the love charm'



HIDEAWAY MUFFINS

- ¾ cup brown sugar [if unavailable use white]
- ¼ cup canola oil
- 2 eggs
- 2 teaspoons lemon juice
- 1 teaspoon vanilla [if available]
- 1 cup unsweetened applesauce
- ½ cup canned spinach,
squeezed as dry as possible
- ¾ cup buttermilk or plain yogurt
- 1 cup flour
- 1 cup whole wheat flour [if
unavailable use 2 cups all
purpose flour]
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon



1. Beat together the first 8 ingredients.
2. Stir in the dry ingredients, JUST until combined
3. Heat oven to 400
4. Spoon batter into buttered or oiled muffin pans
5. Bake for about 20 minutes or until the muffins are puffed and spring back when lightly touched
6. Loosen muffins and allow to cool

Serve with

Banana Glaze Topping [optional]

- ½ banana
 - 1 teaspoon lemon juice
 - 1 cup confectioners sugar
- Beat all together until smooth then dip the tops of the muffins in the glaze
Or serve with

Banana faux 'Ice Cream'

- Mash 2 bananas until smooth
 - Stir in 1 cup yogurt
 - 1-2 tablespoons honey or syrup
- Pour into a shallow container and freeze
Serve as is or blend or process to get a smoother 'ice cream'

FRUIT SALAD

1-2 cans fruit [use 2 different kinds]

- Drain the syrup/juice from the can and set aside
- Cut up the fruit and mix together.
- If desired you can add a cut up banana
- Cover and refrigerate until ready to serve [the fruit salad can be made up to a day ahead]



Place the syrup [from the fruit that you set aside] in a small saucepan and simmer gently uncovered until the liquid reduces to 1/4 cup. It might take up to 25 minutes depending on what kind of saucepan you use. This syrup is what you are going to use to sweeten the custard.

BAKED CUSTARD [serves 4-6 people]

3 eggs
2 cups milk
the 1/4 cup syrup you cooked down from the fruit salad
pinch of salt

Pre heat oven to 275

Whisk all the ingredients together until well blended
Pour through a sieve into a lightly buttered baking dish.
[note: you use the sieve to ensure there are no 'bits' that will spoil the smoothness of your custard!]

Bake for about 15-20 minutes or until the custard is set
[you can check this by giving the dish a little 'jiggle'! If there is no 'jiggle' the custard is set!]
Remove from oven and allow to cool
Refrigerate until ready to serve - but bring to room temperature for best taste

Serve the custard with the fruit salad! OR they can be TWO separate desserts!

Did you know...

Fruits are low in calories and fat and are a source of simple sugars, fiber, and vitamins, which are essential for optimizing our health.

Fruits provide plenty of soluble dietary fiber, which helps to ward off cholesterol and fats from the body and to get relief from constipation as well.

Fruits contain many **anti-oxidants** like **poly-phenolic flavonoids, vitamin-C, and anthocyanins**. These compounds, firstly, help human body protected from oxidant stress, diseases, and cancers, and secondly, help the body develop capacity to fight against these ailments by boosting our immunity level.

nutrition tips

Now what is **Nutrition**?

It is the food and healthy diet which helps to keep one's body operating under maximum conditions

Put another way

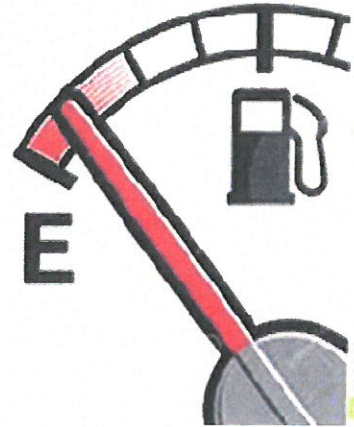
Nutrition is like the gas in your car.....

If you put in the wrong gas – it will refuse to move

If you put in bad gas – it will stutter and lurch and eventually stop

If you put in the wrong grade of gas – your car will just hiccup along

If you put in the right gas – it will drive smoothly and swiftly [remember no speeding!]



**** Secret Tricks ****

FIVE EASY ways to make food healthier

1. Drain off liquid in cans of vegetables - rinse the veggies [reduces the sodium]
2. Drain off syrup in cans of fruit [reduces the sugar]
3. THE 'MAGIC' MUFFIN PAN for right size portions Use muffin pans to bake meals - line muffin pans with bread to make cases
4. Add plain yogurt to mayonnaise - delicious and reduces calories and fat
5. Muffins with a Secretadding vegetables to the batter