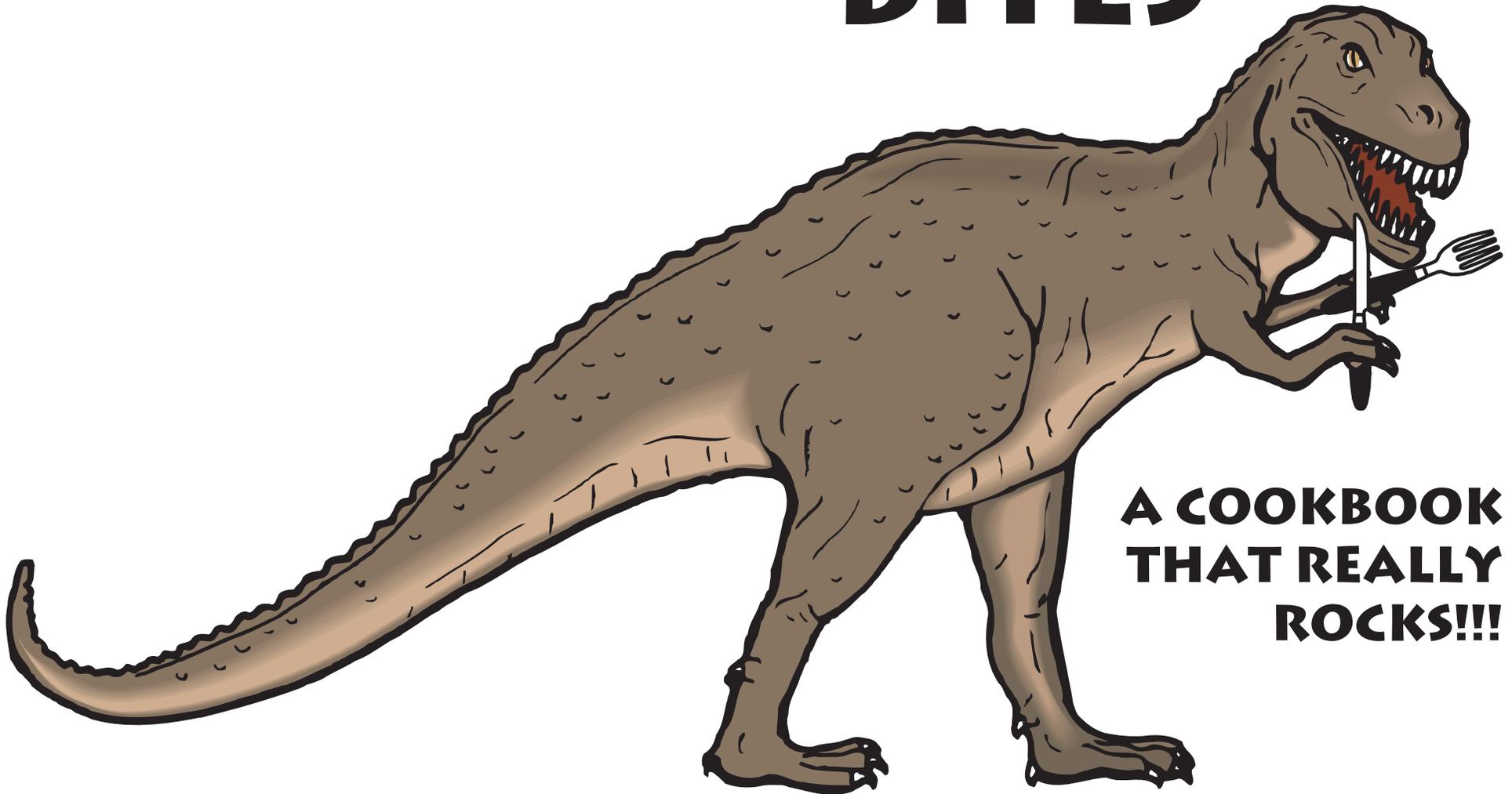


COMPILED FOR THE  
WASHINGTON DIVISION OF GEOLOGY AND EARTH RESOURCES  
AS A FUND RAISER FOR CHARITY, OCTOBER 2002  
(SUGGESTED DONATION \$3.00)

# GEOLOGY BITES



**A COOKBOOK  
THAT REALLY  
ROCKS!!!**

*Disclaimer: These recipes were selected primarily for the geological tie-in of their names, and as neither of the authoresses actually cooks, these recipes were never tested in our test kitchen, i.e., the Geology Lab. You're on your own!*

COMPILED BY  
LEE WALKLING, FINDER OF LOST RECIPES, AND  
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# TABLE OF CONTENTS

## GEMS

Bubbling Jade Punch, p. 1  
Coral and Jade Shrimp, p. 1  
Crystal Candy, p. 2  
Diamond Punch, p. 2  
Dinosaur Eggs, p. 2  
Emerald and Ruby Shrimp, p. 3  
Emerald Bran Muffins, p. 4  
Emerald Fried Rice, p. 4  
Emerald Prawns and Jasmine Rice, p. 5  
Emerald Seafood Salad, p. 6  
Ruby Pasta, p. 6  
Ruby Pears, p. 7

## GEOLOGIC HAZARDS

Baagh-Lava, p. 7  
Chocolate Mudslide Frozen Pie, p. 8  
Double Chocolate Lava Baby Cakes, p. 8  
Earthquake Cake, p. 9  
Erupting Volcano Cake, p. 11  
Frozen Mudslide, p. 12  
Lava Flow, p. 12  
Molten Chocolate Cakes, p. 12  
Mount Rainier Birthday Cake, p. 13  
Texas Hot Lava Chili, p. 13  
Tsunami Pizza, p. 14  
Volcano Cake, p. 11

## METALLIC MINERALS

Gold Cake, p. 15  
Rocky Mountain Gold, p. 15  
Silver and Gold Cake, p. 16  
Silver and Gold Shredded Chicken, p. 17  
Silver Beet Stems with Garlic, p. 17  
Silver Salmon with Secret Sauce, p. 18  
Silver-Wrapped Chicken, p. 18

## NONMETALLIC MINERALS

Aggregate Ice Cream Pie, p. 19  
Cajun Dirty Rice, p. 19  
Chemical/Mineral Chip Cookies, p. 20  
Chocolate and Vanilla Marble Cake, p. 21  
Chocolate Mud Cake, p. 22  
Coal Mine Cupcakes, p. 22  
Dirt Cake, p. 25  
Dirt Cupcakes, p. 25  
Edible Rock Cookies, p. 25  
    Igneous Rock Cookies, p. 25  
    Sedimentary Rock Cookies, p. 26  
    Metamorphic Rock Cookies, p. 26  
Fossil Fuel Bars, p. 26  
German Marble Cake, p. 27  
Gravel Pie, p. 27  
Hobgoblins Mud Pie, p. 28  
Mud Cake for the Non-Cook, p. 28  
Orange Chocolate Marble Cake, p. 28  
Rock Cod with Almonds, p. 29  
Rockfish and White Corn Chowder, p. 30  
Rocky Road Cake, p. 30  
Rocky Road Cheesecake, p. 31  
Rocky Road Dessert Bars, p. 31  
Rocky Road Ice Cream 1, p. 32  
Rocky Road Ice Cream 2, p. 33  
Rocky Road Pie, p. 33  
Rocky Road Pizza, p. 34  
Rocky Top Coleslaw-To-Go, p. 33  
Sand Tarts, p. 34  
Stone-Ground Hardbread Biscuits, p. 35  
Stone-Ground Cornbread, p. 35  
Stone Soup, p. 36  
Very Rocky Road Fudge, p. 36

## STRATIGRAPHY

Chocolate Strata Brownies, p. 41  
Cupcake Core Sampling, p. 38  
Fresh Asparagus Strata, p. 39

# INDEX OF RECIPES BY TYPE

## BEVERAGES

Bubbling Jade Punch, p. 1  
Diamond Punch, p. 2  
Frozen Mudslide, p. 12  
Lava Flow, p. 12

## BREADS

Emerald Bran Muffins, p. 4  
Stone-Ground Hardbread Biscuits, p. 35  
Stone-Ground Cornbread, p. 35

## DESSERTS

Baagh-Lava, p. 7  
Chemical/Mineral Chip Cookies, p. 20  
Chocolate and Vanilla Marble Cake, p. 21  
Chocolate Mud Cake, p. 22  
Chocolate Mudslide Frozen Pie, p. 8  
Chocolate Strata Brownies, p. 41  
Coal Mine Cupcakes, p. 22  
Crystal Candy, p. 2  
Cupcake Core Sampling, p. 38  
Dinosaur Eggs, p. 2  
Dirt Cake, p. 25  
Dirt Cupcakes, p. 25  
Double Chocolate Lava Baby Cakes, p. 8  
Earthquake Cake, p. 9  
Edible Rock Cookies, p. 25  
Erupting Volcano Cake, p. 11  
Fossil Fuel Bars, p. 26  
German Marble Cake, p. 27  
Gold Cake, p. 15  
Gravel Pie, p. 27  
Hobgoblins Mud Pie, p. 28  
Igneous Rock Cookies, p. 25  
Metamorphic Rock Cookies, p. 26  
Molten Chocolate Cakes, p. 12  
Mount Rainier Birthday Cake, p. 13  
Mud Cake for the Non-Cook, p. 28  
Orange Chocolate Marble Cake, p. 28

Rocky Road Cake, p. 30  
Rocky Road Cheesecake, p. 31  
Rocky Road Dessert Bars, p. 31  
Rocky Road Ice Cream 1, p. 32  
Rocky Road Ice Cream 2, p. 33  
Rocky Road Pie, p. 33  
Rocky Road Pizza, p. 34  
Ruby Pears, p. 7  
Sand Tarts, p. 34  
Sedimentary Rock Cookies, p. 26  
Silver and Gold Cake, p. 16  
Very Rocky Road Fudge, p. 36

## ENTREES

Coral and Jade Shrimp, p. 1  
Emerald and Ruby Shrimp, p. 3  
Emerald Prawns and Jasmine Rice, p. 5  
Rock Cod with Almonds, p. 29  
Rocky Mountain Gold, p. 15  
Silver and Gold Shredded Chicken, p. 17  
Silver Salmon with Secret Sauce, p. 18  
Silver-Wrapped Chicken, p. 18  
Texas Hot Lava Chili, p. 13  
Tsunami Pizza, p. 14

## SALADS

Emerald Seafood Salad, p. 6  
Rocky Top Coleslaw-To-Go, p. 33

## SIDE DISHES

Cajun Dirty Rice, p. 19  
Emerald Fried Rice, p. 4  
Fresh Asparagus Strata, p. 39  
Ruby Pasta, p. 6  
Silver Beet Stems with Garlic, p. 17

## SOUPS

Rockfish and White Corn Chowder, p. 30  
Stone Soup, p. 28

# INDEX OF RECIPES BY NAME

## A

Aggregate Ice Cream Pie, p. 19

## B

Baagh-Lava, p. 7

Bubbling Jade Punch, p. 1

## C

Cajun Dirty Rice, p. 19

Chemical/Mineral Chip Cookies, p. 20

Chocolate and Vanilla Marble Cake, p. 21

Chocolate Mudslide Frozen Pie, p. 8

Chocolate Mud Cake, p. 22

Chocolate Strata Brownies, p. 41

Coal Mine Cupcakes, p. 22

Coral and Jade Shrimp, p. 1

Crystal Candy, p. 2

Cupcake Core Sampling, p. 38

## D

Diamond Punch, p. 2

Dinosaur Eggs, p. 2

Dirt Cake, p. 25

Dirt Cupcakes, p. 25

Double Chocolate Lava Baby Cakes, p. 8

## E

Earthquake Cake, p. 9

Edible Rock Cookies, p. 25

Emerald Bran Muffins, p. 4

Emerald Fried Rice, p. 4

Emerald Prawns and Jasmine Rice, p. 5

Emerald Seafood Salad, p. 6

Emerald and Ruby Shrimp, p. 3

Erupting Volcano Cake, p. 11

## F

Fossil Fuel Bars, p. 26

Fresh Asparagus Strata, p. 39

Frozen Mudslide, p. 12

## G

German Marble Cake, p. 27

Gold Cake, p. 15

Gravel Pie, p. 27

## H

Hobgoblins Mud Pie, p. 28

## I

Igneous Rock Cookies, p. 25

## L

Lava Flow, p. 12

## M

Metamorphic Rock Cookies, p. 26

Molten Chocolate Cakes, p. 12

Mount Rainier Birthday Cake, p. 13

Mud Cake for the Non-Cook, p. 28

## O

Orange Chocolate Marble Cake, p. 28

## R

Rock Cod With Almonds, p. 29

Rockfish And White Corn Chowder, p. 30

Rocky Mountain Gold, p. 15

Rocky Road Cake, p. 30

Rocky Road Cheesecake, p. 31

Rocky Road Dessert Bars, p. 31

Rocky Road Ice Cream 1, p. 32

Rocky Road Ice Cream 2, p. 33

Rocky Road Pie, p. 33

Rocky Road Pizza, p. 34

Rocky Top Coleslaw-To-Go, p. 33

Ruby Pasta, p. 6

Ruby Pears, p. 7

## S

Sand Tarts, p. 34

Sedimentary Rock Cookies, p. 26

Silver and Gold Cake, p. 16

Silver and Gold Shredded Chicken, p. 17

Silver Beet Stems with Garlic, p. 17

Silver Salmon with Secret Sauce, p. 18

Silver-Wrapped Chicken, p. 18

Stone-Ground Cornbread, p. 35

Stone-Ground Hardbread Biscuits, p. 35

Stone Soup, p. 36

## T

Texas Hot Lava Chili, p. 13

Tsunami Pizza, p. 14

## V

Very Rocky Road Fudge, p. 36

# GEMS

## BUBBLING JADE PUNCH

2 3-ounce packages lime gelatin or any other flavor

2 cups boiling water

4 cups cold water

1 12-ounce can frozen lemonade concentrate,  
thawed and undiluted

2 cups pineapple juice

2-liter bottle ginger ale

Dissolve gelatin in boiling water. Stir in cold water, lemonade concentrate, and pineapple juice. Chill well. Don't chill too long or it solidifies! Add ginger ale before serving.

## CORAL AND JADE SHRIMP

1 pound large or medium shrimp, shelled

1 teaspoon grated peeled gingerroot

1 teaspoon dry sherry

1 teaspoon cornstarch

½ to 1 teaspoon salt, or to taste

3 tablespoons canola, corn, or peanut oil

¼ pound snow peas, ends snapped off and strings removed,  
cut in half on the diagonal

2 tablespoons ketchup

1 8-ounce can (1 cup) sliced water chestnuts, drained

Cut a slit along the back of the shrimp and pull out and discard the intestinal vein. Rinse the shrimp in cold water, drain, and place in a bowl. Stir in the gingerroot, sherry, cornstarch, and ¼ teaspoon salt and mix well. Set aside. Heat 1 tablespoon of the oil in a wok or stir-fry pan over medium heat until hot but not smoking. Dip the end of a snow pea into the pan; it should sizzle. Add the snow peas and stir just until they turn a darker green, about 30 seconds. Do not scorch the tender snow peas inadvertently by heating the oil too hot. Remove the snow peas and spread out on a plate. Set aside. Pour the remaining 2 tablespoons of oil into the same pan and heat over high heat. Stir up the shrimp mixture again, pour into the pan, and cook, stirring constantly, for 1 to 2 minutes or until the shrimp just turn pink and opaque. Stir in the ketchup, water chestnuts, and remaining ¼ teaspoon salt, and stir-fry for about 30 seconds. Return the snow peas to the pan and mix together for 30 seconds to 1 minute. Remove from the heat and taste, adding more salt if desired. Transfer to a serving dish. Serve immediately. Serves 3 to 6.

**CRYSTAL CANDY**

sugar  
 glass jar  
 saucepan  
 measuring cup  
 pencil  
 6-inch piece of string  
 paper clips

Boil a cup of water in the saucepan. Add granulated sugar (~2 cups) until no more will dissolve. (You've made what chemists call a saturated solution.)

While your saturated solution cools, tie one end of the string to a paper clip and the other around a pencil. Balance the pencil across the top of the jar so the paper clip hangs down inside the jar.

When the sugar solution has cooled completely, pour it into the jar. The next part is very hard—Be Patient! It may take a few days for the crystals to form. When they do, the rock candy is ready to eat.

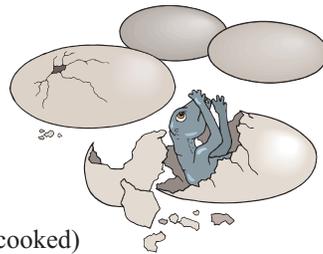
**DIAMOND PUNCH**

2 bottles champagne  
 ½ cup chambord  
 ½ cup orange juice  
 ¼ cup lemon and lime juice, mixed  
 ice ring  
 sherbet (optional)  
 fresh fruit (optional)

In small punch bowl, mix first four ingredients together and add molded ice ring or ice block (frozen juice works nicely in this recipe). Sherbet may be added for a more festive recipe. Garnish with fresh raspberries or seasonal fruit.

**DINOSAUR EGGS**

24 assorted bite-size candies  
 ½ pound (2 sticks) margarine or butter,  
 softened  
 1 cup powdered sugar  
 1 egg  
 1 teaspoon vanilla  
 1½ cups all-purpose flour  
 ¼ cups (quick or old fashioned oats, uncooked)  
 ½ cup cornstarch  
 ¼ teaspoon salt (optional)

**FRESH ASPARAGUS STRATA**

*Strata is a savory bread pudding*

12 eggs  
 1 quart half and half  
 2 cups milk  
 1 teaspoon dried thyme  
 1 teaspoon dried dill  
 1 teaspoon salt  
 ½ teaspoon ground black pepper  
 1 cup shredded parmesan cheese  
 7 to 8 cups bread cubes from day-old French or Italian bread  
 1 pound fresh asparagus, cut into 1-inch pieces, stems removed  
 1 cup diced ham (optional)

In a large mixing bowl, beat eggs, half and half, milk, thyme, dill, salt, and pepper until frothy. Add cheese and bread cubes. Stir well. (Can soak overnight, covered in fridge at this point.) Spray 9 x 13-inch baking pan with cooking spray. Place in pre-heated 350°F oven for 5 minutes. Remove from oven. Stir fresh asparagus and ham into bread mixture. Pour into prepared pan. Spread evenly. Cover loosely with aluminum foil and bake in the middle of the oven for 45 minutes. Remove foil. Bake an additional 10 minutes. Strata should be puffy and golden. To test for doneness, insert knife in center—if it comes out clean, it's done. Sprinkle with additional parmesan cheese, if desired. Cool for 10 minutes before cutting. Serves 8 to 12.

## CUPCAKE CORE SAMPLING

*A recipe-activity to help you celebrate Earth Science Week in October*

Trying to ‘see’ what is beneath the surface of the Earth is one of the jobs of a geologist. An alternative to digging up vast tracts of land to expose an oil field or find some coal-bearing strata is to take core samples and analyze them to determine the likely composition of the Earth’s interior. In this activity, students model core sampling techniques to find out what sort of layers are in a cupcake.

*Materials needed:*

cupcake mix  
plastic knife  
drawing paper  
frosting  
food coloring  
foil baking cups  
toothpicks  
plastic transparent straws

*Directions:*

Prepare cupcakes according to package directions, but use at least three different colors of batter. Layer batters in the muffin cups. Using foil baking cups and frosting will prevent the kids/students from seeing the interior of the cupcakes, in the same way that a geologist can’t see the interior of the Earth. (Tell them that the frosting layer is equivalent to the soil.) Provide each student with a cupcake, a straw, a toothpick, and a piece of paper. Ask them to fold a piece of drawing paper into four sections and in one of the sections draw what they think the inside of the cupcake would look like. Ask them how they might get more information about the cupcake without peeling the foil or cutting it open with a knife. Someone may suggest using the straw to take a core sample. If not, show them how to push the straw into the cupcake and pull out a sample. Remember to use the straw like a drill, rotating it through the cupcake. (Straws can be cut slightly longer than the depth of the cupcake.) The students should make a second drawing of the cross section of their cupcake based on the information from three core samples. Each new drawing should be carefully labeled and placed in a different section of the recording paper. Finally, the students should cut open the cupcakes with a knife to compare them to the drawings.

*Hint — Keep relating what the students are doing to what real life geologists do. Nobody eats until the discussion is complete!*

colored sugar, nonpareils, sprinkles, or flavored powdered sugar

Heat oven to 325°F. In large bowl, beat margarine and sugar until creamy. Add egg and vanilla; beat well. Add combined flour, oats, cornstarch and salt; mix well. Shape dough into 1½-inch balls. Press candy piece into center of each ball; shape dough around candy so it is completely hidden. Lightly pinch one side of dough to form egg shape. Roll cookies in desired decorations until evenly coated (or leave uncoated and coat in powdered sugar after baking, as directed below). Place on ungreased cookie sheets. Bake 16 to 20 minutes or until cookies are set and lightly browned on the bottom. Remove to wire rack. Cool completely. Store tightly covered. Makes about 2 dozen

Cookies can be coated in powdered sugar. Bake cookies as directed above. Remove to wire rack; cool 5 minutes. Place ¾ cup powdered sugar in plastic bag. Add two cookies at a time; shake gently until coated. Cool completely on wire rack.

*Nutrition information for 1 filled cookie: calories 200; calories from fat 110; total fat 12 g; saturated fat 4 g; cholesterol 5 mg; sodium 100 mg; total carbohydrates 23 g; dietary fiber 1 g; protein 3 g; total sugar 12 g.*

## EMERALD AND RUBY SHRIMP

1 pound fresh shrimp (no less than 16 count)  
2 tablespoons dry sherry  
2 tablespoons cornstarch  
2 tablespoons olive oil  
1 tablespoon butter  
kosher or sea salt to taste  
couple of grinds of fresh white pepper  
½ cup diced sweet red bell pepper  
1 to 4 cloves of garlic, finely minced  
½ cup very small frozen peas, thawed (or run under hot water)  
½ to ¾ pound angel hair pasta (fresh if available; regular, spinach,  
or garlic basil)  
grated parmesan/romano cheese to garnish

Peel shrimp if necessary. Combine cornstarch and sherry and coat the shrimp in the mixture. Cook the pasta until desired doneness according to instructions. Drain and hit with cold water to stop cooking. Place in a colander. Have some water near the boil ready to refresh and warm the pasta before serving.

Heat the oil and butter over medium heat. Add the red bell pepper and cook until tender. Add the garlic and cook for an additional 30 seconds. Add shrimp and peas and cook 1 to 2 minutes, according to shrimp size.

Shrimp should be just barely opaque and slightly pink. Add ½ of the pasta to the pan and toss to warm the pasta. Pour boiling water over the remaining pasta and place in a heated bowl. Top with shrimp and pasta mixture and grated cheese. Makes 3 to 4 servings.

### EMERALD BRAN MUFFINS

1 stick unsalted margarine  
 1 cup sugar  
 2 eggs  
 1½ cups whole wheat flour  
 ½ cup regular flour  
 2½ teaspoons baking soda  
 2 cups buttermilk  
 1 cup 100% Bran (Nabisco)  
 1 cup boiling water  
 2 cups All Bran (Kellogg's)  
 ½ teaspoon salt  
 1 cup ground walnuts  
 1 cup raisins  
 ½ cup wheat germ

Cream margarine and sugar. Add eggs and beat. Sift flours with baking soda. Add to the creamed mixture, alternating with the buttermilk. Mix well. Combine the 100% Bran with the boiling water. Add to the batter and stir in. Fold in All Bran, salt, walnuts, raisins, wheat germ. Keep the batter in the refrigerator for up to two weeks in a wide-mouth container. Use to bake muffins as needed. Bake at 400°F for 15 to 20 minutes.

### EMERALD FRIED RICE

2 tablespoons peanut oil  
 2 large garlic cloves, minced  
 1 tablespoon finely chopped and peeled fresh ginger  
 1 medium celery rib, julienned  
 ½ medium green pepper, seeded and diced  
 10 snow peas, julienned  
 ½ cup fresh or frozen peas  
 3 whole scallions, cut in half and julienned  
 4 cups cold cooked rice (day-old rice works best)  
 ½ teaspoon salt  
 ½ teaspoon sugar  
 2 tablespoons oyster sauce or soy sauce

Heat the oil in skillet or wok over high heat. Add garlic, ginger, celery, and pepper and stir for 30 seconds. Add all the peas and scallions and stir

2 cups miniature marshmallows  
 1 5-ounce can evaporated milk  
 ¼ cup margarine or butter  
 1 12-ounce package semisweet chocolate pieces  
 1 teaspoon vanilla extract  
 1 10- to 12-ounce can mixed nuts

In a 2-quart glass measure, cook sugar, 1 cup marshmallows, milk, and margarine on high for 4½ to 6½ minutes until melted, stirring once during cooking. Stir; cook for another 1½ minutes. Stir in chocolate and vanilla until smooth. Fold in nuts and remaining marshmallows. Spread in foil-lined 8 x 8-inch baking pan. Refrigerate until firm. Cut into 24 pieces.

## STRATIGRAPHY

### CHOCOLATE STRATA BROWNIES

¾ cup all-purpose flour  
 ¾ cup baking cocoa  
 ¼ teaspoon salt  
 ½ cup (1 stick) butter, cut in pieces  
 ½ cup granulated sugar  
 ½ cup packed brown sugar  
 3 large eggs  
 2 teaspoons vanilla extract  
 1 cup chopped pecans  
 ¾ cup white chocolate morsels  
 ½ cup caramel ice cream topping  
 ¾ cup semisweet chocolate morsels

Preheat oven to 350°F. Grease 8-inch-square baking pan. Combine cocoa, flour, and salt in small bowl. Beat butter, granulated sugar, and brown sugar in large mixing bowl until creamy. Add two eggs, one at a time, beating well after each addition. Add vanilla extract; mix well. Gradually beat in flour mixture. Reserve ¾ cup batter. Spread remaining batter into prepared baking pan. Sprinkle pecans and white morsels over batter. Drizzle caramel topping over top. Beat remaining egg and reserved batter in same large bowl until light in color. Stir in semisweet morsels. Spread evenly over caramel topping. Bake for 30 to 35 minutes or until center is set. Cool completely in pan on wire rack. Cut into squares. Makes 16 brownies.

In a 9-inch cast-iron skillet, melt 2+ tablespoons of fat (Crisco, bacon fat, etc). Pre-heat oven to 375°F. Mix dry ingredients together. Mix in egg and buttermilk to make a goopy, sloppy mix and pour into (slightly) warm skillet. Bake 15 minutes. Turn out onto a warm plate and serve.

## STONE SOUP

water  
1 stone  
assorted contributions

Once upon a time, somewhere in Eastern Europe, there was a great famine. People jealously hoarded whatever food they could find, hiding it even from their friends and neighbors. One day a peddler drove his wagon into a village, sold a few of his wares, and began asking questions as if he planned to stay for the night.

“There’s not a bite to eat in the whole province,” he was told. “Better keep moving on.”

“Oh, I have everything I need,” he said. “In fact, I was thinking of making some stone soup to share with all of you.” He pulled an iron cauldron from his wagon, filled it with water, and built a fire under it. Then, with great ceremony, he drew an ordinary looking stone from a velvet bag and dropped it into the water.

By now, hearing the rumor of food, most of the villagers had come to the square or watched from their windows. As the peddler sniffed the ‘broth’ and licked his lips in anticipation, hunger began to overcome their skepticism.

“Ahhh,” the peddler said to himself rather loudly. “I do like a tasty stone soup. Of course, stone soup with cabbage, that’s hard to beat.”

A villager approached hesitantly, looked around, and pulled a small cabbage from under his coat. When he discreetly added it to the pot, the peddler beamed. “Excellent,” he cried, “You know, I once had stone soup with cabbage and a little morsel of salt pork, and it was fit for a king.”

Then it was the village butcher who approached. He had a little piece of salt pork under his apron. And so it went, some potatoes, some onions. Carrots, mushrooms, and so on. Until there finally was, indeed, a delicious meal for all. The villagers offered the peddler a great deal of money for the magic stone, but he refused to sell and traveled on the next day. And from that time on, long after the famine had ended, the villagers reminisced about the finest soup they’d ever had.

## VERY ROCKY ROAD FUDGE

*This is a microwave recipe*

1½ cups sugar

for another 30 seconds. Add the rice, breaking up any lumps, and continue to toss all the ingredients in the hot oil for 1 minute, until everything is heated through. Sprinkle with the seasonings and continue stirring for a few seconds to combine. Serves 4 to 6.

## EMERALD PRAWNS AND JASMINE RICE

**Jasmine Rice**  
1 cup jasmine rice

In a 2½-quart saucepan, combine the rice and 1½ cups water. Bring to a boil, stir to loosen the grains, lower the heat to a simmer, and cover the pot. Cook over very low heat 15 minutes, or until all the water has been absorbed.

**Emerald Prawns**  
fresh basil sprigs  
fresh cilantro sprigs  
fresh parsley sprigs  
3 or 4 large garlic cloves  
2 tablespoons peanut or corn oil  
1¼ pounds peeled raw large shrimp  
1 tablespoon bean paste, hot or sweet

Stem enough basil, cilantro, and parsley sprigs to measure ¼ cup each. Transfer the three fresh herbs to a mini chopper and mince; remove to a small plate. Wipe out the chopper. Peel the garlic cloves and add them to the chopper. Mince the garlic. (You should have about 1 tablespoon minced garlic.)

In a wok or 12-inch saute pan, heat the oil and minced garlic over low heat, stirring, until softened. Do not let the garlic brown. Increase the heat to medium and add the shrimp. Cook, stir-frying, until the shrimp turn pink, about 2 to 3 minutes. Add the bean paste and minced fresh herbs and cook, tossing, until well combined. Remove the pan from the heat. Fluff the jasmine rice with a fork, then divide it among 4 large soup bowls. Top each portion of rice with emerald prawns, and serve at once. Serves 4.

*Tips: If you would like to add a vegetable to the stir-fry, cook it first, before the shrimp. For example, you could stir-fry whole snow peas or green beans cut into 1½- inch lengths, remove them, then cook the shrimp. Return the vegetable to the pan at the end to combine.*

*Do not substitute dried herbs for the fresh ones called for in the recipe. The vibrancy of the dish depends on fresh herbs. If an herb that is called for is not available, substitute an equal amount of one of the other herbs.*

*Vary the recipe by serving the stir-fry over thin noodles that have been boiled until just tender and tossed with a few tablespoons of peanut oil or chicken broth. Makes 4 servings.*

### EMERALD SEAFOOD SALAD

½ pound scallops, washed well  
 ½ cup dry white wine  
 ¼ cup water  
 1 sprig parsley  
 ½ bay leaf  
 ¼ teaspoon dried thyme leaves  
 2 peppercorns  
 ½ pound shrimp, cooked  
 1 large red apple, skinned, cored, and diced  
 ½ small sweet red onion, thinly sliced  
 2 large kiwi fruits, peeled and sliced  
 ½ cup walnut halves  
 1 bunch spinach, washed and trimmed

#### Vinaigrette Dressing

3 tablespoons olive oil  
 1 tablespoon lemon juice  
 ¼ teaspoon salt  
 ¼ teaspoon pepper

Place scallops in saucepan with wine and water. Put parsley, bay leaf, thyme, and peppercorns in cheesecloth and tie together. Add to scallops in saucepan. Poach scallops gently over low heat for 5 minutes. Remove scallops. Allow to cool. Combine scallops with shrimp, apple, onion, kiwi fruit, and walnuts. Combine dressing ingredients in a screw top jar. Shake to mix. Pour salad dressing over salad. Toss well. Serve over a bed of spinach. Makes 4 servings.

### RUBY PASTA

3 medium beets (~1 pound)  
 1½ cups all-purpose flour  
 1 pinch salt  
 1 pinch pepper

Scrub, peel, and cut beets into quarters. Cook in boiling water until tender, about 45 minutes. Place beets in a food processor and puree. In a large bowl, combine 1 cup beet puree with remaining ingredients to form a dough. Turn dough out onto a floured board and knead until smooth and pliable. Place dough in a bowl, cover with plastic wrap and let rest for at least 30 minutes. Shape and cook dough as desired.

1 egg  
 1 egg yolk  
 1 teaspoon vanilla  
 1 teaspoon grated lemon rind  
 3 cups flour  
 ¼ teaspoon salt  
 egg white  
 almonds, blanched and chopped

Sift the sugar. Beat the butter until soft. Add the sugar gradually, blending until soft and creamy. Add the egg, egg yolk, vanilla, and lemon rind. Sift the flour. Resift with the salt. Stir the flour and salt into the other ingredients until well blended. The last of the flour might have to be kneaded in by hand. Chill the dough for several hours.

Preheat the oven to 400°F. Roll the dough until very thin. Cut into rounds. Brush the top of the cookies with the egg white. Sprinkle generously with sugar and add the almonds. Bake on a greased cookie sheet for about 8 minutes. For a variation in flavor, use 1½ cups brown sugar instead of white sugar. Makes approximately 80 1½-inch cookies.

### STONE-GROUND HARDBREAD BISCUITS

*(a recipe from the Oregon Trail)*

2 cups stone ground flour  
 1 cup water

Combine the flour and water. Knead until smooth. Sprinkle some flour on a smooth surface and roll the dough flat until it is ¼-inch thick. Cut biscuits out with a can or a glass, making each biscuit about 3 to 4 inches in diameter. Poke holes into each biscuit with a fork. Place on a floured cookie sheet. Bake at 400°F for 35 to 45 minutes. Makes 12 to 15 biscuits.

### STONE-GROUND CORNBREAD

¾ cup whole-kernel stone-ground cornmeal  
 ¼ cup wheat flour  
 1 teaspoon salt  
 2 teaspoons baking powder  
 ¼ to ½ teaspoon baking soda  
 2 level tablespoons sugar  
 1 egg  
 2 tablespoons melted fat  
 ¾ to 1 cup buttermilk

stand at room temperature 10 minutes before serving. Top each piece with whipped topping, hot fudge topping and M&Ms. Serves 8. Calories 470; fat 26 g; sodium 200 mg.

### ROCKY ROAD PIZZA

20½ ounces brownie mix  
7 ounces marshmallow cream  
¼ cup semisweet chocolate chips  
¼ cup walnuts, chopped

Preheat oven to 350. Prepare a 14-inch pizza pan with cooking spray. Prepare brownie mix according to package directions and spread batter evenly over bottom of prepared rimmed pizza pan. Bake for 25 minutes. With a wet table knife, spread marshmallow cream evenly over brownie layer. Sprinkle with chocolate chips and walnuts. Cut and serve.

*Per serving: 278 calories; 6 g fat (17% calories from fat); 4 g protein; 57g carbohydrate; 0 mg cholesterol; 174 mg sodium.*

### ROCKY TOP COLESLAW-TO-GO

6 pounds green cabbage  
2 pounds red cabbage  
2 pounds carrots  
1½ quarts coleslaw dressing, recipe follows  
salt and pepper

Quarter, core, and shred cabbage, then pack for transport. Peel and grate the carrots, then pack for transport. At party, combine all ingredients and adjust seasoning to taste.

#### *Coleslaw Dressing*

1½ pints mayonnaise  
1 cup sour cream  
1 ounce peeled garlic, chopped  
2½ ounces champagne vinegar  
1½ ounces granulated sugar  
1¼ tablespoons celery seed  
salt and pepper

Mix all ingredients together. Adjust seasoning to taste and pack for transport. Yield: 1½ quarts dressing; 1½ gallons coleslaw

### SAND TARTS

1¼ cups sugar  
¾ cup butter

### RUBY PEARS

2 cups cranberries  
1 cup water  
1 cup sugar  
2 tablespoons rum or applejack  
canned pear halves, chilled

Cook cranberries with water until skins pop. Strain and add sugar. Bring to a boil, stirring constantly. Stir in rum. Chill and serve over pear halves (allow 2 for each serving). Makes about 2 cups sauce, enough for 6 servings.

## GEOLOGIC HAZARDS

### BAAGH-LAVA

500 grams (18 ounces) almonds  
250 grams (9 ounces) fine sugar  
500 grams (18 ounces) sugar  
one spoonful cardamom powder  
2 egg yolks  
½ cup milk  
2 spoonfuls cooking oil  
150 to 200 grams (5 to 7 ounces) flour  
½ teaspoon baking powder  
½ cup rose water  
small metallic boxes

Mix milk, baking powder, oil, and egg yolks. Add flour gradually while mixing. Mix the dough well for a few minutes. Pour in a plastic bag and leave for 2 to 3 hours.

Peel and grind the almonds. Add fine sugar and cardamom powder and mix well. Spread some flour on a table top. Take a small ball from the dough and flatten into a sheet on the table top as much as possible with a roller. Use a brush to remove the flour from the sheet.

Place a box on the sheet and cut the sheet at 0.5 centimeters (0.2 inches) away from the edges of the box. Place the cut sheet at the bottom of the box. Repeat this procedure three times. Add the almond-sugar mix on top of the sheets to fill the box. Press using the back of a large spoon to obtain a flat surface. Spread a bit of rose water on the mix. Cover with another three sheets of the dough. Cut along a grid.

Heat up 150 grams (5+ ounces) of cooking oil and spread on top of the boxes. Add sugar to ½ cup of hot water and bring to boil. Add rose

water and continue boiling for 2 to 3 minutes. Keep this syrup warm. Pre-heat the oven to 300°F. Place the boxes in the lower part of the oven and leave for 15 to 20 minutes. Remove and add a bit of the syrup. Return to a higher part of the oven and leave for another 15 minutes until baagh-lava turns slightly golden. Remove from the oven and allow to cool slightly. Add a bit of syrup over baagh-lava two to three times at 5-minute intervals.

### CHOCOLATE MUDSLIDE FROZEN PIE

1 prepared 9-inch chocolate crumb crust  
 1 cup semisweet chocolate morsels  
 1 teaspoon instant coffee  
 1 teaspoon hot water  
 $\frac{3}{4}$  cup sour cream  
 $\frac{1}{2}$  cup granulated sugar  
 1 teaspoon vanilla extract  
 $1\frac{1}{2}$  cups heavy whipping cream  
 1 cup powdered sugar  
 $\frac{1}{4}$  cup baking cocoa  
 2 tablespoons semisweet chocolate morsels

Melt 1 cup morsels in small, heavy-duty saucepan over lowest possible heat. When morsels begin to melt, remove from heat. Stir. Return to heat for a few seconds at a time, stirring until smooth. Remove from heat; cool for 10 minutes. Combine coffee granules and water in medium bowl. Add sour cream, granulated sugar and vanilla extract. Stir until sugar is dissolved. Stir in melted chocolate until smooth. Spread into crust; chill. Beat cream, powdered sugar, and cocoa in small mixing bowl until stiff peaks form. Spread or pipe over chocolate layer. Sprinkle with chocolate morsels. Freeze for at least 6 hours or until firm. Makes 8 servings

### DOUBLE CHOCOLATE LAVA BABY CAKES

$\frac{3}{4}$  cup butter  
 1 cup (6 ounces) semisweet chocolate pieces  
 3 eggs  
 3 egg yolks  
 $\frac{1}{2}$  cup sugar  
 $1\frac{1}{2}$  teaspoons vanilla  
 $\frac{1}{2}$  cup all-purpose flour  
 3 tablespoons unsweetened cocoa powder  
 $\frac{1}{2}$  cup pecan halves, toasted

1 cup walnuts, chopped  
 1 teaspoon vanilla  
 $1\frac{1}{2}$  cups miniature marshmallows, halved

In a medium saucepan, melt the chocolate over medium-low heat. Gradually stir in milk till combined. Gradually stir in water. Remove from heat. Pour half the mixture into a blender; cover and blend till smooth. Transfer to a bowl. Repeat with other half of mixture. Cover surface with plastic wrap and chill thoroughly. Stir in whipping cream, walnuts, and vanilla. Freeze in a 4- or 5- quart ice cream freezer according to manufacturers directions. Stir in marshmallows before ripening. Ripen 4 hours.

### ROCKY ROAD ICE CREAM 2

1 14-ounce can sweetened condensed milk  
 $\frac{1}{2}$  cup unsweetened cocoa powder  
 2 cups heavy cream  
 1 cup light cream  
 1 tablespoon vanilla extract  
 $\frac{1}{2}$  cup chopped pecans  
 1 cup miniature marshmallows

In a medium saucepan over low heat, cook and stir condensed milk and cocoa until smooth and slightly thickened, about 5 minutes. Remove from heat and allow to cool slightly. Stir in heavy cream, light cream, and vanilla. Refrigerate until cold.

Pour mixture into the canister of an ice cream maker, and freeze according to manufacturer's directions. Stir in nuts and marshmallows halfway through the freezing process. Makes 2 quarts.

*Calories per serving 257; protein 3.9 g; total fat 19.1 g; sodium 53 mg; cholesterol 59 mg; carbohydrates 19.9 g; fiber 1.2 g.*

### ROCKY ROAD PIE

4 cups (1 quart) chocolate ice cream, slightly softened  
 1 ready-to-use graham cracker crust  
 1 cup miniature marshmallows  
 1 cup chocolate covered peanuts  
 1 cup frozen whipped topping, thawed  
 1 cup hot fudge topping  
 $\frac{1}{2}$  cup M&Ms

Place half the ice cream in the graham cracker crust. Sprinkle with half the marshmallows and the peanuts. Layer a quarter of the ice cream on top and sprinkle with rest of marshmallows and peanuts. Top with the rest of the ice cream. Freeze, uncovered, for at least 2 hours, until firm. Let

1 cup sugar  
 1 cup all-purpose flour  
 ¾ cup chopped nuts  
 1 teaspoon baking powder  
 1 teaspoon vanilla extract  
 2 eggs

*Filling:*

6 ounces cream cheese, softened  
 ½ cup sugar  
 2 tablespoons flour  
 ¼ cup butter, softened  
 1 egg  
 ½ teaspoon vanilla extract  
 ¼ cup chopped nuts  
 6 ounces semisweet chocolate chips

*Frosting*

2 cups miniature marshmallows  
 1 ounce unsweetened chocolate  
 ¼ cup milk  
 1 teaspoon vanilla extract  
 2 ounces cream cheese  
 1 pound powdered sugar

Pre-heat oven to 350°F. Grease and flour a 9 x13-inch baking pan. Over low heat, melt ½ cup butter and 1 ounce chocolate. Add remaining bar ingredients and mix well. Spread in prepared pan. In a small bowl, combine 6 ounces cream cheese with next 5 ingredients. Blend until smooth. Stir in nuts. Spread over bar mixture in pan. Sprinkle with chocolate chips.

Bake at 350°F for 25 to 35 minutes, until toothpick inserted in center comes out clean. Sprinkle with miniature marshmallows and bake 2 minutes longer. Frosting: Over low heat, melt ¼ cup butter, 1 ounce chocolate, 2 ounces cream cheese and milk. Stir in powdered sugar and vanilla until smooth, immediately pour over marshmallow topping and swirl together.

Serving Suggestions: Cool completely before cutting into 36 bars. Store in refrigerator. We use pecans in this recipe, but walnuts or salted peanuts are also good choices.

**ROCKY ROAD ICE CREAM 1**

2 ounces unsweetened chocolate  
 1 14-ounce can sweetened condensed milk  
 1 cup water  
 2 cups whipping cream

*Praline Sauce*

½ cup granulated sugar  
 ½ cup packed brown sugar  
 2 tablespoons dark-colored corn syrup  
 ½ cup whipping cream

Preheat oven to 400°F. Lightly grease and flour six 1- to 1¼-cup souffle dishes or six 10-ounce custard cups. Place souffle dishes or custard cups in a shallow baking pan and set pan aside. In a heavy small saucepan, melt butter and semisweet chocolate over low heat, stirring constantly. Remove from heat. Cool.

Meanwhile, prepare praline sauce. In a heavy medium saucepan, combine ½ cup granulated sugar, ½ cup packed brown sugar, and the corn syrup. Stir in ½ cup whipping cream. Cook over medium-high heat until mixture boils, stirring constantly to dissolve sugar. Reduce heat. Cook, uncovered, for 10 minutes or until thickened, stirring occasionally. Cover and keep warm until needed.

In a large mixing bowl beat eggs, egg yolks, sugar, and vanilla with an electric mixer on high speed about 5 minutes or until thick and lemon-colored. Beat in cooled chocolate mixture on medium speed. Sift flour and cocoa powder over chocolate mixture; beat on low speed just until combined. Divide batter evenly into prepared dishes or cups.

Bake for 10 minutes. Pull cakes from the oven. Using a small spatula or table knife, puncture the top of each partially baked cake and gently enlarge to make a dime-sized hole. Slowly spoon about 1 tablespoon Praline Sauce into center of each cake. Return to oven. Bake 5 minutes more or until cakes feel firm at the edges. Cool cakes in souffle dishes or custard cups on a wire rack for 3 minutes. Using a small spatula or knife, loosen cake edges from sides of dish or cup and slip cake out upright onto individual dessert plates.

Stir ½ cup toasted pecan halves into the remaining praline sauce. If necessary, stir 1 to 2 teaspoons of hot water into remaining sauce to thin. Spoon warm praline sauce on top of cakes. Serve immediately. Makes 6 servings.

**EARTHQUAKE CAKE**

1 German chocolate cake mix  
 1 cup coconut  
 1 cup chopped walnuts  
 ½ cup melted margarine  
 1 8-ounce package of cream cheese,  
     softened  
 4 cups sifted powdered sugar  
 2 tablespoons cocoa



6 tablespoons cola  
 ½ cup margarine

Prepare cake mix according to package directions. Spread coconut and nuts over bottom of 9 x 13-inch greased pan. Pour prepared cake mix over nuts and coconut. Combine melted margarine, cream cheese, and 2 cups of the powdered sugar. Beat until smooth. Pour over cake batter. Bake 350°F for 45 to 55 minutes or till tests done. Cake top will crinkle. Cool. Frosting: combine cocoa powder, cola, and ½ cup margarine in sauce pan and cook till boiling, stirring constantly. Remove and pour over powdered sugar, beat till smooth. Spread on cooled cake.

### ERUPTING VOLCANO CAKE

6 8-inch baked round cakes  
 brown and green frosting  
 candy rocks, mini-dinosaurs, plastic trees, etc.  
 1 fresh egg with shell scrubbed  
 1 small juice glass or 1½-inch cookie cutter  
 2 to 3 drops red food color  
 1½ teaspoons sugar  
 ¼ pound dry ice  
 aluminum foil  
 1 to 2 ounces hot tap water

Make six 8-inch round cakes using your favorite mix or buy cakes from a bakery. On the day you plan to serve the cake, buy dry ice from your local ice cream store. Keep it in freezer. Be sure to handle the dry ice with gloves or tongs just to be safe. (If your ice cream store doesn't have dry ice, look in your local yellow pages.)

Construct the cone-shaped volcano on a cake platter or large dish. Trim each layer into successively smaller rounds and stack and frost them into a mountain shape, using chocolate frosting. Before placing the top two layers, use your juice glass or cookie cutter to cut a hole in the center of both layers. This will be the well to hide your special lava effect generator. Line the well with aluminum foil. You can use the juice glass as a mold and form foil around the glass.

Finish frosting the cake, smoothing out the small step-like ledges. Then use the green frosting as highlights around the mountain to resemble vegetation and add the candy rocks, mini-dinosaurs, and any other decorations you wish.

When you are ready to serve the cake, make the 'lava'. Separate the cleaned egg and discard the yolk. Put the egg white in a small mixing bowl with 1½ teaspoons sugar and 2 to 3 drops red food coloring. Beat until the egg white starts to thicken. You don't want stiff peaks to form, just a thick, foamy texture.

½ cup sugar  
 2 tablespoons flour  
 ¼ cup margarine  
 1 egg  
 ½ teaspoon vanilla  
 1 cup semisweet chocolate pieces

#### *Icing*

½ stick margarine  
 ½ cup cocoa  
 1 teaspoon vanilla  
 1 box powdered sugar  
 ¼ cup milk

Melt chocolate and margarine. Mix other ingredients. Combine and pour into a greased and floured 13 x 9-inch baking pan. Spread the filling on the cake and bake at 350°F for 25 minutes. When cake is done, scatter 1 cup miniature marshmallows on top and place back in the oven for about two minutes until marshmallows are melted. *Icing:* Melt margarine. Put margarine, cocoa, vanilla, powdered sugar, and milk in small mixing bowl. Beat together until smooth. Spread on cooled cake. When cake is cool, ice.

### ROCKY ROAD CHEESECAKE

1 cup chocolate wafer crumbs  
 3 tablespoons margarine, melted  
 1 envelope unflavored gelatin  
 ¼ cup cold water  
 16 ounces cream cheese, softened  
 ¾ cup sugar  
 ½ teaspoon vanilla  
 2 cups miniature marshmallows  
 1 cup whipping cream, whipped  
 ½ cup chopped nuts

Preparation: Combine crumbs and margarine; press onto bottom of 9-inch springform pan. Bake at 350°F., 10 minutes. Soften gelatin in water; stir over low heat until dissolved. Combine cream cheese, sugar, cocoa and vanilla, mixing at medium speed on electric mixer until well blended. Gradually add gelatin, mixing until blended. Fold in remaining ingredients; pour over crust. Chill until firm. Makes 10 servings.

### ROCKY ROAD DESSERT BARS

½ cup butter  
 1 ounce unsweetened chocolate

3 tablespoons of the butter in a large frying pan over medium heat. Dip each side of the fish in the flour (shake off the excess), the beaten egg, and finally into the almond bread crumbs and lay in the frying pan. Pan fry for about 2 minutes per side, adding more butter if pan looks dry. Cook until golden brown and crusty. Drain and transfer to plates and serve with lemon-herb butter.

### ROCKFISH AND WHITE CORN CHOWDER

½ pound rockfish, cut into 1-inch chunks  
 1 medium onion, chopped  
 ½ cup roasted red pepper, chopped  
 2 cups chopped potatoes  
 3 cups chicken broth  
 1 cup milk  
 10 ounces frozen white corn kernels  
 1 tablespoon olive oil  
 ½ teaspoon garlic salt  
 ½ teaspoon lemon pepper  
 1 teaspoon dried parsley or 1 tablespoon fresh, minced parsley

Heat a pot to medium. Add olive oil, then add onions. Cover and cook gently until softened. Do not brown. Add chicken broth, potatoes, and milk. Cook on medium-low for 15 minutes. Do not boil. Add rockfish, red peppers, corn kernels, garlic salt, and lemon pepper. Cook another 10 minutes until fish is done. Stir in parsley. Taste for salt and pepper. Serves 4.

*Variation:* I made this one night using shrimp and it was spectacular. I bought cooked shrimp that was small, but larger than the salad or cocktail shrimp. The cooked ones are easier because all you have to do is peel off the tails and toss them in 5 minutes before the soup is done.

### ROCKY ROAD CAKE

#### *Cake*

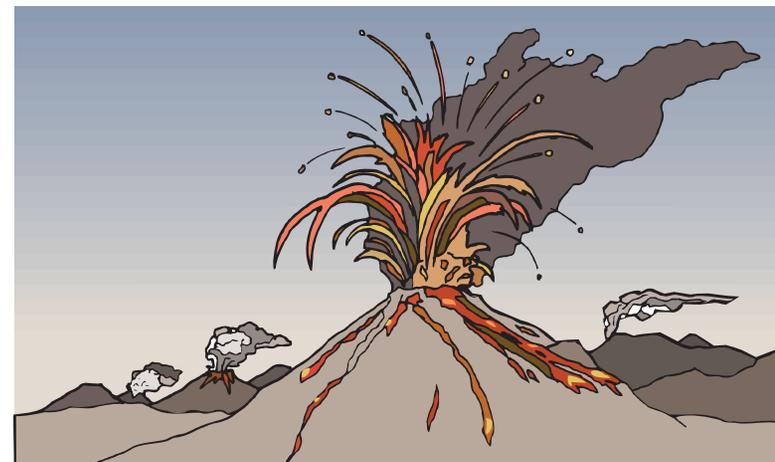
½ cup margarine  
 1 ounce baking chocolate  
 1 cup sugar  
 1 cup flour  
 1 teaspoon vanilla  
 2 eggs  
 ½ cup chopped pecans

#### *Filling*

6 ounces cream cheese, softened  
 ¼ cup nuts

Now place two or three small chunks of the dry ice into the foil-lined well of the cake and pour in the red egg mixture. Nothing much will happen yet. Now fill your juice glass with hot tap water and take the volcano cake and water to the table where your guests are. When you are ready to produce the lava effect, simply pour 1 or 2 ounces of the hot water into the egg and dry ice mixture in the well, and your realistic volcano cake will erupt large quantities of orange, foamy 'lava' and white 'smoke' for several minutes while you serve your delighted guests pieces of genuine Erupting Volcano Cake.

*Alternate Foam Generating Technique:* If you can't find dry ice in your area, you can still produce the foaming 'lava' effect. There will be no smoke, but you will have plenty of foamy lava. You will need a small, short juice glass or a shot glass that will fit snugly in the center of the cake. (A glass 3 inches tall and 1½ inches in diameter would be perfect.) You will also need one small box of Jell-O, one small bottle lemon juice, and 1 tablespoon of bicarbonate of soda. Make Jell-O according to package directions. Let cool 15 minutes. When Jell-O is still warm (not hot), fill the juice glass half full of warm Jell-O. Add lemon juice until the liquid is ½ inch from the top of the glass. Place the glass in the hole in the cake so that the lip of the glass is flush with the top of the cake. You are now ready to produce the special lava effect. When ready, put 1 tablespoon of bicarbonate of soda into the glass and briefly stir (1 to 2 seconds). Jell-O foam will immediately pour out the top of the glass and flow down the sides of the cake.



**FROZEN MUDSLIDE**

1 ounce vodka  
 1 ounce Bailey's Irish Cream  
 1 ounce Kahlua  
 1 scoop vanilla ice cream  
 milk or heavy cream  
 1 box malted milk balls  
 1 bottle chocolate syrup  
 whipped cream

Mix the 3 liquors and ice cream in a blender. Add crushed malted milk balls, chocolate syrup, and milk or heavy cream to taste. Mix well. Garnish with crushed malted milk balls and whipped cream.

**LAVA FLOW**

1 ounce light rum  
 2 ounces pineapple juice  
 6 ounces piña colada mix (coconut cream and pineapple juice)  
 1 ounce strawberry puree  
 1 small chunk pineapple for garnish (optional)

Blend rum, pineapple juice, and piña colada mix with 1 cup of ice. Coat the inside of a glass with the strawberry puree. Pour in the colada blend. Using a spoon, drag the strawberry puree up through the colada drink, creating a pink stripe. Garnish with a pineapple chunk, if desired, and serve. Makes 1 serving.

**MOLTEN CHOCOLATE CAKES**

1 stick (4 ounces) unsalted butter  
 6 ounces unsweetened good-quality chocolate  
 2 eggs  
 2 egg yolks  
 ¼ cup sugar  
 pinch of salt  
 2 tablespoons all-purpose flour

Preheat the oven to 450°F. Butter and lightly flour (even better with baker's cocoa) four 6-ounce ramekins. Tap out any excess. Set the ramekins on a baking sheet.

Melt the butter and the chocolate in a double boiler over simmering water. In a medium bowl, beat the eggs with the egg yolks, sugar and salt at high speed until thickened and pale. Whisk the chocolate until smooth. Quickly fold it into the egg mixture along with the flour. Spoon the batter

¼ cup cocoa  
 ¼ cup water

Cream butter or margarine; add sugar gradually, beating until fluffy. Beat in egg yolks, one at a time, until light and fluffy. Add sifted flour, baking powder, and salt, a third at a time, alternately with milk until blended. Fold in stiffly beaten egg whites. Spoon half of batter into a second bowl; stir in orange peel and orange extract. Blend cocoa and water in a cup: Fold into batter in first bowl. Spoon batters, alternating layers of chocolate and white, at least 2 times, into greased bundt loaf pan. Bake at 350°F for 50 to 60 minutes or until cakes tests done. Cool in pan 10 to 15 minutes; turn on wire rack or serving plate to complete cooling. Top with chocolate or orange glaze.

**Orange Glaze**

2 cups sifted confectioners sugar  
 1 tablespoon soft butter or margarine  
 2 to 4 tablespoons orange juice  
 1 to 2 teaspoons grated orange peel.

In small bowl, combine sugar and butter. Add orange juice gradually to achieve desired consistency and stir until smooth. Add peel.

**Chocolate Glaze**

2 cups sifted confectioners sugar  
 1 tablespoon soft butter or margarine  
 ½ teaspoon vanilla  
 2 to 4 teaspoons milk

In small bowl, combine sugar, cocoa, and butter. Add vanilla; add milk gradually to achieve desired consistency and stir until smooth.

**ROCK COD WITH ALMONDS**

4 6-to-8-ounce rock cod or red snapper filets  
 salt  
 black pepper  
 1½ cups lightly salted almonds  
 2½ cups fine breadcrumbs  
 1 cup all-purpose flour  
 2 eggs, beaten  
 1 stick butter

Rinse the fish filet and pat dry. Season the fish on both sides with salt and black pepper. Quickly grind the almonds and breadcrumbs to a fine powder in a food processor in short bursts (should appear dry—do not overgrind or the mixture will become oily). In three separate shallow bowls, place the breadcrumbs, the flour, and the beaten eggs. Melt

Cook until thick. Cool and pour these ingredients into the pie shell. Sprinkle the crumbs, flour, spices, and butter alternately over the pie...with crumbs on top. Bake for 20 to 30 minutes.

### **HOBGOBLINS MUD PIE**

12 ounces chocolate fudge sauce  
1 9-inch graham cracker pie crust  
1½ pints orange sherbet  
½ cup mini chocolate chips

Using a rubber spatula, spread the chocolate fudge sauce evenly over the pie crust. Set it in the freezer to harden. Remove the sherbet from the freezer to soften. In a medium bowl, combine the sherbet and the chips with a large spoon. Remove the crust from the freezer. Spoon the sherbet mixture on the crust. Smooth the top with spatula. Return to the freezer until ready to serve.

### **MUD CAKE FOR THE NON-COOK**

#### **Ingredients**

1 car, fueled up and ready to go  
1 set of car keys  
1 purse  
money  
1 cheesecake shop

#### **Method**

Place money in purse  
Grab car keys and hop into car  
Drive car to nearest cheesecake shop  
Stop car, hop out, and take purse with you into cheesecake shop  
Ask lady for a mud cake  
Open purse and hand over money  
Take mud cake home and enjoy

### **ORANGE CHOCOLATE MARBLE CAKE**

1 cup butter or margarine  
1½ cups sugar  
4 eggs, separated  
2½ cups sifted flour  
2 teaspoons baking powder  
¼ teaspoon salt  
¾ cup milk  
¼ teaspoon grated orange peel  
¼ teaspoon orange extract

into the prepared ramekins and bake for 12 minutes or until the sides of the cakes are firm but the centers are soft.

Let the cakes cool in the ramekins for 1 minute, then cover with an inverted dessert plate. Carefully turn each one over, let stand for 10 seconds and unmold. Serve at once with a little hard sauce scooped on the plate and a sprig of mint, or a small scoop of really fine ice cream. (The batter may be refrigerated for several hours, but should be brought to room temperature before baking.) Serves 4.

### **MOUNT RAINIER BIRTHDAY CAKE**

*Mount Rainier National Park turned 100 years old in 1999. If you were to make a birthday cake for Mount Rainier, this one might be appropriate.*

1½ cups sifted flour  
1½ teaspoons vanilla extract  
½ cup sugar  
1 teaspoon baking soda  
½ cup brown sugar  
1 tablespoon white vinegar  
1 teaspoon salt  
1 cup milk  
4 tablespoons cocoa powder  
¾ cup small marshmallows  
5 tablespoons butter, melted

Preheat oven to 350°F. Melt butter. Mix flour, sugars, salt, and cocoa in a 10-inch baking pan until the mixture looks like brownish sand. With a spoon, create a hole in the center of the mixture so that the bottom of the pan is visible. Make a smaller hole in another part of the pan, and an even smaller hole on the other side of the pan. Pour baking soda into the second hole, pour melted butter into the big, first hole. Pour the vanilla into the last and smallest hole. Pour vinegar into the second hole and watch it bubble! When it stops foaming, pour in the milk and mix it all together until it resembles...mud! Scatter marshmallows over the mixture. Bake for 35 minutes. Let cool and serve. Serves 6.

### **TEXAS HOT LAVA CHILI**

4 pounds boneless sirloin roast  
2 pounds venison, boneless  
2 cups Lone Star Beer  
½ cup Coca-Cola (not diet)  
4 medium onions, chopped coarse  
5 garlic cloves, minced

2 cups tomato sauce  
 1 cup sour mash whiskey  
 1 cup green bell pepper, chopped  
 1 cup red bell pepper, chopped  
 6 ancho peppers, dried and chopped  
 6 green jalapeño peppers, seeded and diced  
 2 teaspoons salt  
 2 tablespoons tabasco sauce  
 1½ cups tomato paste  
 1 tablespoon cayenne flakes  
 1 teaspoon allspice  
 4 tablespoons cumin, fresh ground  
 2 tablespoons cilantro, fresh chopped  
 2 tablespoons peanut oil

Cut meat into ¼-inch cubes. Put peanut oil into a large, cast iron pot, heat on medium high, add onions, garlic, meat cubes, and 1 tablespoon of cumin. Cook until meat is browned. Add tomato sauce, beer, whiskey, cola, peppers, spices (hold out 1 tablespoon cumin), and cook on low heat for 45 minutes, covered, stirring often. Uncover and cook for 20 minutes more. Stir in the remaining cumin and serve. Origin: Don Houston's chili pot, circa 1993. Yield: 12 servings.

### **TSUNAMI PIZZA**

1 tablespoon peanut oil  
 1 teaspoon chopped garlic  
 6 ounces medium shrimp, tails off  
 ¼ cup sushi sauce  
 1 Boboli-style ready-to-use pizza crust  
 3 ounces shredded mozzarella cheese  
 3 ounces shredded Swiss cheese  
 chopped fresh cilantro, for garnish

Heat peanut oil in a wok or skillet over high heat. Add garlic and shrimp and stir-fry until shrimp is pink and just cooked through. (Chicken may be substituted for shrimp; cut into small pieces before stir-frying.) Add 1 teaspoon sushi sauce and cook 1 additional minute. Remove from pan and set aside. Spread remaining sushi sauce evenly over pizza crust to within 1 inch of edge. Sprinkle the cheeses over the sauce; spoon cooked shrimp over cheese. Bake pizza according to package directions. Garnish with chopped cilantro and serve immediately. Makes 4 servings.

Place all the ingredients except the cornflakes in a large bowl and microwave on medium high for 4 to 5 minutes. Stir well to combine and add the cornflakes. Press into a greased slice pan and refrigerate till firm. Top with chocolate icing or 200 grams (7 ounces) cooking chocolate combined with a tablespoon of butter. Some of the dates can be replaced with figs, if desired.

### **GERMAN MARBLE CAKE**

1 cup butter  
 1½ cups white sugar  
 4 eggs  
 1 cup milk  
 1 teaspoon almond extract  
 ¾ cups all-purpose flour  
 1 tablespoon baking powder  
 ¼ teaspoon salt  
 ¼ cup unsweetened cocoa powder  
 3 tablespoons dark rum

Preheat oven to 350°F. Grease and flour one 10-inch tube pan. In a large bowl, cream the butter with the sugar. Beat in the eggs, then the milk and almond extract. In another bowl, stir together the flour, baking powder and salt. Beat the flour mixture into the creamed mixture. Turn half of the batter into another bowl and stir in the cocoa and rum. Layer the light and dark batters by large spoonfuls and then swirl slightly with a knife. Bake the cake in at 350°F for about 70 minutes, or until it tests done with a toothpick. Transfer to a rack to cool. Makes about 14 to 16 servings.

### **GRAVEL PIE**

1 9-inch baked pie shell  
 ½ cup raisins  
 1 cup brown sugar, mild molasses, or honey  
 ½ cup hot water  
 3 beaten eggs  
 1 cup cake or cookie crumbs  
 ½ cup flour  
 ½ to 1 teaspoon cinnamon  
 ¼ teaspoon nutmeg  
 ¼ teaspoon ginger  
 ½ cup soft butter



Preheat oven to 325°. Sprinkle the raisins in the bottom of the baked pie shell. In a double boiler, combine the brown sugar, hot water, and eggs.

Grease an 8 x 8 or 9 x 9-inch pan. Combine evaporated milk with sugar and salt in a saucepan. Bring to a boil. Reduce heat and simmer for 5 to 9 minutes, stirring. Remove from heat. Add remaining ingredients and stir gently. Pour into prepared pan. Let cool. Refrigerate. 1 8 x 8-inch pan makes 30 1-inch squares.

### Sedimentary Rock Cookies

1¼ cups crushed flake cereal  
 1½ tablespoons sugar  
 ½ cup margarine  
 1 cup chocolate or butterscotch chips  
 1¼ cups coconut  
 1 cup chopped nuts  
 1 14-ounce can sweetened condensed milk

Melt the margarine. Mix with the cereal and the sugar. Press into an 8 x 8 or 9 x 9-inch pan. Sprinkle the chips over cereal layer. Sprinkle the coconut over chips. Sprinkle the nuts over coconut. Pour condensed milk over the layers. Bake for 25 minutes at 325°F.

### Metamorphic Rock Cookies

½ cup shortening or margarine  
 1 cup brown sugar  
 ½ teaspoon vanilla  
 ½ cup chopped nuts  
 ½ cup well-drained crushed pineapple  
 1 egg, beaten  
 1 cup whole wheat flour  
 1 cup flour  
 1 teaspoon soda  
 1 teaspoon salt

Cream the shortening and the sugar. Add the beaten egg and vanilla. Add the dry ingredients and mix. Stir in the fruit and the nuts. Drop by teaspoonful onto cookie sheet. Bake for 7 minutes at 375°F. (Note: Chocolate chips, coconut, wheat germ, etc., can also be added.)

### FOSSIL FUEL BARS

125 grams (4½ ounces) butter  
 3 tablespoons cocoa  
 250 grams (9 ounces) chopped dates  
 90 grams (3 ounces) preserved ginger  
 1 tablespoon mixed peel  
 ½ cup brown sugar  
 3 cups cornflakes

## METALLIC MINERALS

### GOLD CAKE

(crockpot recipe)

2 cups flour  
 ¼ teaspoon cream of tartar  
 ¼ teaspoon salt  
 1 cup butter  
 1 cup sugar  
 1 teaspoon ground nutmeg (mace can be substituted)  
 6 eggs

Set crockpot at high 20 minutes before beginning. Fit in liner. Butter and flour 8-cup-capacity baking tin. Mix flour, cream of tartar, and salt; set aside. Cream butter, then add sugar, vanilla, and nutmeg. Beat until fluffy. Add eggs, one at a time, beating 1 minute after each. Blend in flour mixture; do not overmix. Spread in tin and put on tin lid or lay terry towel over it. Put in crockpot, cover, and bake for 3 hours or until cake has begun to pull from sides. Uncover. Let stand in tin on cake rack about 10 minutes, then turn out to cool. Dust with confectioners sugar, slice, and serve.

*Two secrets for cake-baking in crockpot: use less than 1 cup sugar for every 2 cups flour and use a liner.*

### ROCKY MOUNTAIN GOLD

*This recipe sounds strange, but it's actually very good, super-easy, and a great way to feed three or four people on the spur of the moment. You can also cook it over a campfire in a Dutch oven or large frying pan.*

1-pound roll of fresh sausage  
 (mild, or hot)  
 1 large can (or 2 soup-can size)  
 pork and beans, *not* drained  
 1 can whole kernel corn, drained



Brown the sausage in a large frying pan, breaking it up into small pieces. Drain. Add the pork and beans and the liquid from the can, then add the drained corn. Stir it up, heat, and serve! Don't use any salt, pepper, or other seasoning—it's not needed.

**SILVER AND GOLD CAKE****Silver**

2 cups sugar  
 ¾ cup butter  
 ¾ cup milk  
 3 teaspoons baking powder  
 3 cups flour  
 8 egg whites  
 1 teaspoon walnut flavoring

Cream sugar and butter; add milk. Mix in flour and baking powder, which have been sifted together. Last, add the egg whites, beaten stiff and dry. Add flavoring. Divide batter and bake at 350°F for 30 to 40 minutes in two bread pans of the same size.

**Gold**

1 cup sugar  
 ¾ cup butter  
 ½ cup milk  
 7 egg yolks  
 1 whole egg  
 1½ teaspoons baking powder  
 1 teaspoon cinnamon  
 1½ cups flour  
 1 pound figs

Cream butter and sugar; add milk. Beat the egg yolks and one whole egg thoroughly and add, along with the baking powder, cinnamon, and flour, which have been sifted together. Put one-half the gold batter in a bread pan of the same size as used for the silver batter. Cover with the pound of figs, halved and flour-dusted, so that they will just touch each other. Spread the remainder of the gold batter on top of the figs and bake as above.

Put the cakes together with frosting while warm, the gold between the silver, and cover with frosting.

**Frosting**

2 cups sugar  
 1 cup cream

Mix the sugar with the cream and boil until it threads. When partly cool, beat until thick enough to spread and cover cake. You can use any cream frosting in a can, but it doesn't taste the same.

**DIRT CAKE**

½ cup butter (1 stick)  
 8 ounces cream cheese  
 ¾ cup confectioners sugar  
 2 small packages vanilla instant pudding  
 3 cups milk  
 12 ounces Cool Whip  
 1 package Oreo cookies  
 1 new plastic flower pot (6½ inches wide and 4½ inches deep)  
 1 spray of plastic or silk flowers

Cream together butter, cream cheese and sugar. Mix pudding with milk. Combine butter mixture with pudding. Add Cool Whip. Crush cookies and mix in, saving enough to sprinkle on top. Put the top of the Cool Whip container in the bottom of the flower pot. Put the mixture in the flower pot. Wrap stems of the flowers with Saran wrap and insert in the mixture. Refrigerate overnight. Serve.

**DIRT CUPCAKES**

1 box chocolate cake mix  
 1 jar of chocolate frosting  
 Oreo cookies  
 plastic ziplock bag  
 gummie worms

Make the cupcakes, following the directions on the box. Allow the cupcakes to cool. While the cupcakes are cooling, place 12 Oreos in a ziplock bag and pound the heck out of them. Make them into crumbs or so that they look like dirt. (The kids love to help with this step.) Frost the cooled cupcake, sprinkle the crushed Oreos on the cupcakes and add a gummie worm to each one. You can also do this with chocolate pudding or ice cream, just crush some Oreos and sprinkle on top and add a gummie worm.

**EDIBLE ROCK COOKIES****Igneous Rock Cookies**

1 6-ounce can evaporated milk  
 1½ cups sugar  
 ¼ teaspoon salt  
 ½ cup chopped nuts  
 1¼ cups tiny marshmallows  
 1½ cups chocolate chips  
 1 teaspoon vanilla

steel mills, or other industries or exported to other countries. Finally, the land is reclaimed.

Draw a diagram of a coal mine (using the diagram of the coal mine cupcake) on the board, labeling each of the layers that will be encountered in the mine. Explain that the miners must be careful not to destroy the shelf of land (cupcake liner) that borders the mine.

Once students are aware of the process, pass out the paper plates and coal mine cupcakes. Each student should also receive a plastic fork (representing a forklift), a plastic spoon (representing a bulldozer or shovel) and a toothpick (representing a pick).

Let the students remove the coal from their mines and reclaim the land to its original state.

Discuss the process with the students. Was land reclamation a difficult process? Why must miners go to so much trouble to return the land to its original state?

### Coal Mine Cupcakes

chocolate chips  
canned chocolate frosting  
green-tinted sugar  
cupcake liners  
cocktail toothpicks with green frill

Place a layer of chocolate chips (coal) in the bottom of the cupcake liners before filling half-full with cake batter. Bake the cupcakes at the temperature specified on the package until a toothpick inserted in the center comes out clean. (*Note:* Coal mine cupcakes take a little longer to cook than plain cupcakes.) Let the cupcakes cool.

Ice the cupcakes with chocolate frosting ‘topsoil’ and decorate with green-tinted sugar ‘grass’, chocolate chip ‘rocks’, and toothpick ‘trees’. The cupcake liner represents the shelf of land surrounding the mine, and the cake represents the overburden between the topsoil and the coal.

This activity has been tested with second graders, sixth graders, and adults—and all three groups enjoyed it and seemed to gain a better understanding of the difficulties associated with land reclamation through their hands-on involvement. Older students may need to be coaxed into participating fully—but they soon realize that their assigned task is not as easy as it looks!

Used with younger students, this activity is a very good way of reiterating the old rule that we find ourselves repeating throughout the school year, “Put things back the way that you found them”. With older students and adults, it is an opportunity to relate the same rule to the preservation of our environment.

### SILVER AND GOLD SHREDDED CHICKEN

½ pound boned and skinned chicken breasts  
½ large egg white  
½ teaspoon salt  
1 tablespoon dry sherry  
1 teaspoon oriental sesame oil  
2 teaspoons cornstarch  
1 tablespoon soy sauce  
3 tablespoons corn oil  
1 large garlic clove, crushed slightly with the cleaver  
1 pound fresh spinach, washed, drained, and tough stems removed  
1 teaspoon kosher salt  
½ teaspoon sugar  
½ cup corn oil, for poaching

Freeze the chicken in separate pieces. Thaw until semifrozen, then shred fine. Mix the chicken with the first five ingredients and marinate for at least 1 hour or as long as overnight. Divide the chicken shreds into two equal portions and mix the soy sauce into one portion.

Heat a wok over high heat until very hot and add the 3 tablespoons of corn oil. Add the garlic and stir fry for a few seconds, being careful not to let it burn. Add the spinach and stir fry until thoroughly mixed with the oil. Add the salt and sugar. As soon as the spinach wilts, use a pair of tongs or chopsticks to transfer the spinach to the center of an oblong serving platter. Discard the garlic and any accumulated liquid. Wipe the wok clean with a paper towel.

Reheat the wok. Place the strainer over a pot near the stove. Add the ½ cup of corn oil to the wok, heat to about 280°F, and add the chicken portion without the soy sauce. Stir quickly to separate the pieces of chicken. As soon as the chicken turns white, pour the contents of the wok into the strainer and allow the oil to drain away. Transfer the chicken to one side of the spinach. Cook the chicken portion with the soy sauce in the same manner and arrange on the opposite side of the spinach. Serve hot. Serves 4 to 5.

### SILVER BEET STEMS WITH GARLIC

white stems of 8 large silver beet leaves  
2 tablespoons olive oil  
2 cloves garlic, crushed  
finely chopped parsley  
salt and black pepper

Wash the stems well and slice across into 2-inch lengths. Cook in a good quantity of boiling salted water until tender. This usually takes about 10

minutes. They should be completely cooked, not crunchy. Drain and spread out to dry on paper towels or a clean tea towel. Place the oil and garlic in a large frying-pan. Heat until the garlic just starts to color. Watch carefully. It mustn't burn. Tip in the stems and saute for about 5 minutes until they just start to turn golden. Sprinkle generously with parsley, salt and pepper. Serve hot or warm.

### SILVER SALMON WITH SECRET SAUCE

Rinse your salmon fillet or steak in cold water then pat dry. Place fillet on a large piece of tinfoil and cover with secret sauce. To make the secret sauce combine the following ingredients:

¾ cup mayonnaise (or half sour cream or half yogurt)  
 ½ tablespoon Dijon mustard  
 ½ teaspoon dill weed (more if you have fresh dill)  
 ¼ teaspoon coarse ground pepper  
 pinch of curry powder  
 pinch of cumin  
 ½ ounce white wine  
 ¼ teaspoon thyme  
 ¼ teaspoon paprika (optional)  
 ¼ teaspoon lemon pepper  
 ½ tablespoon soy sauce  
 1 clove garlic, finely diced  
 ½ onion, diced  
 juice of ½ fresh lemon

Spread a thick layer of sauce on the fish, seal it up, and bake in a pre-heated oven at 350°F, or throw on the grill or cook over the campfire. Cook for 20 to 30 minutes for a coho (silver) fillet. The rule of thumb is cook 10 minutes per inch of thickness, measured at the thickest part of the fillet or steak. When done, the fish should flake easily when prodded with fork. You can use the resulting sauce for the fish and/or over a side dish of rice. A nice mixed green salad is the perfect compliment for this nutritious, delicious meal.

### SILVER-WRAPPED CHICKEN

½ cup sugar  
 5 tablespoons soy sauce  
 ¼ cup Chinese bean sauce  
 ¼ cup green onions, minced  
 ¼ cup cilantro, chopped  
 3 tablespoons hoisin sauce  
 2 tablespoons dry sherry

### Vocabulary

*surface mine* – a mine in which coal lies relatively close to the surface and is extracted by removing the soil and clay that cover it; sometimes called a “strip mine”

*topsoil* – rich dirt in which plants are able to grow.

*overburden* – layers of rocks and clay found between the topsoil and the coal in a surface mine.

*land reclamation* – restoring a surface mine to its original state (or better) after the coal is removed.

### Background

A lot of our coal reserves lie relatively near the surface. This coal can be mined by removing the topsoil and overburden that cover it in a process called surface mining. Surface mining is safer, cheaper, and more efficient than underground mining. Once the coal is removed from a surface mine, the affected land is reclaimed. Miners refill the mine with the clay, dirt and rocks that were removed in excavating the mine. They then replace the topsoil and replant the land. Reclaimed land is used for a variety of purposes, including farmland, pastures, recreational facilities, shopping malls and residential developments.

### Materials

coal mine cupcakes (recipe follows)  
 paper plates  
 plastic forks and spoons  
 toothpicks

### Procedure

Explain to your students that this activity will provide them with the opportunity to experience coal-mining firsthand. You will be providing each of them with a ‘coal mine’ of their own. Their job will be to surface mine the coal according to the guidelines set forth by the federal Surface Mining Control and Reclamation Act in 1977. This act requires that coal mine lands be reclaimed to their original state after they are mined.

Explain that when lands are surface mined, the topsoil and the overburden are removed from the mine and kept separate so that they can be replaced later. The coal is then mined and transported to power plants,



add the cocoa and 1 teaspoon baking powder. Drop the mixture in alternating spoonfuls into a well greased cake mold. Bake for 40 to 50 minutes. Cool and dust with powdered sugar.

### CHOCOLATE MUD CAKE

*A rich, dense, but not stodgy, mud cake*

1½ cups super refined flour (cake flour?)  
 ½ cup plain flour  
 ½ cup cocoa  
 1 tablespoon instant coffee powder  
 250 grams (9 ounces) unsalted butter  
 250 grams (9 ounces) dark chocolate, chopped  
 1 tablespoon oil  
 1 cup water  
 1½ cups castor sugar (fine granulated sugar)  
 2 eggs

*Topping:*

100 grams (3½ ounces) unsalted butter  
 100 grams (3½ ounces) dark chocolate, chopped

Grease and line 20-centimeter (8-inch) cake tin. Sift dry ingredients into mixing bowl. Combine butter, chocolate, oil, water and sugar in saucepan, stir over low heat until butter and chocolate have melted and sugar is dissolved. Remove from heat. Add butter mixture to dry ingredients, stir with whisk until just combined, add eggs, mix well, do not overbeat. Pour mix into tin, bake at 160°C (325°F) for up to 2 hours or until cooked. Leave cake in tin until cold before turning out.

For the topping combine butter and chocolate in saucepan, stir over low heat until melted and mixture is smooth. Remove from heat. Cool mixture until it is spreadable and then cover top and sides of cake. Serve with a dollop of pure cream. Serves 14.

### COAL MINE CUPCAKES

*This activity was adapted from an idea presented by Duke Power service area teachers in the 1992 "Electricity and the Environment" summer workshop at Davidson College.*

#### Concepts

Coal miners must carefully remove the topsoil and overburden from a surface mine before removing the coal. These layers are replaced in the land reclamation process. Land reclamation is a difficult and expensive process.

2 tablespoons oriental sesame oil  
 4 teaspoons ginger peeled, minced  
 2 teaspoons garlic, minced  
 1½ teaspoons salt  
 ½ teaspoon five-spice powder  
 12 chicken thighs, each split crosswise into 2 pieces  
 24 9-inch foil squares  
 vegetable oil for frying

Combine first 12 ingredients in large bowl and stir to blend. Add chicken and turn to coat. Cover and refrigerate overnight, stirring occasionally. Place 1 foil square on work surface with 1 corner pointing toward edge. Place 1 chicken piece in center of foil. Drizzle with 1 teaspoon marinade. Fold bottom corner over chicken. Fold sides in. Lift section of foil containing chicken and fold upward, leaving top corner of foil exposed. Fold top corner into flap. Repeat with remaining chicken and foil. Discard remaining marinade. Pour oil into heavy large Dutch oven to depth of 6 inches. Heat to 350°F. Working in batches, carefully add chicken packages (oil will bubble vigorously) and fry until chicken is cooked through, about 8 minutes per batch. Using tongs, transfer packages to paper towels and drain. Arrange packages on platter. Serve warm.

## NONMETALLIC MINERALS

### AGGREGATE ICE CREAM PIE

1½ cups graham cracker crumbs  
 ½ cup (1 stick) butter, melted  
 ¼ cup granulated sugar  
 1 cup (6 ounces) semisweet chocolate mini morsels  
 1 quart ice cream or frozen yogurt, softened

Combine graham cracker crumbs, butter and sugar in medium bowl; stir in morsels. Press 2½ cups crumb mixture evenly on bottom and side of 9-inch pie plate. Freeze 15 minutes or until firm. Spread softened ice cream evenly in pie shell. Top with remaining crumb mixture; freeze 2 hours or until firm. Makes 8 servings

### CAJUN DIRTY RICE

1 pound ground pork  
 1 pound ground beef  
 1 large bell pepper  
 1 medium onion

- 5 to 6 peeled cloves of garlic
- 1 or 2 fresh green cayenne peppers (if available)
- 1 teaspoon salt (to taste)
- 1 teaspoon red pepper (to taste—balance with fresh peppers above)
- 2 cans mushroom steak sauce (*not* soup; 1 can equals 4–6 ounces)
- 3 to 4 cups cooked rice

### *Cajun Rice Dressing*

Pan fry the ground meat well until all of the meat is well done. Put bell pepper, onion and garlic into food processor and “nearly” liquify it, then add this to the meat. The pepper/onion/garlic should sizzle as you stir it well into the meat. When the sizzling fades, add the mushroom steak sauce and a little water and allow the entire dressing mix to simmer for at least a half hour. The cooked rice is added to the dressing and thoroughly stirred. The more rice you add, the drier and ‘whiter’ the resulting mixture will be. Adding the right amount of rice will result in a mixture that is moist with the rice appearing very brown (dirty).

*Note: Crumbed cornbread can be substituted for cooked rice. You can also freeze the dressing to use later (before adding rice/cornbread). When needed, defrost the mix by heating it and add the rice or cornbread.*

## CHEMICAL/MINERAL CHIP COOKIES

### *Ingredients:*

- 1.) 532.35 cm<sup>3</sup> gluten
- 2.) 4.9 cm<sup>3</sup> NaHCO<sub>3</sub>
- 3.) 4.9 cm<sup>3</sup> refined halite
- 4.) 236.6 cm<sup>3</sup> partially hydrogenated tallow triglyceride
- 5.) 177.45 cm<sup>3</sup> crystalline C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>
- 6.) 177.45 cm<sup>3</sup> unrefined C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>
- 7.) 4.9 cm<sup>3</sup> methyl ether of protocatechuic aldehyde
- 8.) 2 calcium carbonate-encapsulated avian albumen-coated protein
- 9.) 473.2 cm<sup>3</sup> theobroma cacao
- 10.) 236.6 cm<sup>3</sup> de-encapsulated legume meats (sieve size #10)

To a 2-L jacketed round reactor vessel (reactor #1) with an overall heat transfer coefficient of about 100 Btu/°F-ft<sup>2</sup>-hr, add ingredients 1, 2, and 3 with constant agitation. In a second 2-L reactor vessel with a radial flow impeller operating at 100 rpm, add ingredients 4, 5, 6, and 7 until the mixture is homogenous.

To another 3-L jacketed round reactor vessel (reactor #2), add ingredient 8, followed by three equal volumes of the homogenous mixture in reactor #1. Additionally, add ingredients 9 and 10 slowly, with constant agitation. Care must be taken at this point in the reaction to control any temperature rise that may be the result of an exothermic reaction.

Using a screw extruder attached to a #4 nodulizer, place the mixture piece-meal on a 316SS sheet (300 x 600 mm). Heat in a 460°K oven for a period of time that is in agreement with Frank and Johnston’s first order rate expression (see JACOS, 21, 55) or until golden brown. Once the reaction is complete, place the sheet on a 25°C heat-transfer table, allowing the product to come to equilibrium.

...And then enjoy your chocolate chip cookies.

### **English Translation** (by Monica Reichardt)

#### *Ingredients:*

- 1.) 2¼ cups flour
- 2.) 1 teaspoon baking soda
- 3.) 1 teaspoon salt
- 4.) 1 cup margarine
- 5.) ¾ cup sugar
- 6.) ¾ cup brown sugar
- 7.) 1 teaspoon vanilla extract
- 8.) 2 eggs
- 9.) 2 cups chocolate chips
- 10.) 1 cup walnuts

To a 2-quart glass(?) bowl, add the flour, baking soda, and salt, stirring constantly. In a second 2-quart bowl, blend the margarine, sugar, brown sugar, and vanilla extract until the consistency is smooth. Pour this mixture into a 3-quart bowl.

To the 3-quart bowl, add the eggs followed by three equal volumes of the flour, baking soda, and salt mixture. Also slowly add the chocolate chips and walnuts, stirring constantly. Don’t stir too fast.

Using a spoon, place spoonfuls of the dough on a 12 x 24-inch baking sheet. Heat in the oven at 375°F for 20 to 25 minutes or until golden brown. Once the cookies are done baking, place them on a cooling rack to bring them to room temperature.

## CHOCOLATE AND VANILLA MARBLE CAKE

- 1 cup flour
- 2 teaspoons baking powder
- 1 teaspoon cocoa
- ¾ cup butter
- 3 eggs
- few drops vanilla essence
- powdered sugar as required

Cream together butter and sugar till light and fluffy. Gradually add the beaten eggs. Divide the mixture into 2 portions. To one, fold in half of the flour sieved with 1 teaspoon baking soda and add vanilla. To the other