

# Buzzards Bay



## COOKBOOK

BUZZARDS BAY PRESS  
CLEAR LAKE

# Sangria

*Lynne and Greg Bombinski*

This is the real thing, folks. Stolen by our intrepid pair from Jesús, an unsuspecting cafe / bar proprietor in Torrejon, Spain, while Greg was stationed there for a time. Poor Jesus. I wonder if he knew he was being espionaged? What panache! What diligence! What a huge bar bill! Talk about dedication. Thanks, guys.

2-1/2 cups lemon Fanta  
1/4 cup white vermouth  
1/2 cup powdered sugar  
2 cups red wine  
1/2 sliced lemon  
1/2 sliced orange  
1 cup ice

Combine the vermouth, sugar, wine and fruit. Store in fridge until needed. Add Fanta just before serving. (Mix equal parts wine mix and Fanta if wine has been sitting in fridge overnight.) Ole!

As a substitute for the Fanta, says Lynne, try using Squirt.



# Panther Piss

Art Woodward

The honors for this smooth and delightful beverage go to none other than the Old Buzzard himself and his crony Ed Bowers, head football coach at almost-everyone's *alma mater*, Grinnell College. Seems that Art and coach Ed were on the golf course at Grinnell one fine fall Iowa afternoon and were getting bored with their game so they set about inventing the perfect half-time refreshment. I suspect the back nine was a lot more fun!

2 parts rum  
1 part vodka  
1 can limeade mix  
club soda or 7-UP

The real trick here is getting the color right. That's why the ingredients list is a bit loose, to allow for individual differences. What we're after here is a pleasing amber, like about a two-beer piss, a three- or four-beer piss being too light (too much like a Pilsner, which this stuff is certainly not), and a no- or one-beer piss being too colored, like something you'd leave with the nurse to be examined.

Now, why those guys thought panther urine was a suitable standard here, I have no idea. It certainly does have a nice ring to it, though. Gives you sort of a nice fuzzy as you gulp, er, drink it.

Of course, if you're into fine points about things, and want to be absolutely sure you get it right, you could take a trip down to the zoo and, well, you get the idea. Just don't get caught—no one would believe you were doing honest research.

Tell them Art sent you

## Pickled Shrimp and Scallops

*Jim Woodward*

"Living so close to the ocean and gulf certainly has its advantages," Jim reports. "This recipe comes from the time I lived and worked in Gainesville. People have been trampled standing in front of this hors d'oeuvre!"

- 1-1/2 lbs. shrimp
- 1-1/2 lbs. large scallops
- 1/2 cup celery tops
- 2 cups sliced red onion
- 8 bay leaves
- 1/2 cup olive oil
- 1-1/2 cups white wine vinegar
- 3 tbsp. capers and juice
- 1 tbsp. celery seed
- 1 tbsp. mustard seed
- 1 tbsp. black peppercorns
- 1 tbsp. salt
- 1/2 tsp. Tabasco sauce

Boil the shrimp about 2 minutes with a bag of spices, then peel and clean. Poach the scallops in the left-over shrimp stock.

Alternate the shrimp, scallops, onions, and bay leaves in a shallow bowl (or put everything into a large zip-lock bag). Combine everything else and pour over the shrimp and scallops. Chill at least 24 hours, preferably more. Will keep up to a week in refrigerator.

Serve on a relish tray or in a shallow bowl with toothpicks or small forks.



## Curried Cream of Chicken Soup

*Cindy Petersen*

Another of Cindy's specialties, this is chicken soup the way chicken soup was meant to be!

- 1 2-1/2 to 3-1/2 lb. chicken, quartered
- 6 tbsp. butter
- 2 cups finely chopped onion
- 2 carrots, peeled and chopped
- 2 tbsp. curry powder
- 5 cups chicken stock
- 6 parsley sprigs (optional)
- 1/2 cup long grain rice
- salt & pepper to taste
- 1 cup half and half
- 1 10-oz. pkg. frozen peas

Melt butter in a stockpot. Add onions, carrots and curry powder and cook over low heat, covered, until vegetables are tender, about 25 minutes. Stir occasionally.

Add stock, parsley, chicken and rice. Bring to a boil, reduce heat and cover. Simmer until chicken is done, 30 to 45 minutes.

Cool chicken in stock. Remove meat from bones, dice and reserve the meat.

Strain soup and put solids into food processor or blender. Add 1 cup of cooking liquid and process until smooth. Reserve the rest of the liquid.

Return puréed soup to the pot and add the half-and-half. Stir in reserved cooking stock (approx. 4 cups) until soup reaches desired consistency.

Add diced chicken and peas and simmer for 15 minutes. Season with salt and pepper and serve.

# Connie's Spaghetti Sauce

*Connie Andersen*

Connie grew up in Little Italy on Des Moines' south side, where her family, the Marinaro's, operated an Italian (of course) restaurant called Little Joe's. The recipe is a combination of one of her aunt's and the original restaurant sauce.

- 1-1/2 lbs. ground chuck
- 1 lb. Italian sausage (choose your seasonings)
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 large cans Contadina tomato paste
- 2 cans water
- 2 15-oz cans tomato sauce
- large pinch of oregano
- 1 tbsp. Italian herb seasoning
- 1 tsp. cayenne pepper
- 1 tsp. chili powder
- 1 bay leaf
- 1/4 jar Kraft parmesan cheese
- salt & pepper to taste

Brown ground chuck in a large pan. In a separate pan, brown Italian sausage. Drain grease from both. Add all other ingredients except parmesan cheese to pan with ground chuck. Simmer for two hours. Stir parmesan into sauce. Correct the seasoning.



# Mrs. Dieterlin's Crank Freezer Ice Cream

*From the Dieterlin farm on Dodges Point*

The Dieterlin's had a truck farm across the road from Dodges Point. Their home on "the Point" was a big old farm house with a small store and ice house next to it.

During the winter they would haul a huge sled out onto the ice with a team and cut blocks of ice from the lake. These would be stored in the ice house and taken around in the summer and delivered to the "summer people" by horse-drawn wagon.

Then, one or two days a week, he would be around with the same horse team and wagon (maybe it was a different wagon?—I hope!) to pick up the trash and garbage.

Mrs. Dieterlin ran the little store and kept it stocked with ice cream and candy. No surprise that our excursion route across Dodges Point ran right next to that store! During the '30's they had a five gallon crank freezer hooked up to a power-take-off on a tractor and made their own ice cream for the store.

This is her original recipe.

1 pint milk, scalded  
4 eggs, beaten  
2 cups sugar  
2 tbsps. corn starch  
1/2 cup white Karo syrup  
2 tbsps. vanilla  
1-1/2 qts. heavy cream

Make a custard by mixing the cornstarch and sugar and adding the eggs and milk, then cooking in a heavy pan, stirring "the while." Add the syrup, vanilla and cream. Turn into the freezer container and crank until thick.



### THE C. L. Y. C. BURGEE

Symbol of the Clear Lake Yacht Club, the burgee features a stylized letter "Z" and dates from some time after 1953, the year in which the club joined the Inland Lakes Yachting Association. That year the "Z" replaced "H" as the official sail identification letter since Lake Calhoun, also an ILYA club, had already claimed the latter. Chan Dakin took a poll of members and the "Z" was selected as a replacement.

Writing in the 50-year history of the CLYC in 1985, MaryAnn Sanchez-Jones notes that ". . . as much as sailing has to do with the competitive spirit, with elements of wind and water and the beauty of white sails, it has also to do with people and their vitality and zest for life."

To that, one can only add an emphatic "Yes!"