

Introduction

At long last this “gyne-gourmand” has time to play in her kitchen, entertain, and write her cookbook. Finding myself alone many years ago, after a busy day in surgery or the office, I would not allow myself to pick up supper, buy packaged or prepared meals at the market, nor live on sandwiches and peanut butter. I soon found that preparing a three or four-course dinner each evening was most entertaining and a better tranquilizer than any available pharmaceutical product. I have always been a scratch cook and known that no dish is better than when prepared with fresh produce and meats.

Being a munchkin, having long passed the age at which an extra calorie added inches overnight and having been born with a voracious appetite, I have had to learn to alter many of these recipes for my own consumption. For instance, I have come up with substitutions such as a package of Goya ham seasoning for ham hocks or bacon, low-fat milk for $\frac{1}{2}$ and $\frac{1}{2}$, low-fat yogurt for sour cream, or simply a reduction of the amount of butter. Realizing that I could not just give you ingredients and directions without adding anecdotes, suggested accoutrements, sources, tips and suggestions, I offer you a cooktrek rather than a traditional cookbook. I love cookbooks and think of them as I do a roll of film - if I find one good picture out of an entire roll that I have snapped, I never cry over the many that are dreadful. Therefore, I hope that you find at least one recipe that you like in my little book. It will make me happy to know that I have shared one of my greatest pleasures.

If you are looking for “quickie recipes,” this book is not for you! However, you will find some “quickie meals,” because I gallop and frequently invite friends on the spur of the moment. I keep my freezer and pantry filled with