

Dollars & Sense

Consonant Enigma

Issue 4



Contributors:

Amilori Legare

Annie

Christopher J. Garcia

Heidi Stauffer

Lance Moore

Ish Dish

Welcome to issue number 4 of Consonant Enigma. This one has been fun to put together. Issue 4 is designed to give some pointers to fen about waiting out the economic downturn. Mostly you will see recipes and money saving tips. Kind of a fannish version of the old style housewife manuals. There is a built in USA west coast bias purely because the contributors to this issue live on the west coast of the US. I had thought of doing metric conversions for the recipes. Let's be honest, unless you are reading this issue in a fanzine you probably pulled it off of efanzines. This means you also have access to online metric conversion tools.

There were many contributors for this issue. I have given them author credit and photography credit. This issue breaks from the CE norm in that there is no fan art. In this case photos seemed to fit the issue better than illustrations.

I have tried to order the issue as follows: Articles, recipes then LOCs. Snippets of advice are peppered throughout.

For those wishing a hardcopy of this ish. Well. I am going to ask for printing and postage cost up front. This is the largest issue I will probably ever put out. Frankly if I could not publish in electronic format this issue would never have seen the light of day.

To receive either a soft or hard copy of this or future issues please email consonantenigma@gmail.com. Plans are in the works to have a PO box address by next issue. In exchange for an issue I request one of the following: in kind trade, a letter of comment, an article or pictures that can be used in future issues (please contact me before submitting this material), or if you would like a hard copy I request funds to cover the cost of production and post.



Field Guide to Surviving Con on a Budget

Chris Garcia

I've been doing cons for far too long to not share some of my pointers with the good people who read this fine publication. There are times when cash flow is less than acceptable and you realize that you haven't been to the Dealer's Room yet and you've got 20 bucks in your wallet. Your room is paid for, hopefully, and you've just got this twenty bucks cash and a bank balance that hovers near 0 kelvin. Let's say you set aside 14 bucks for books, or trinkets, and that leaves you 2 dollars a day to spend on food and other survival needs.

First off, let's start with the obvious. The cookies. If you stay at a DoubleTree hotel, they've got cookies. I the BArea, you'll get cookies at the front desk at the DeAnza hotel and a few of the Pacific Hotels as well. These are free and they will start your con on a good note. Sometimes, if you ask nicely, you'll get two or more cookies. For CostumeCon, Linda got three and I got two. It was love. The best part about the cookies is it's a good reminder that you're treating yourself to fun, even if you're going to have to suffer a little with the lack of funds. It's a treat before dying, in a way. OK, that's a little melodramatic.

Now, you've got your cookie in you, and it's Friday, just after Lunchtime. That cookie's gonna have to hold you over. You check into your room and you'll notice several things. First, there's most likely a coffee maker in the room. You'll also probably be treated to free coffee grinds, teabags, and in some hotels, hot chocolate. DO NOT LET THESE GO TO WASTE. Sorry to yell, but it's that important. Immediately make yourself a coffee or tea or hot chocolate. Why, I hear you ask? Because it will be an important part of your visit. Typically, if you run out of coffee, tea or hot chocolate, they're gonna give you a refill. Now, I've done this sometimes. I'll make myself a thing of tea, and then call down to the front desk, fake an English accent and say 'Oh, sorry to trouble you, but I was wondering if I might get you to send up some lemon wedges' and they've always been happy to send up some! Don't believe me? Give it a try! Now, one thing that works is to make up a thing of tea with all the tea bags and live on Ice Tea all weekend. The best way to do that is to bring a large-ish water bottle and put it in the ice bucket. It works really well. Then, bring it with you throughout the weekend.

Of course, this may be extraneous. You see, most cons will make deals to get water in or outside the various function spaces. Some will even get free coffee and tea. TAKE ADVANTAGE OF THESE OPTIONS! Again, sorry to raise my voice, but it's that important. Free beverages can replace up to a full meal. Well, not medically, of course, but really, it'll help.

OK, you're hydrated. What's next? You gotta find a way to get a dinner into ya. Well, Friday night will almost always have at least one or two parties. This is where you have to make use of those two dollars and your sneaky nature. Make a quick walk through all the parties and then find the ones that have food. These are where you start. Find the one that has Swedish meatballs. Trust me, there's one. Make sure you get two or three. Then, fill up on chips, make sure you get some vegetables and dip and then make the rounds more than once. You may be wanting some booze, and this is where the two dollars comes in. The first time you get a drink at a party, look for the tip jar, and drop one of the dollars in there. This will usually gain you some positive response and will allow you to have slightly more than the rest. GO to the next best party and do the same thing. Also, don't be a jerk. Be funny, get the right sort of attention and make sure you're nice to the hosts.



Field Guide to Surviving Con on a Budget (cont)

Another thing to make sure you do is to go to the events like Meet the Guests and Opening Ceremonies. These things are awesome for scoring free snacks. They can range from a simple tray of cookie and a cash bar (we call these bad) to fancy cheese plates and desert carts (we call those kick-ass!). I've often skipped an entire day's meals by simply gathering enough food at these things. Here's the proper way to do it without being a total jackass. First, go through the line early, if possible, first. Then wait until a large number of other people have moved through and go again. Try and fill yourself up best you can in these two passes. Then, after everyone's been through, go around and clean-up. Get as much as you can and wrap it in napkins or whatever you can to make sure you're stocked up for the future. It's a good method, and it usually plays out well. With the rare exception, these events almost always over-buy and that leads to left-overs. You're doing a good thing. Just keep telling yourself that...

OK, you've gone to the Opening Ceremonies, you've hit the parties and dropped your two dollars. What's next? Sleep. The more you sleep during the day, the less likely you are to need to eat at a time when almost all food will cost ya. GO to bed at 5 or 6 after a long night of partying (and enjoying the snacks) and wake up at 2 or 3. Of course, this doesn't work if you want to go to a lot of programming, but naps during the day when you have down-time will also work. The less you stay awake, the less you must intake. That's a little of the late Johnny Cochrane for ya.

For lunch, which will really be your breakfast, you should eat the things that you gathered the night before, if any. Enjoy a cup of coffee or tea with them and watch a little TV. It'll keep your mind off things. The day will wear on, and unless you managed to collect like a good little chipmunk, you'll start to really feel the hunger. There are a couple of options. Again, remember that sometimes hotels have cookies, and then look around for events that have food. Sadly, Saturday is usually a completely food-free day. If there's a 24-hour Consuite, take advantage of that. Make hourly runs for chips, salsa, sometimes cold-cuts and more. Stay all wired on caffeine as well. Be sure to walk a lot because you're gonna need to burn calories much faster than on a normal day. When night comes, go to the Masq or whatever the big Saturday night event is, then repeat your party operation.

There's another, more difficult but more complete way of getting fed. Volunteer. If you know you're gonna be broke, volunteer ahead of time to work in a division you know. Most cons have Staff Feed, where you can go and get a snack, usually not a full meal, but a sandwich or some rice, and that can seriously help you through the day. Programming can be crazy, and often requires a lot of pre-planning work which can be hard if you've a busy schedule. I usually run Fanzine Lounges, which are almost entirely at-con workings. You could also volunteer to gopher for a con if it hits you kinda late that you're not gonna be able to live. Typically, it's hot and could running chips and M+Ms in Gopher areas, and sometimes they even provide crash space. Either of these options are, in fact, options!



The hard part comes with the closing day. You're probably suffering from some sort of discomfort by this point, and maybe it's even showing enough that your friends'll take pity and buy you lunch. Luckily, you've made it through the wilderness and you'll be home soon, where you can get a real meal. Of course, you could have brought stuff with you, but you've never thought that far ahead now, have you?

Home Kitchen Essentials

Kristina Kopnisky

The bare bones home dining equipment that one person will need are:

- 1 medium sized stainless steel sauce pan with lid
- 1 8-inch skillet with metal handle
- 2 potholders
- 1 spatula
- 1 mixing spoon, not wood
- 1 measuring cup
- 1 dining plate
- 1 mug
- 1 cereal or soup bowl
- 1 drinking glass or large canning jar
- 1 chef's knife
- 1 paring knife
- 1 fork
- 1 teaspoon
- 1 can opener

Wet stone for sharpening knives



This list will work for someone who has just a hotplate in a studio apartment, is living in a camper van or has a tiny galley kitchen. It is also a good starter kit for people with larger living spaces who have never cooked in their kitchens. Many people got into the habit of eating all of their meals from restaurants. In current economic conditions that trend is dying off and more folk are looking to have meals made at home.

Stay away from non-stick. It is delicate and not as versatile as stainless steel. Stainless will have a higher initial cost than many non-stick pans. In the long run your stainless will outlast many generations of nonstick. Cleaning stainless is fairly easy. Clean your pans ASAP after cooking this will help cut down on drying and caking. If you do have some food that is stuck to your pan, try boiling some water in it and letting it sit until the water is tepid. For really bad caking you can try using some scouring powder and elbow grease.

You can bake in your skillet if you get one with a metal handle. It won't be anything for the pages of Gourmet magazine but it will taste fine. You will have to adjust cooking times in recipes. Keep a close eye on your dish the first few times you use this method to avoid burning.



A paring knife is good for small food prep work and doubles as a steak knife. Try searching the internet for reviews of various knives to find the one that might work best for you. Also try asking your friends, if they cook. Stay away from serrated edge knives. A knife with an edge you can sharpen yourself is a good investment. There are instructions for knife sharpening available on the internet.

Feel free to window shop at high end cooking stores. Give yourself sticker shock if you must. Then go to stores that cater to more budget conscious folk for your equipment. Shop around. Take your time to find the best price. Alternately many of these items can be found at even better prices at thrift stores or yard sales. Some can even be found for free through classified listings or getting the word out to your friends that you are looking for cast offs. ✍️

Surviving Con on a Budget 101

Kristina Kopnisky



Con rations for one budget conscious fen :

- 1 loaf of sliced bread
- 1 container nut butter of choice
- 1 jar of jam or jelly in preferred flavor
- 1 apple per day
- 1 orange per day
- Multivitamin
- Milk in single serving aseptic packaging or powdered milk– 1 serving per day.
- 1 pack of mints or mint gum

This will all fit in a regular backpack. None of the items require refrigeration.

When attending con keep the 3-4-1 rule in mind.

-1 shower (at least an extensive sponge bath of entire body) & brushing your teeth. Mandatory.

-If 4 hours of total sleep a day then eat 3 meals/ large healthy snacks a day

Or

If 3 hours of total sleep a day then eat 4 meals/large healthy snacks a day

Optimally this would be a 3-6-1 rule but I am being realistic about the average childless con attendee's schedule. It is a good idea to bring a water container to sip from through out the day. You may have noticed that I omitted bringing soda and candy in your rations. There is usually an abundance of pop and sugar in the con suite and at parties. Most cons provide large urns or pitchers of ice water. There is no reason to avoid hydration. If you don't have to pee at least 3 times a day, you are probably dehydrated.

Use deodorant daily and be liberal in your consumption of mints or gum. Some people develop bad breath if they don't eat every few hours. The mint will help mitigate that. Mint is also an appetite suppressant. Between the mint and drinking lots of water you may not realize that you have cut down your food consumption.



Surviving Con on a Budget 101 (cont)



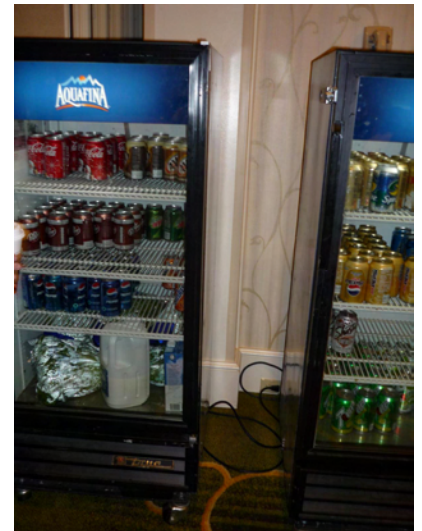
A well stocked con suite is an oasis for fen on a budget. One of the functions of the con suite is to provide light refreshment. This service is there for paid members and volunteers. Why not use it? Volunteer to help out if possible when you are planning to eat extensively from the suite. This will not only help you get a better idea of what the con suite has to offer, and when. It will also help you get to know the other con suite volunteers. Always, always be polite to the con suite volunteers. These folks are probably not being paid to help out. They are handling your food. They may also be able to have security escort you out if you become abusive. If you are appropriately appreciative of their time and effort they might let you catch some cat naps in the suite. Remember in fandom it is better to make friends of volunteers than enemies.

Avoid being a blatant pig at parties. Make several rounds of the parties if you are going to snack your way through dinner on the party floor. Many hosts know that a certain portion of the membership will be using room party refreshments to supplement their evening meal. What is seldom appreciated is a person who camps out at a snack tray or tucks in at the snack table. Get up and mingle, casually grab some food in small quantities, then mingle some more. It would not be bad form to offer to ask the party host if there is something that you can do to help them out. Parties are usually not funded by the con. You are not entitled to anything at the party. Hosts are perfectly within their rights to ask you to leave if you become a nuisance. Once again, being polite and reasonable is highly recommended. Manners are certainly appreciated.

What about sleeping arrangements? Consider getting roommates. Even if you are sharing a room with 4 or 8 other people it is better than trying to get your sleep quota elsewhere in the hotel. Yes, I have shared a room with 8 people, it was cramped but we got by. Some cons have a gopher hole for their volunteers to crash in. Try checking with the volunteer lead if your destination con will have this. For the love of all things, please do not plan to sleep in a car. There are safety and health issues. If you plan to sleep in a van or RV it is a good idea to check with the con hotel liaison before you arrive.

Not all cons have a party floor. Not all cons have a con suite. The list of packable provisions can be scaled according to individual need. If you do not know if a con suite or party floor is at a particular con an inquiry email to one of the con staff should be helpful in answering your questions.

It is possible to attend a con on a budget and not be miserable. It just takes some planning and flexibility. ✍️



Enchiladas

Chris Garcia

Ah, comfort foods. Is there nothing better? I mean really, think about it. You're at home, it's snowing outside, which for my homies in Cali is a rare thing, and you're snuggled under a blanket watching Eugene cheat elimination on Top Chef with a warm bowl of stew steaming mightily on your lap. Or that hunk of lasagna that smells of meat, cheese and noodle that you eat while watching The Simpsons. Or that massively wonderful casserole that Mom made when it got weathery like this. We all have comfort foods, whether we like to admit it or not. What's my comfort food?

Enchiladas.

That's right. Enchiladas. Those marvelous Mexican rolled wonders, smothered in sauce and filled with cheese or beef or chicken or various forms of pork. They are magnificent when made correctly; the filling flavorful, the tortillas maintaining their integrity and the cheese, oh the cheese, perfectly melted and not devastated through the cooking into liquid magma. It all has to be right, and then it's like that casserole, only contained in that tortilla. It's like that lasagna, only rolled. It's a magical thing.

I seldom cook them myself, but I have a recipe, handed down from generation to generation to generation, then put in a cookbook in the 1970s where my non-Mexican Grandmother picked it up and made it for me. She made it without measuring, but here's how I make it.

A pound and a half or so of boneless Chicken thighs. Yes, thighs. They're delicious, won't dry out and are cheaper than breasts.

Some ground cumin, white pepper, black pepper, chili powder, paprika, garlic powder, onion salt, and regular salt. All mixed up.

Two cloves of garlic, minced.

1 medium-ish white onion, chopped.

3 green chili peppers. You need to seed and then dice 'em up.

A couple of chipotles, which you can usually buy seeded and chopped in cans.

Jack Cheese, and if I may add, Sonoma Cheese Company Garlic or Pepper Jack is the best. You'll want a few cups.

A big can of stewed tomatoes, the Italian style works best.

A bunch of corn tortillas.

OK, season the chicken with salt and pepper and a bit of paprika (hot paprika if you can find it) and cook it. Maybe 5 minutes or so a side. Use a little oil in the pan. You've made chicken, you know this. When it's not pink anymore, remove it and set it aside to cool down. Saute the onion and about a minute before your done, add the garlic.


Next, make your sauce. Put the tomatoes in a sauce pan, mix in the various seasonings and the garlic until it tastes right. Yes, this is highly untraditional, but you'll live. Trust me. Add some of the sauce from the chipotles and you're off to the races.

OK, heat the tortillas in the oven on low. This just makes 'em pliable. You'll take a baking sheet and put two next to one another, then a damp paper towel, then another layer. Repeat until you got 'em all down. Leave 'em in there for about 5 minutes, they'll loosen up.

Break up the chicken into shreds, This'll take a little bit, and admittedly thighs don't shred as good as breasts, but what are you gonna do? Mix in the chilis, onions, the remaining garlic and a little bit of sauce. Not too much, just a couple of table spoons. Once you've done that, you're ready for the fun part.

Put a couple of spoonfuls of the sauce in the bottom of a baking dish or one of those rectangular Pyrex thingees. Spread it around. Take the tortilla in your left hand and put the chicken mixture and a pinch of cheese, then set it in the bottom of the dish, with the folded part down. Repeat this until you've got them all in. Unless you have a really big dish, you'll probably need two. Pour the rest of the sauce over them and add a layer of cheese on top.

Preheat the oven to 350. Put the stuff in the oven. It'll cook, probably about 15 to 20 minutes. You'll know it's really because there'll be this smell of the chipotles that'll fill the room. Take it out, sprinkle on another couple of handfuls of cheese. Let it settle for about 10 to fifteen minutes. Try not to think about them, even though they'll smell really good.

Eat up and feel the comfort of my faux homeland's finest meal! 

Pseudo Piroshki

Lance Moore

One of my favorite con foods is ersatz piroshki; a recipe I got from the original Star Trek cook book. You cook together some hamburger and onion, maybe a little veggie, with some sour cream. Get a can of rolls. Flatten the rolls out some more, and break at the perforations. Place a tablespoon or two of the meat mix on each rectangle of dough, then fold up (triangle shape is kinda traditional). Brush with a mix of egg and white, and cook in the oven.

Lasagna

Heidi Stauffer

Ingredients

1 jar pasta sauce (approximately; ~25-28 oz; plain, mushroom, veggie, etc.)
6 uncooked lasagna noodles (not no-boil)
1/2 or more 6-oz-bag of baby spinach (washed)
1 package (10 oz) mozzarella
1 package (~16 oz) of meatless ground or tofu ground beef substitute

Directions:

Preheat oven to 375°F.
Cut cheese into small pieces
Mix ground tofu with pasta sauce
Spray 11x7-inch baking dish with nonstick spray.
Spread 1/3 of sauce mixture on bottom of dish.
Arrange 3 lasagna noodles in single layer over sauce.
Top with another 1/3 of sauce, spinach, ~3/4 mozzarella then remaining noodles in single layer.
Spread evenly with remaining sauce, cover dish with foil, and bake until noodles are tender and mixture is piping hot, about 1 hour.
Sprinkle remaining cheese on top
Bake covered about 10 minutes or until cheese melts
Let stand 5 minutes before serving.

Hints: make sure the sauce covers all the noodles--this helps them cook

**Substitutions:

You can substitute any veggies you want for the spinach, but some veggies may require cooking before hand.

You can add any other stuff, including sausage (veggie or otherwise)

Ersatz Hot and Sour Soup

Lance Moore



Mooshee85

Use a couple packets of cheapo ramen as the base. Mince several cloves of garlic. Cook that and some diced onion in a little light oil. Add other veggies as desired (cut up small). Put a few cups of water in the pot, add one of the seasoning packets, plus rice wine vinegar and some soy sauce. When it's boiling, add the ramen, broken into chunks. Let it boil a minute, then turn down and simmer for a bit. Keep adding the rice wine vinegar and assorted forms of pepper (that is, red pepper, pepper flakes) until you get the hot sour taste you like (beware, it will get a bit more vinegary after sitting over night). Maybe add a touch of honey to deepend the flavor. Cheap and good for what ails you.

Thumbprint Cookies

Kristina Kopnisky

3/4 c softened butter
1/2 c sugar
1 egg
1 3/4 c flour
1/2 c fruit preserves or jelly

Preheat oven to 375 F. Butter cookie sheet(s)

A) Cream butter, sugar and egg together.

B) Gradually add flour to butter mixture.

C) Pinch off enough dough to form 1 inch balls.

D) Roll dough until balls are relatively smooth.

E) Place balls about 2 inches apart on cookie sheet.

F) Make an indentation in the center of each ball using either your pinky or the handle of a mixing spoon.

G) Place fruit preserves in a plastic bag. Press fruit to the bottom of the bag. Cut a corner off of the bag.

H) Squeeze fruit from bag into indentation.

I) Bake for 8 minutes.

J) Remove cookies to cooling rack.

Stuff Skillet

Chris Garcia

There is another recipe, which I consider to be comfort food when the comfort needed is from lack of funds. I call it...Stuff Skillet.

Let's start with the beginning. Stove-Top Stuffing. OK, Any kind of stuffing will work, but you can get Stove-Top for a dollar a box sometimes and that's good eatin'. Make the box of stuffing according to the directions. It won't take long. Let it cool while you do everything else.

Next, chicken thighs. I swear by these things, I totally do. Cook them up, then cut them into cubes. Next, Cashews, or any nut really. They add great texture and make your mouth happy. Unless you're allergic. Then skip it. Completely. I mean don't mess them if you're allergic. Raisins also work in this.

Now, the next part is a little tricky. Put a few slices of bacon on a bakin sheet, maybe 6 or so, and put 'em into a 350 oven for five or so minutes. Buy some celery, a parsnip, a carrot, and a small onion. This'll cost you a couple of bucks, but it's worth it. Peel them (well, not the celery) and then cut them into small, relatively uniform pieces. Take out the bacon and rut the veg around in the drippings for a bit, then put them in the oven, maybe 10 minutes with a little salt. They'll take on a little colour and that's good. Remove them from the oven and let 'em cool a little.

Now, mix the stuffing, veg, nuts and such together and put it into a Cast Iron Skillet. Even it out and tamp it down a bit. Put the bacon on top and then a layer of cheese on top. Put it back in the oven for 15 minutes or so. Take it out and you'll eat well for three or four days. It's got a full day's serving of vitamins Cheese and Bacon.



Hummus

Lance Moore

Empty a can of garbanzo beans, and one of white garbanzos (cannelli beans) into the blender. Add a couple tablespoons of olive oil, and a teaspoon or two of cumin. Some salt and pepper. Some water (up to a quarter cup). Then add either some roasted red and yellow peppers, or some tahini, and whirl it all up. Makes great fill for a wrap or dip for veggies.

Beans & Rice

Amilori Legare

1 cup rice, 1 can of your choice of shelled beans (not green beans or wax beans, but just about any other kind of bean can be used) or 1/2 cup of dried beans, appropriate amount of water to cook rice or rice & dried beans, appropriate spices.

for red beans, I use a Cajun spice mix: cayenne, cumin, garlic, onion, coriander

for pinto beans, I use a Tex-Mex spice: chili powder, cumin, cilantro, garlic, onion, serrano peppers

for black beans, I use a New Mexico spice: chipotle peppers, cumin, cilantro, garlic, onion, lemon pepper

for garbanzo beans or fava beans, I use a Mediterranean spice mix: garlic, coriander, lemon pepper, oregano, basil

for navy or white beans, I use a German spice mix: stone ground mustard, juniper berries, pepper-corns, and use applesauce and apple cider vinegar to replace about half of the water.

Leek and Potato Soup

Kristina Kopnisky

1 medium carrot – scrubbed and thinly sliced
3 large russet potatoes
1 1/2 Tbsp butter
6 c water
1 bunch leeks – scrubbed and thinly sliced
Crushed black pepper to taste
1 1/2 c milk

- Slice potatoes in half lengthwise.
- Slice potato halves into crescent slices. Slice as thinly as possible.
- Slice crescents in half.
- Saute leeks and carrots in butter over medium heat. *
- Add pepper.
- Add potatoes to pot.
- Add water.
- Cover pot.
- Let cook for 45 minutes. Stir occasionally.
- Add milk.
- Serve. **

* - Use a stockpot or chef's pan. A wok can be used if the other two are not available.

** - Soup can be served warm, at room temperature, or cold.



Watermelon Salad

Kristina Kopnisky

-1 small seedless watermelon
-2 sprigs of fresh mint
-1 lime

- 1) Peel and chop watermelon into bite size pieces.
- 2) Strip leaves off of mint sprigs. Rinse in cold water until relatively dirt free. Finely chop leaves.
- 3) Zest skin off of lime. Cut lime into 4 pieces and squeeze juice into bowl with zest.
- 4) Add chopped mint to juice and zest. Mix.
- 5) Pour lime-mint mixture over watermelon pieces and toss.

Variations:

- Puree lime and mint before tossing with watermelon slices.
- Freeze entire salad. Puree in blender then add tequila, rum or vodka.

Tomato Soup

Kristina Kopnisky

8 cups of soup

6 medium tomatoes, diced
0.5 c celery, chopped
0.5 medium onion, chopped
1 c parsley, minced
1 6 ounce can tomato paste
1 Tbsp sugar
1 Tbsp paprika
4 c broth



- a) Combine all ingredients in a pot.
- b) Stir to mix thoroughly.
- c) Bring soup to a boil.
- d) Reduce heat and simmer soup for 30 minutes.
- e) Serve either warm or chilled.

Goes well with bread or crackers and a glass of iced tea. To up the calorie load some cheddar type cheese makes a wonderful side.

Less expensive version: Omit the paprika and tomato paste. Use water instead of broth. This soup will be a thinner consistency.

Rustic soup: Leave as is.

Smoother soup that looks more like the canned stuff: Puree in blender or food processor.

Cream of tomato soup: Mix 2 parts soup to 1 part milk. Milk with higher fat will result in a richer soup. This will work with the less expensive version too.

Canning?: Use water or vegetable broth.

Chicken Broth

Kristina Kopnisky

2 chicken wings + 1 chicken leg (or 3 chicken wings)
1 medium carrot (chopped)
1 stalk celery (chopped)
1/8 onion (chopped)
1 clove garlic (crushed)
3 tbsp EVOO
Salt
Black pepper

3 1/2 qt water

- a) Rinse chicken pieces in cold running water
- b) Cut chicken wings into pieces at the joints
- c) In large stock pot or pan gently heat EVOO
- d) Add vegetables to EVOO and sauté until onions start to become translucent
- e) Salt and pepper to taste
- f) Add chicken pieces to the pan and sauté until skin starts to turn a light caramel brown
- g) Add 3 1/2 qt water to pan
- h) simmer for at least 90 minutes
- i) Strain through a strainer (optional)

Note 1: Add more water as the broth starts to evaporate out of the pan.

Note 2: For a lower fat version. Let broth cool completely. Skim the solidified fat off the top.

Egg Salad

Kristina Kopnisky

Serves 1

2 eggs as close to room temperature as possible

1/2 Bubbies dill pickle, chopped
dash salt
black pepper to taste (optional)
2-3 tbsp mayonnaise
2 tsp mustard
3 Wasacrisp crackers

a) bring water to boil
b) gently place eggs in boiling water
c) boil for 10 minutes
d) Immediately remove pot from heat and run cold water over the eggs while they are still in the pot.
Do this for ~2 minutes
e) fill pot with cold water.
f) add ice cubes to the pot
g) let eggs sit for at least 10 minutes
h) remove eggs from pot
i) tap eggs on a hard surface to start cracks in the shells
j) over the sink or a bowl, roll the egg in between your hands until the shell starts to come off on it's own. Do not apply a lot of pressure.
k) run cold water in sink.
l) roll egg in between hands under the cold water. The shell should come off.
m) remove remaining shell from egg
n) repeat with second egg
o) slice eggs in half
p) remove yolks
q) throw out 1 1/2 yolks (optional)
r) chop whites and yolks
s) in a soup bowl combine egg with pickle, salt, pepper, mayo and mustard
t) stir until mayo and mustard coat the egg
u) serve with Wasacrisp crackers

Death by Chocolate Cake

Annie

1 box of Devil's food cake
1 jar of Hershey's special hot fudge sauce
2 bags chocolate chips
Two tubs of cool whip
Mix cake as directed-blending in one bag of chocolate chips-cook as directed
Let Cake Cool
Heat hot fudge sauce
Poke holes with wooden spoon in cake
Pour hot fudge sauce over cake
Let cool
Ice with whipped cream
Top with second bag of chocolate chips.

Creamed Beef

Kristina Kopnisky

Serves 1



6 oz ground beef
1 C nonfat milk
1 Tbsp flour
Dash salt
A few dashes black pepper
2 pieces wheat toast

- a) Crumble ground beef into a pan over medium heat. Sauté until browned.
- b) Add flour
- c) Stir until flour coats beef
- d) Add milk, salt and pepper
- e) Stir over medium heat till thick and bubbly
- f) Turn off heat
- g) Cut each piece of toast into quarters
- h) Pour beef over toast

Cornmeal Mush

Kristina Kopnisky

1 double serving of cornmeal mush.

1 1/2 C water
1/2 C grits or cornmeal

- a) bring water to boil
- b) stir in grits/cornmeal
- c) season or add additional ingredients as desired.
- d) cover and cook on low for 6 minutes. Stir frequently.

Serving suggestion: If making plain grits/cornmeal mush, try adding a little butter after the mush has been put in serving bowl. It adds some flavor and keeps the mush from drying out as quickly.

Turkey Salad

Kristina Kopnisky

0.5 lb turkey, sliced in 0.25 inch slices and minced

1 stalk celery, minced

Mrs Dash, to taste or black pepper and salt

Mayo, to taste

- Combine turkey, celery and Mrs Dash or salt and pepper in bowl.
- Add at least enough mayo to moisten mixture. Add more to taste.



Crunchy Mushrat

Kristina Kopnisky

This recipe is named "Crunchy Mushrat" because I substituted the bell peppers that are normally in Ratatouille with mushrooms. The crunchy part comes in because it is served on brown rice, which makes it very Northern California "granola crunch". The optional use of soy yoghurt and the vegan-ness also helps to feed into the "granola crunch" vibe.

Crunchy Mushrat

5 Tbsp EVOO
6 cloves garlic, minced
1 medium onion, sliced paper thin
1 bay leaf, crushed
1 Tbsp basil
1 Tbsp oregano
1 tsp rosemary
1 tsp thyme
liberal dashes of black pepper, to taste
conservative dashes of salt, to taste

Eggplant (sliced in half lengthwise then cut into cubes)

2 medium zucchinis, halved and then thickly sliced
2 1/2 C button mushrooms *
1 fourteen ounce can of diced tomatoes

1) Heat EVOO in deep pan or in large stock pot. Sauté garlic, onion and herbs in EVOO. Sauté until onions soften and start to turn translucent.

2) Add eggplant. Toss to coat eggplant with EVOO mixture. Cover. Cook over medium heat for 15 minutes. Stir occasionally.

3) Add zucchini, mushrooms and tomatoes. Toss to coat the zucchini and mushrooms. Cover and simmer for 20 minutes. Stir occasionally to prevent sticking and burning.

4) Serve over brown rice.

* Cut small buttons in half. Cut medium and large buttons into quarters.

Serving suggestion:

Serve with a large pitcher of herbal iced tea.

Garnish with sour cream, plain yoghurt or soy yoghurt.

A perfect dessert compliment to this is "Straw Cottage Salad".

Roasted Garlic

Kristina Kopnisky

- 1 Head of garlic per person
- 1 Tbsp butter per head of garlic

- 1) Heat oven to 350.
- 2) Rinse head of garlic with skin on.
- 3) Cut off top of the head far enough down to slice into most of the cloves.
- 4) Place the head in a piece of foil big enough to encase the head.
- 5) Place butter on top of garlic.
- 6) Finish wrapping foil around garlic so the package resembles a Hershey's kiss.
- 7) Place garlic on ovenproof dish.
- 8) Roast for 30 minutes.

White Bread

Kristina Kopnisky

Makes 2 loaves



- Warm 2 cups pf milk and water for 2 minutes in a microwave.
- Pour milk into bowl. Add enough cold water to turn milk mixture tepid. Stir in 2 teasoons of regular sugar.
- Add 1 package active dry yeast, or equivelent.
- Cover with a tea towel or flour sack cloth for at least 10 minutes. The key is to feed the yeast but not let it cool completely.
- Stir in 5 cups of white flour. Adding gradually. Stop when a decent dough has formed.
- Cover bowl with tea towel and let dough rise until at least 2x it's original size.
- Grease 2 bread pans.
- Divide dough into two segments. Place in the loaf pans. Stretch the dough to fit the bottom of the pan if needed.
- Cover with tea towel and let rise until at least 150% original size.
- Bake for 15 minutes in an oven that has been preheated to 350 d F.
- Brush tops of loaves with milk.
- Bake for another 10-15 minutes or until the tops are lightly golden.
- Laet cool for 10 minutes before slicing.

Straw Cottage Salad

Kristina Kopnisky

- a few fresh strawberries
- a handfull of seedless grapes
- 1/2C or 1 C cottage cheese
- a handfull of chopped nuts

- 1) rinse and slice strawberries into bite sized pieces
- 2) rinse and add grapes
- 3) add cottage cheese
- 4) add nuts
- 5) serve

French Onion Soup

Kristina Kopnisky

Makes about 6 servings

2-4 Tbs butter (not margarine it's icky, you can use olive oil in a pinch)
4 large white onions quartered and sliced as close to paper thin as possible
2 tsp potassium enriched salt (regular salt ok)
1 tsp dry ground mustard
4 or 5 sprigs of fresh thyme (2 tsp dry if fresh not available)
3 cups water
2 tbs soy sauce
1 1/3 cup dry champagne or dry white wine (optional, if you omit this then add 1 c water to above portion)
1 tsp ground black or white pepper

Toppings-----

thinly sliced or grated swiss cheese
croutons (garlic parmesan are my personal favorites. Melba Snacks are an adequate substitute.)

1) Melt butter in kettle or stock pot. Reduce heat to simmer. Add onions. Cover and let sweat for 25 minutes. Stir occasionally.
2) Add mustard, thyme and salt. Stir and cover. Simmer onions in their own juices and seasoning for another 15 minutes. Stir occasionally.
3) Turn heat up and saute onions for 3 to 5 minutes. Watch carefully and stir frequently. Turn heat down if onions start to burn.
4) Turn heat down. Mix water, soy sauce, pepper and optional wine in a bowl. Add water soy mixture to onion mixture. Stir and cover. Let simmer for 15 minutes. Stir occasionally.

To serve: Ladle soup into oven proof bowls. Place desired amount of croutons into bowl. Sprinkle cheese on top of croutons. Place in toaster oven, under broiler or in microwave to melt cheese. Watch the bowls very carefully. Handle the bowls with great care, they will be VERY hot.

Stuffed Mushrooms

Kristina Kopnisky

-button mushrooms
-feta cheese
-pesto sauce
-grated mozzarella

1) Rinse and de-stem mushrooms.
2) Brush inside of the mushrooms with a thin coat of pesto. You can use a pastry brush, paper towel or a fork/spoon to do this.
3) stuff mushrooms with crumbled feta.
4) Turn on broiler.
5) Place mushrooms in broiler proof baking dish.
6) Sprinkle mozzarella over mushrooms.
7) Broil mushrooms until the mozzarella has melted.
8) Serve warm.

LOC Box

First up a letter from Lloyd Penney:

Thine issue may be fluffy, but at least it serves to notify your readers that you're resettled and you're back publishing. Rough times need some reassurances, and your return serves as that.

Indeed. Times is hard. I am hoping that 2009 proves to be a leveling out, if not improvement, for many folk.

The fourth issue you're working on can perhaps serve as a useful guide for the single fan, or a couple. It's difficult for any single person to cook for one, and too easy to fall back on cereal and sandwiches and processed foods when they should be eating better. That kind of guide would be handy for anyone.

I hope it proves to be so. Cooking and comfort are two passions of mine. With the global economy the way it is I hope this guide proves useful to at least one or two fen.

Asking a fan to describe their interests reveals so much about them...for too many years, there was the antagonism between the literary fan and the media fan, with the assumption that the media fan lived in his/her parents' basement and didn't do much other than watch Trek non-stop, or buy every action figure, comic book, or anything painted red and white, and labeled Star Trek. Read a book, dammit!, the litfen would scream, and then a little investigation would reveal that the so-called Trekkie would have a fine collection of SF novels and other forms of literature in their homes. We can't paint all with the same brush, and the choice of lit or media or other is a personal choice, based on what fulfills you. Today, I know the litfans, the authors and the local Klingons, and they are all satisfying themselves, and having fun. That's all that matters.

True, true. One of my personal peeves with many fen is the elitism. I realize that for many it is on one level or another retroactively living their high school ambitions to be the "cool kids" but it chaps me none the less. SF/F fandom could be so much richer if some of the participants weren't so divisive. It is one of the reasons why I value and respect fen who are not afraid to stretch outside their core fandoms.

For Ami...what you've done is wise. I have immersed myself in my fannish interests, and there have been times where I've had to stand back and reevaluate what I've done in fandom, what I'm doing now, and what I'd like to do in the future. Done it in the past, and may do it in the future. I think your value to others in fandom goes up when you are busy helping to make the good times happen, mostly because there are so many people who do little or nothing. Being that busy has enhanced my fannish friendships.

My loc...it's been a year or more since I wrote that letter, so of course, things have changed. Pro-run conventions like Creation have some idea that fandom as you and I know it exists. They also know that this group of fanboys and fangirls has lots of disposable income, and they will wave big names and events under their noses to get that money. They use their rudimentary knowledge of fandom and fan-run cons to be predatory and schedule their big extravaganzas close to or even on top of the fan-run cons in an attempt to cripple or kill them. I will not support a Creation convention, no matter who they provide as guests.

Something else that has changed...my employment. The Canadian National Institute for the Blind, or CNIB, let me go just before my three-month probation. I found out they were trying to balance their budget for the department, and their decision on how to do that was let me go, and hire someone else at a reduced wage. Also, I tried to get information on First Fandom, but no one wants to answer their e-mail, and I can't find a mailing address.

Good to get started again, and I hope this letter is enough. I'm looking forward to issue 4.

Yours, Lloyd Penney.

Thanks Lloyd! I hope you get a thing or two out of this ish.

LOC Box (cont)

I love LOCs. Here is one from Mr. Christopher J. Garcia himself. :

You have a happy talent for doing zines that are far more visually impressive than anything I've ever managed! It's quite annoying!

Thank you! I will try to be more annoying in the future.

Yeah, it's a fluffy issue, but there's an interesting thought underneath that I really enjoy. The fact that you allowed Supervolcano to be mentioned in your zine is a sign of your incredible openness to the ideas of fen. It's quite remarkable. I mean, the last mention of Supervolcano in a zine led to the storming of the collation party! It was quite a mess.

Messy fluff? Sounds like a topic for another zine. Perhaps if I ever get around to doing a night issue.

Amilori's preferred fandom statement is an interesting one that shows a real truth behind what fandom is and often has been in the past. After some time, it becomes far less about the subject and more about the participants. It even shows in the way cons choose Guests of Honor. When the subject of science fiction was the Big Deal for WorldCons, it was all about having a writer Guest of Honor and often an Artist Guest of Honor. Then, when much of fandom had turned slightly more inwards and become far more interested in the fan interaction than the topic of science fiction, there started to be Fan Guests of Honor. WorldCon had 7 Fan Guests of Honor prior to 1970, but has had one every year since. That's a limited example, but it shows that there was a shift.

I am glad that many cons have Fan GOHs. It is one of the things that sets fan run cons apart from commercial ventures. Given all that fan GOHs do for fandom it is nice to see them get some recognition. And I know in the case of BayCon that recognition also means a suite with a Jacuzzi. Which seems only fitting since GOHs are kind of like the royal family for the weekend.

Annie's piece reminded me of several things, most notably China Beach was a damn fine show that often gets forgotten. There was China Beach and there was Tour of Duty and they were both among the best Vietnam War fiction pieces I've ever encountered. It was Platoon and Born on the Fourth of July that got the public so interested in Vietnam again that they could have two pretty successful TV shows. Also, China Beach introduced both Dana Delany (now on Desperate Housewives) and Chloe Webb (who hasn't done much lately other than an episode of House, but was awesome in Tales of the City) to the world.

Good stuff, but from you, I expect nothing less.

No pressure from the man who is responsible for me getting sucked into fanzine fandom. Got it. *smirk*

Chris

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Mooshee85

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