

THE GFA INTERNATIONAL GUITARISTS' COOKBOOK

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Cover by

GLORIELLA MUNOZ

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PREFACE


When we started this project, we hoped to show that guitarists all over the world could share not only their love of music and of the guitar, but their love of wonderful food as well. The response to our letters asking for contributions for this book, has surpassed our expectations by far. We have heard from almost every country where the guitar is loved and listened to. Not only have we received many fabulous recipes, but many of them also came with comments, descriptions, and personal notes that give an added atmosphere and context to these dishes. We have been very much impressed with the quality of the recipes, and the care contributors took in writing them down in such detail. Many of the non-English speaking contributors also took time to make excellent English translations, which we very much appreciated.

My postman has been intrigued with the abnormally large piles of exotic looking letters with beautiful stamps on them that he was delivering, and I have become acquainted with all sorts of unusual ingredients I never knew existed. Who would have thought that when I decided to become a concert guitarist, it would lead to my searching New York for something called "crepinette," or trying to find a shop that would sell me rose syrup, or someone who could tell me what longans were and how to obtain them?

This book has also posed a few other unusual problems. We had considered the idea of publishing all non-English recipes both in the original language and in translation, but had to give up the idea as it would have made the book too long. In cases where ingredients were known to be somewhat obscure or only available in one country, we have tried to include ideas about where they might be obtained or suggestions for possible substitutes. We have tried to edit the recipes into as clear and workable a form as possible without destroying the personality and distinctive style of many of the contributions. (For instance Guido Santorsola has charmingly used the "teacup" as his unit of measure, and we have left it so in his recipe.) We have tried to resolve any obscurities, and amplify the directions somewhat when the recipe involved unusual or tricky procedures. We have included both decimal and American measurements (at least in the majority of cases), as well

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as a few comments on equivalencies where necessary. (American and European eggplants are so different in size as to be vitually different vegetables--a fact that could lead an inexperienced cook severely astray. Coriander is a powdered spice for most American cooks, but indicates a fresh leaf (cilantro) to Latin and Far Eastern cooks, etc.) In short, we have tried to make this a good book to cook from -- not merely a curious conversation piece.

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I should like to thank the many people who helped in myriad ways to make this project possible. First I want to thank composer Peter Lewis for engaging in the brainstorming session with me out of which the idea for this book emerged. I would like to thank my friends Juan Carlos Aenje, Lyn Dominguez, Jim Hennessy, and Betty Spence for their help in translating some of the recipes, and Douglas Alton Smith for his help with the German ones. I would particularly like to thank Judy Kipnis for sharing her astonishing knowledge of obscure ingredients and cooking procedures used throughout the world, and Jim Hennessy and David Hirschy for their advice concerning some of the more involved gourmet dishes.

The GFA feels honored that such a distinguished artist as Gloriella Munoz was willing to take the time to design our beautiful cover, and we feel fortunate indeed that Andrew Maginley was willing to devote many hours of his valuable time to drawing the illustrations. And above all I would like to thank Peter Danner for so enthusiastically taking on the burden of becoming co-editor in this venture, for his willingness to help revise, type, and format the recipes on his computer, and for being available at all times of the day and night for marathon telephone conferences. Lastly I want to thank Rose Augustine of Albert Augustine Ltd, and Bernard Maillot of Savarez s.a. for their enthusiastic participation and above all, their kind and generous support of this project. Without such help we could not have succeeded, and we are indeed grateful that these two corporations were willing to give their support to help bring the members of the guitar fraternity, world wide, a little closer together. This was truly an international endeavor, and the result of the cooperation of many wonderful friends. We can only hope that the rest of the world may someday learn to work in such joy and harmony as we guitarists have done in preparing this book.

Alice Artzt
New York City

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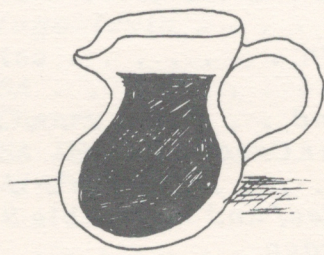
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ALBERT AUGUSTINE LTD.:
ROSE AUGUSTINE
Guitar string manufacturer, USA

Here's another soup, vichyssoise. I'm a specialist in cold soups--love them.

VICHYSOISE

6 leeks (white part only), cut into small pieces
1 stalk celery, cut into small pieces
3 medium potatoes, peeled and cut into small pieces
1 quart (1 liter) chicken broth
1 cup sour cream
salt and pepper
ground nutmeg (pinch or dash)

Simmer vegetables in broth until tender. Liquify in processor or blender. Chill. Add sour cream and mix. Season to taste. To serve, garnish with chopped chives. Serves 6.

HUCKY EICHELMANN
Thailand (Germany)

There are thousands of Thai dishes, but these might be the most popular or even so-called "national dishes." I wish you success with the "guitarists cooking book" and hope to meet you sometime in the future.

TOM YAM KOONG
(Sour prawn soup for 4)

6 cups (1.5 liters) water
2 lemon grasses, crushed
6 kaffir lime leaf (obtainable in Oriental shops)
5 shallots
4 prawns
100 gm (3.5 oz) straw mushrooms
8 Guenea peppers (small green serano chilis)
100 gm (3.5 oz) fish sauce
1 teaspoon sugar (optional)
5 tablespoons lime juice
1 teaspoon roasted curry paste (optional)

Crush lemon grasses until the bulbs break. Peel and crush shallots. Cut prawns lengthwise through the back. Cut the mushrooms lengthwise in half. Crush the chilis.

Put water, lemon grasses, kaffir lime leaves and shallots in a pot. Bring to a boil, then add prawns and mushrooms. It is recommended to use prawns with a high fat content to give the soup a natural sweet taste, in which case the sugar can be omitted. When the prawns have cooked, turn off heat. Add chili peppers and remaining ingredients.

[Editorial note: Small "serano" chili peppers are very hot and Thai dishes are also. We would advise caution the first time you prepare this recipe, if you are not familiar with chilis. You might try removing all the seeds, which will lower the temperature, or use fewer chilis for a start.]

DAVID GRIMES
USA

MULLIGATAWNY

4 tablespoons butter
1/2 cup diced onions
1 carrot, diced
2 stalks celery, diced
2 teaspoons curry powder
1 1/2 tablespoons flour
2 cans consomme, diluted with equal amount of water
1/4 teaspoon fresh black pepper
1/8 teaspoon thyme
1/8 teaspoon cayenne
1/2 teaspoon salt
1/2 cup cooked rice
1/2 cup raw apples, diced
1/2 cup flaked coconut
1/2 cup cream

Melt butter in skillet. Add onions, carrots and celery, and saute about 10 minutes, but do not brown.

Blend in the curry powder and flour. Remove from heat and gradually add the diluted consomme. Bring to a boil, stirring constantly, then cook over LOW heat for 20 minutes. Blend in the pepper, thyme, cayenne and salt.

Pour into a blender and blend until smooth. (May require blending half at a time.) Pour into a saucepan.

Stir in the rice, apples, coconut and cream. Heat thoroughly, but do not boil. Serves 6.

VLADIMIR BOBRI

Founder of New York Classic Guitar Society,
USA (Ukraine)

As to the cookery, I don't cook, but my very good friend Maggie Bockelmann, who takes care of us in my declining years, invented a dish which I have every week, a dish that would be a delight for the guitarist and even a lute player (fairly simple to make) with a savory name, "A Mess." The recipe is included with my highest recommendation. It is the result of the Ukrainian-Japanese cooperation, and will have Flamenco players salivating.

"A MESS"

enough mashed potatoes for 4 servings
1lb(454 gm) groundround
2 tablespoons olive oil
1 small/medium onion, sliced
1 small/medium green pepper, sliced
1 small carrot, sliced
1 small/medium tomato, sliced
salt, pepper, garlic powder to taste
oregano
parsley flakes
1 tablespoon grated parmesan cheese

Prepare potatoes and place in a small, deep baking dish (9 x 9"). Set aside.

Stir fry the onion, pepper, and carrot in olive oil until slightly brown. Add ground round stirring until meat loses pink color. Add salt, pepper, and garlic powder.

Pour mixture over mashed potatoes. Slice tomato and place atop meat mixture.

Grate parmesan over the tomatoes and sprinkle with oregano and parsley flakes. Lightly sprinkle again with salt and pepper.

Cover baking dish with glass top or aluminum foil. Bake in a standard oven preheated to 350° F. (175° C.) for 30 minutes.

HUCKY EICHELMANN

Thailand (Germany)

There are thousands of Thai dishes, but these might be the most popular or even so-called "national dishes." I wish you success with the "guitarists cooking book" and hope to meet you sometime in the future.

GAENG KIEW WAN NUA FOR FOUR
(Green Curry Beef)

600 gm (1 lb, 6 oz) grated coconut
400 gm (14 oz) beef (round or shank)
70 gm (2.5 oz) Gaeng Kiew Wah (green) curry paste
8 brinjal (very small eggplants)
3-4 green and red chilis
4 kaffir lime leaves (obtainable in oriental shops)
about 40 basil leaves
fish sauce to taste

Blend coconut with 3 1/4 cups of warm water. Then squeeze out the liquid, discarding the pulp. Ladle out the top part of the coconut milk (this is called coconut cream) and place in a wok. Put the remaining coconut milk in a pressure cooker.

Slice the beef into thin bite-size pieces and add to the pressure cooker. Cook for 15 minutes until the meat is tender.

Add curry paste to the coconut cream and heat in wok over medium heat until the green oil separates and the cream becomes thick. Add meat and all the juices. Cut the brinjals in half and add to the meat. Simmer for 5 minutes until the brinjals are cooked. Turn off heat.

Slice the chilis diagonally. Tear the kaffir lime leaves off the central stem. Add chilis, lime leaves and basil to the meat mixture and season to taste with fish sauce.



je vous prie de recevoir, Dear Mrs ARTZT, l'expression de mon meilleur et amical souvenir.

Love Kazuhito Yamashita
Love,

Cecilia

B. MAILLOT

love
Cec

FAC
FEDERICO A. CORDERO

Love,

Aldo Rico Sobran

Cordially yours,

Rose
All the best

Leif & Maria
Lionel

Fico.
Federico A. Cordero

1 Ake can



Prof. Bernard Hebb Karamatachi
Renel Carlos Barbosa-Lima
Sincerely yours,

Alexandre
Behrend SIGE

Ron Purcell
Ron Purcell

Yours Sincerely



SALOBREÑA

best wishes from Marian & José.

All the best.

Cordially yours

Sten-Erik
Mit den besten Grü

Göran Sillschen
Yours sincerely

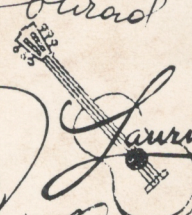
Graciela Douponit

Zoltan Tokos

love
Joaquin Rodrigo

Evangelos-Lora
NARCISO YEPES
Guitarist

Lourad Rago



Jaurindo Almeida
Greetings!

Jean Pierre Jumez
... un arte cotidianamente amigo: LA MUSICA

Leuise Walk
Sila Godoy

Strenge et guten Appetit!

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