

*No one invents a recipe.
We have been using the same old things since
Cave Man stirred his first stew.*

—Helen Corbitt

Appendix 1

Betty Crocker 3000 Presents Food for a Hungry World

Americans must face facts. Even in the most prosperous nation on earth, the grand majority of people cannot afford organic and organic-certified foods. Their cost is extraordinary, because their production requires luxurious amounts of time, land, and human resources. Even with all these resources, the yield of organic crops is relatively low, which raises the price even higher. To make matters worse, these foods are usually only distributed locally or sent to urban areas for distribution in select markets that further exploit the low supply and/or modest accessibility. For those of us without access to the organic bounty and culinary luxury, we have no choice but to embrace the genetically engineered (GE) foods provided by the food industry. To help make the best of this situation, the following selection of menus and recipes is offered in order to show that with a

little imagination, GE foods can be so delicious and appetizing that you will never miss the certified organic products you cannot afford. This cookbook includes easy recombinant dishes created with the new GE foods. They are guaranteed to impress even your most resistant foodie friends, and help you gain maximum pleasure and value from them.

Oriente Fusion Appetizer:

Monarch wings orientale:

1 package Tyson's chicken wings

1 package corn dogs

Kraft Thick and Spicy BBQ Sauce mixed with soy sauce. With toothpicks fasten chicken wings to corn dogs to resemble butterflies. Baste with BBQ sauce and run under broiler till brown and bubbly.

(Cost comparison: GE \$ 9.08/Organic \$11.27)

South of the Border GE Lunch

Casta casserole with pork and mole sauce

Country Inn Mexican Fiesta Rice (Uncle Ben's)

Heinz beans Mexican Style

Casta Casserole (serves 4-14)

Remove the pork chops from 1 Marie Callender's Country Fried Pork Chop with Gravy Frozen Dinners. Defrost and dice into small pieces. Finely chop one medium Spanish onion, 1 medium green chili pepper. Prepare 1 package of Uncle Ben's Chef's Recipe Fiesta Rice. Mix all ingredients

thoroughly. Place in oiled heavy casserole dish and cook in microwave for 20 minutes, or until a brown crust forms on top.

Meanwhile, prepare the mole sauce: In a small saucepan stir together:

1 can of Old El Paso Picante sauce,
4 tbsp. Hershey's Chocolate Syrup
1 tsp. curry powder.

Heat gently for 5 minutes stirring constantly. Spoon over Casta casserole and serve hot with heated Heinz beans.

(Cost comparison: GE \$10.58/Organic \$15.57)

Nouvelle Cuisine LMO (Living Modified Organism)

Even a sophisticated French-style dish can be prepared using select GE foods.

Mock-Lobster recombiniée (serves 4)

1/2 Package Mrs. Paul's Fish Sticks (thawed)
1 Package Agri-Link Shrimp Voila!Garlic (thawed)
1 Package Knorr Classic Hollandaise Sauce (prepared according to directions)
1 large egg (beaten)
1 cup Wonderbread (crumbled)
Parsley, Paprika to taste

Defrost fish sticks and simmer gently in a little water until very soft. Put in blender with one large egg and breadcrumbs. Puree until mixed into a pliable "dough." On an ovenproof baking platter shape the mock-lobster dough into a lobster shape. Arrange pieces of Voila!

Shrimp Garlic around mock-lobster. Cover with prepared Hollandaise sauce. Sprinkle generously with paprika for that nice red lobster color and garnish with parsley. Heat under broiler for 10 minutes until bubbly. Serve at once with split soft dinner rolls.

(Recipe approved by the Society for the Prevention of Cruelty to Animals).

(Cost comparison: GE \$9.82/ Organic \$15.61)

Kids' Korner

(Easy heat and eat combinations)

Hormel spaghetti rings with Fishsticks

(Cost comparison: GE \$3.69/ Organic \$7.28)

Power Rangers Pasta with ConAgra corn dogs

(Cost comparison: GE \$3.48/ Organic \$5.28)

Ore-Ida Tater Tots with Heinz Ketchup

(Cost comparison: GE \$2.89/Organic \$3.89)

Antibiotic bananas with Hershey's chocolate syrup

(Cost comparison: GE \$.81/ Organic \$2.09)

Future Feast GFP Banquet

This menu introduces the public to Green Fluorescent Protein (GFP). It is derived from jellyfish genes, and has the characteristic of fluorescing green when exposed to UV or blue light. It is frequently used as a marker to detect genetically transformed cells in crops. GFP has no known

allergenic or toxic properties in humans, and should appear more and more frequently in our diet. Hit up your scientist friends or molecular biology students for some of the ingredients that are not yet available in supermarkets.

Suggestion: Serve the dinner under UV lights to enjoy the full effects of its glow.

Glowing champagne cup with GFP protein strands

Green cheese ball with soy chips

Ragout Alba la Provencale

Green mashed potatoes

(mashed potatoes with GFP parsley)

Salad of GFP greens

Star Link crepes flambée with GFP amoeba sprinkles

Green cheese balls: Soften equal amounts of sharp American, white cream, and Roquefort type cheese. Mix in generous amounts of chopped GFP parsley and green onions. Form into large ball. Roll in more GFP parsley. Arrange on platter surrounded by GFP soy chips.

Ragout Alba la Provencale

(GFP rabbits are being raised in select labs that will not release them into the wild but might sell them to enterprising cooks for a special banquet.)

1 GFP stewing rabbit cut into chunks (about 3 pounds)

(Marinate the rabbit in a mixture of wine, vinegar, olive oil, mashed garlic cloves, a bay leaf, and pinch of thyme for 4 hours.)

2 cups canned chicken broth

2 cups each chopped onions, carrots, celery and red, ripe tomatoes

1/2 cup chopped GFP parsley

In an oven-proof casserole layer the chopped vegetables with pieces of marinated rabbit. Pour broth over the top. Cover tightly and bake in a medium hot oven for 3-4 hours. Arrange on a platter surrounded by green mashed potatoes. Sprinkle generously with GFP chopped parsley for maximum fluorescence.

(Cost estimate: GFP rabbit and other ingredients free to participating biotech families)

