

Based on the hit TV series created by J. Michael Straczynski

# DINING ON BABYLON

HUMAN  
EDITION

TM

THE ULTIMATE COLLECTION  
OF SPACE STATION CUISINE

EMERSON BRIGGS-WALLACE WITH STEPHEN C. SMITH





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ON  
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**5**



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**BXTREE**



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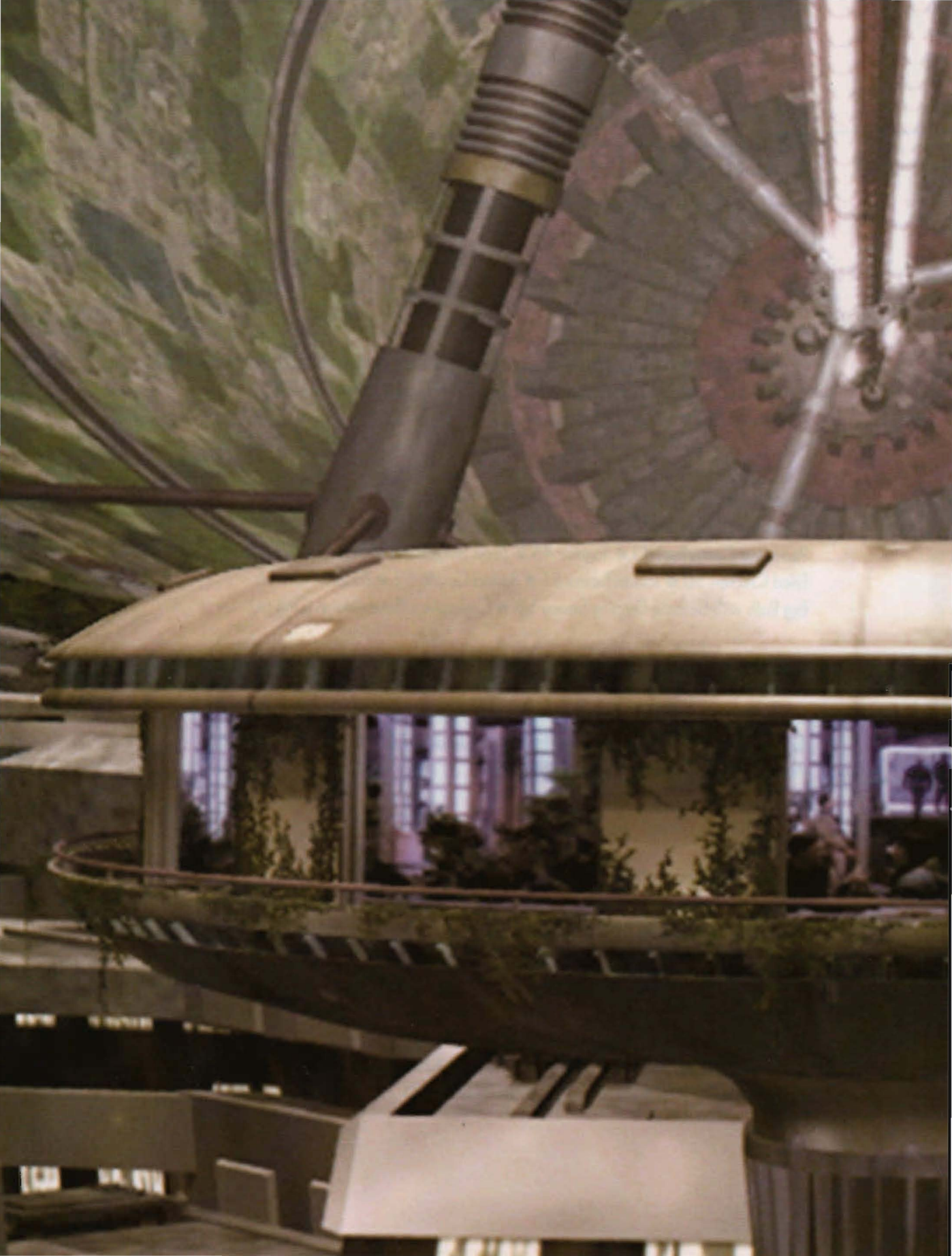
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# Introduction

23 October, 2260

This has been a difficult year for Babylon 5, what with the Narn-Centauri War, the secession from the Earth Alliance, and the lesser powers fighting amongst themselves. As restaurateur of Fresh Air®, Babylon 5's *only* five-star restaurant, these conflicts have affected my daily routine as much as anyone. It is increasingly difficult to come by the ingredients necessary to cater to my clientele, an amalgam of races from across the galaxy. While Hydroponics has helped to some degree, they cannot meet all my needs. Earth shipments are delayed — by both sides — to be searched for arms shipments and contraband. It's impossible to get anything from Narn. And no one is exactly comfortable dealing with the Centauri these days.

On the other hand, the war has meant good business. During the dark times, people look for escape from their problems. Fresh Air® is now booked solid for weeks in advance.

Of course, I make exceptions for my more, shall we say, prominent clients. Captain Sheridan stops by fairly regularly, sometimes with Ambassador Delenn. (There's a rumour going round about them, that they're 'involved', but I'm not one to gossip, you know.) We now have the Sheridan Table set aside just for him and his guests.

While I enjoyed my occasional chats with Commander Sinclair (he has excellent lineage, by the way — an ancestor fought in the Battle of Britain), he was always rather, well, introspective. Captain Sheridan, I can talk with, especially over a bowl of oranges. I'm only too happy to give him my advice.

Which explains the origin of this book. I observed that Fresh Air® was one of the few places left on Babylon 5 where all the species could still come, regardless of race or political beliefs, to enjoy the best of what the galaxy has to offer, in dining terms anyway. I asked him if he might endorse Fresh Air® on the BabCom — in the interests of fostering mutual understanding amongst the various species, of course.

'Why don't you just put out a cookery book?' the Captain suggested after some thought. 'Get some recipes from the ambassadors. Who knows? You might even do some good.'

'Splendid idea!' I said. 'Would you be willing to contribute?'



## **The origin of Xenocuisine**

Xenocuisine is the art of preparing food for alien species. It began in the mid-22nd Century, shortly after the Centauri Republic made first contact with the Human race. As alien species began to establish permanent residency on Earth, entrepreneurs — both Human and extraterrestrial — began to open eateries offering foods and drinks from many known worlds.

Unfortunately, there were many early deaths, as a few unscrupulous people served foods to other species without extensive testing. The first Human to eat untreated spoo died from regurgitation of his digestive tract. In 2172, EarthDome passed a number of laws regulating the preparation and serving of xenocuisine.

By the early 23rd Century, a number of the galaxy's finest chefs had opened xenocuisine schools in the city of Paris, European Union, Earth. Now professional chefs from all the major star powers come to these schools to earn their xenocuisine certification.

Diners are urged to inspect an eatery's xenocuisine certificate before consuming alien food and/or drink.

*The Interstellar Guide to Fine Dining*  
Second Edition, 2257, excerpted with permission

Ever modest, the dear Captain declined, but he did volunteer the services of his senior officers, Commander Ivanova and Security Chief Garibaldi. He seemed downright amused about their assignment, in fact. I'm pleased I was able once again to help shoulder his burden of command.

Although she was a bit, well, cranky at first, Commander Ivanova did contribute a delightful chapter about her upbringing in the Russian Consortium and some traditional Russian foods. Mr Garibaldi offered a range of foods from his travels across the galaxy, though I must warn you that his writing style is a tad colloquial.

I then set about contacting the alien ambassadors. Sad to say, not everyone co-operated. The Drazi response, for example, is unfit for a general audience. Ambassador She'Lah of the Gaim said, 'Recipes only if Brakiri do. Do Brakiri?' (They didn't.) The response from the Vorlon ambassador was simply, 'Irrelevant'. Quite a pity, really. Nothing is





known about Vorlon food or what they eat. (*If they eat.*) It would have been an excellent chapter, albeit a very short one.

Nonetheless, some were quite helpful. It is with particular pride that I note the contribution of Ambassador Londo Mollari himself, of the Centauri Republic. Citizen G'Kar, who was at one time the ambassador of the Narn Regime (now a Centauri protectorate), also contributed. (There was a terrible squabble started by Ambassador Mollari over G'Kar's participation, but rumour has it that the Captain's response suggested Londo perform a most indelicate act with a live zoolow.) We also have a splendid chapter from Lennier, Delenn's attaché, who describes in length Minbari rituals associated with food preparation.

A few words about the technical aspects of this book. As a master xenochef, I am quite skilled in identifying the undesirable effects certain ingredients may have on the various species. Humans, for example, have the most undignified digestive reaction to spoo. Minbari go into a psychotic rage if they partake in alcohol. Yet all species can eat breen.

This is the Human edition of *Dining on Babylon 5*. Where alien ingredients may be harmful to Humans, I have substituted Human equivalents. Where you see Human





ingredients in parentheses, this indicates an acceptable substitution, especially if the alien ingredient is difficult to find as is often the case aboard Babylon 5. Rest assured that, as a master xenochef, I recommend only the best substitutes.

So read on, learn and enjoy. Feel free to drop into Fresh Air® sometime. I'll be only too happy to point out the Sheridan Table to you.

Emerson Briggs-Wallace  
Restaurateur, Fresh Air® Restaurant

## **A personal addendum to the Interstellar Guide . . .**

I graduated from the best school of all, of course, the Ecole de Julina. It was founded in 2193 by the great chef of the Centauri Royal Court, Iuripae Julina. I had the distinct honour of meeting Julina in 2232, shortly before he died of food poisoning.

There are two schools of thought within the academia of xenocuisine. The Classic school uses synthetic compounds, nanoprobes and genetic blockers to neutralise any harmful effects a food might cause. The Organic school refuses to use artificial ingredients, using either substitutes or naturally occurring blockers.

I belong to the latter school. As did Julina. Great recipes should be enjoyed for the taste the universe intended.

Emerson Briggs-Wallace



CHAPTER

Londo Mollari's

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**Londo Mollari is the Centauri Republic's ambassador to Babylon 5. Known to frequent the station's finest restaurants and clubs, Mollari is considered a connoisseur of Centauri cooking and the foods from other worlds.**



I am told that this compendium is intended to help the various species living aboard Babylon 5 better understand one another and tolerate each other's diversity. In recent months, many other races have been intolerant towards the Centauri, misunderstanding our motivations for extending protection to less fortunate worlds. I would therefore like to use this opportunity to review our grand history and traditions, in particular as they relate to our unparalleled cuisine, which is just one of the many, many gifts that we have given to the galaxy.

Centauri cuisine has been envied throughout the galaxy (and perhaps even beyond The Rim) for thousands of years. In the glory days of the Republic, entire star systems were known to welcome the Centauri just so they could enjoy a glass of hot jala or experience the succulent sensation of a well-prepared treeel. After a decline of nearly a century, our star is once again ascendant, and with it is the popularity of Centauri cuisine.

Many Centauri cultural traditions involving food and drink date back to a time when those we revere as our oldest gods walked among us. In fact, we are the only major race to have a god dedicated strictly to food. Our 17<sup>th</sup> Emperor, Venzan, was elevated to godhood for declaring that joy was the duty of every Centauri. Excessive consumption therefore became the responsibility of all Centauri patriots. Venzan himself was our greatest patriot; he went to his grave weighing more than any three emperors collectively, either before or since. (Venzan is also known for having accidentally crushed his first wife during the act of procreation. The poor man was rendered involuntarily celibate by his other wives, but that's godhood for you.)

This duty to joy gave us one of our most important rituals, the Celebration of Life, which began before my people left our solar system during the War of 20 Million Deaths against the Xon. The Xon were the other dominant species on our homeworld, a thrice-damned race and a most inferior breed. Fierce warrior creatures — not unlike the Narn, come to think of it.

At the end of every year during the war, my people would count how many of us still lived, and would hold a great feast to celebrate our good fortune. Even though the Xon are long gone — and good riddance to them — we continue to hold this Celebration of Life. The party may last up to a week; if strictly performed under old Centauri ritual, partygoers eat and purge, eat and purge, until they become one with their inner selves.

As we made first contact with nearby worlds, we found that, like the Xon, other races did not have the exquisite diversity of Centauri cuisine. You can no doubt imagine the disappointment our ancestors felt, finding no other world with confections as flavourous as japoti, as intoxicating as brivari, as satisfying to the palate as spoo.

Truly a tragedy.

And being the galactic Samaritans that we are, bringing Centauri cuisine to other cultures therefore became missionary in zeal. Inferior races were uplifted thanks to a total immersion in Centauri gentility, culture and morality.

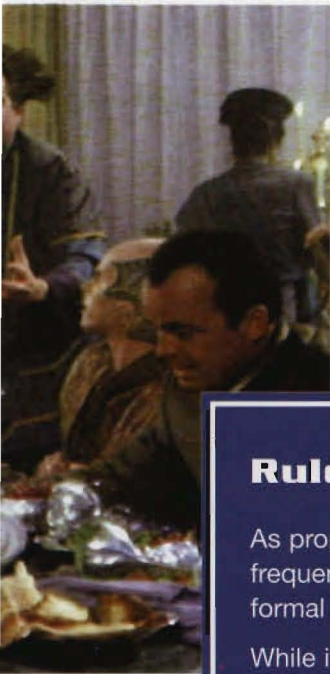
(Our only failure was with our neighbours, the Pak'ma'ra. They were a hopeless cause — they enjoy only the decaying flesh of dead bodies. The Humans have a saying about casting pearls before swine. The best we can do is keep them quarantined.)

The late Emperor Turhan was a good and decent man, but his progressive policies mistakenly withdrew Centauri presence from these other worlds. The consequences are evident. After we chose to leave Narn decades ago, they slid back into the barbarian, savage rituals we had worked so hard to eliminate. Centauri foods and drinks were bastardised into vulgar parodies of their original perfected form. I cannot think of a worse example than what they did to spoo, one of our favourite dietary staples. Spoo should never be served fresh, but aged until its flavour is at its peak. The Narn insist on eating it fresh, just to spite us. Now that we have reoccupied Narn under the more enlightened leadership of Emperor Cartagia, these vulgarities are being corrected.

The recipes I have contributed to this chapter represent the best of Centauri cuisine. Frankly, I do not expect alien palates to be as discerning as we Centauri are. I understand that substitute ingredients will be recommended throughout various editions for each species. I mourn for your loss.



Londo Mollari



## Rules of etiquette for Centauri parties

As proprietor of Fresh Air®, the finest restaurant on Babylon 5, I am frequently called upon by the command staff or the ambassadors to cater formal ceremonies, diplomatic events or just private parties.

- While it is a distinct pleasure to serve the upper classes of Babylon 5 (and every one is a person of tact, grace and wit), I take particular pleasure in staging fêtes for the Centauri. Now, these are people who know how to have a party! (And their events are quite profitable.)

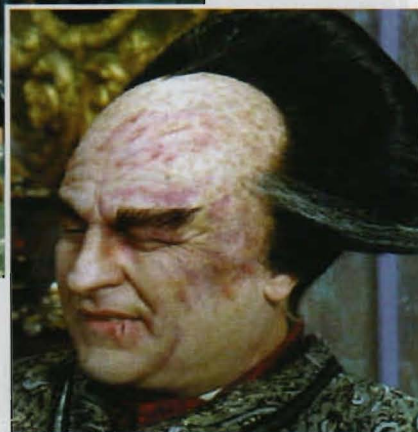
A typical Centauri party is, well, rather ribald. Should you ever be invited to one, there are a few rules of etiquette you should remember:

- 1 | Forsake your diet. It is considered exceptionally rude not to eat to excess. Although no longer rigidly enforced, in more traditional Centauri homes it is considered an insult not to regurgitate from overeating.
- 2 | Go barefoot. If the celebration is grand enough, your shoes will be splattered with every form of subsistence served otherwise.
- 3 | Do not ingest alcohol blockers before the party. You will impress your host if you pass out on his sofa. But it is considered boorish to pass out in the bathroom.
- 4 | Careful! Party rituals of certain species may be considered taboo by the Centauri. Drazi should not rub their scales against the back of the host's spouse. Humans should not wear the host's lampshade on their heads. Minbari — well, Minbari should just pass on the party, stay home and watch a good vid.

Emerson Briggs-Wallace

# Hot Jala

Hot Jala is my favourite recreational drink. It is versatile enough to be enjoyed with breakfast, lunch, dinner, snacks, as a night-cap, during meetings, before meetings, after meetings, at weddings, funerals, war cruiser launches, hair groomings, fingernail trimmings and interior decorating.



## 1 Drink

1	slice lemon
	caster sugar
100ml/3½fl oz	Jala (30ml/1fl oz Cognac, 30ml/1fl oz Cointreau, 45ml/1½fl oz blue Curacao)
1	tsp icing sugar
45ml/1½fl oz	soda water

- 1 Moisten the rim of a glass with a slice of lemon. Dip the rim into a dish of caster sugar.
- 2 Place the Jala and icing sugar in a saucepan over a medium-high heat and heat until bubbling at the outer edges. Place in blender, add the soda water and blend until frothy. Pour into the sugar-rimmed glass.

# Snicks

Snicks are a combination of indigenous Centauri tree nuts with a crispy sweet coating.

about 450g/15oz

1 litre/1 <sup>3</sup> / <sub>4</sub> pints	water, boiling
200g/7oz	whole doola nuts (walnut halves)
200g/7oz	flibies (pecan nuts)
300g/10oz	sugar
	vegetable oil for deep-frying

**1** Blanch the doola nuts and flibies in the boiling water for 1½ minutes, then drain well. Sprinkle the nuts with the sugar and mix well. Spread the nuts on a baking sheet and let stand overnight to dry.

**2** Heat the oil in a deep-fat fryer or large saucepan until very hot. Fry the nuts in small batches for about 1 minute until golden brown. Be careful not to burn the nuts. Drain on a wire rack. Store in air-tight container.



# Brivari

2 drinks

Brivari is the celebratory drink of the Couro Prido. It's quite intoxicating, as is required by Imperial decree of all Centauri drinks.

**2 drinks (anything less is sacrilege)**

350ml/12fl oz | brivari (one part brandy, one part rum)

180ml/6fl oz | Thrice (Triple) Sec

Pour into a liqueur glass. May be served on the rocks if desired.







## Brivari and the Proud Knives

The proudest years of my life were the time I served in Centauri defence forces during the most glorious days of our Republic. I was a member of the Couro Prido, the 'Proud Knives', an elite society of skilled swordsmen. It was customary for each member to be given a fighting name. Mine was *Paso Leati*, a crazed animal.

In a culture that so strongly values its traditions as the Centauri, needless to say the Couro Prido has its own rituals. Members reunite over decanters of a potent drink called brivari, which we pour into ceremonial chalices. We test our mettle by draining our chalices dry, over and over again, until the brivari is no more. And then we order more brivari.

I am contributing brivari to this book in honour of my dear departed duelling comrade, Urza Jaddo, the hero of Gorash. In the old days, his capacity for brivari was legendary. I lift my chalice to Urza, in memory of his courage and sacrifice for his family. *Val-too, Skal Tura.*

Londo Mollari

# Spoos

No introduction is necessary for this legendary dish.

## 4 servings

12	garlic cloves, peeled
4 tbsp	olive oil
30g/1 oz	morels, rinsed and dried
250ml/8fl oz	fish stock or bottled clam juice
24 cubes	aged spoos (sea scallops), chilled milk
250g/8oz	tawloo fat (butter), room temperature salt and pepper
	flour
30g/1 oz	tawloo fat (butter)
30g/1 oz	zoolow eggs (Russkyi Konsortsyium caviar or black lumpfish roe)

- 1 Blanch the garlic in a pan of boiling water for 2 minutes. Drain, rinse and repeat the blanching process.
- 2 Heat 2 tbsp oil in a frying pan and sauté the garlic and morels for about 5 minutes until the garlic is golden brown. Remove the morels from mixture and set aside. Add the fish stock to the pan and boil for 10 minutes, or until reduced by half.
- 3 Place the aged spoos in a bowl and add enough milk to cover.
- 4 Bring the sauce mixture to the boil, then transfer to a blender. Add 250g/8oz tawloo fat and blend until smooth.
- 5 Drain the aged spoos and pat dry. Season with salt and pepper, then dredge in flour, shaking off any excess. Melt the remaining tawloo fat with 2 tbsp olive oil in the rinsed-out frying pan over a medium-high heat. Sauté the aged spoos in batches until golden.
- 6 Return the morels to the sauce. Spoon the sauce on individual serving plates and top with the spoos. Spoon the zoolow eggs round the spoos. Serve immediately.

## **Spoos: another perspective**

Much has been written about spoo, a basic staple of the Centauri diet. Ambassador Mollari is quite right about the popularity of spoo among other species, but I'm afraid the dear chap exaggerates a bit.

Spoos are generally regarded as the ugliest animals in the known galaxy by just about every sentient species capable of starflight. The Interstellar Animal Rights Protection League, a band of extremist do-gooding meddlers, inexplicably refuses to protect the spoo. Their official position paper on the spoo contains two words: 'Kill 'em'.

Last year, Fresh Air® was inspected by the League's Justifiable Mortality for Spoo (JMS) Sub-Committee. They demanded to see the spoo ranch pens we keep. The chairman subsequently filed an official complaint with the EarthGov Humane Society – not because we were harming the little buggers, but because we weren't. 'They give animals a bad name,' the chairman sniffed.

Spoos are small, white, pasty, mealy creatures. They are ideally raised on worlds with (or in pens that simulate) a damp, moist, somewhat chilly climate so their skin can acquire just the right shade of paleness. They travel in herds, if moving a total of 15cm/6in in any given direction during a year can be considered moving. They do not howl, bark, moo, purr, yap, squeak or speak. Mainly, they sigh. Herds of sighing spoo can reportedly induce unparalleled bouts of depression.

In many Centauri dishes, fresh spoo is usually served at an optimum temperature of 18C/62F in cubed sections, so that they bear as little resemblance as possible to the animal from which they have just been sliced.

Human digestive systems, unfortunately, have a quite disgusting reaction to chilled spoo. Those brave souls who try it are warned to wear diapers.

Emerson Briggs-Wallace

Spoo





# Pinaldi

This savoury pastry filled with a variety of cheeses, spinach and sun-dried tomatoes is an excellent mid-day treat. The best pinaldi is made by the Royal Palace chefs. It was a favourite of our departed Emperor Turhan.

## 20 pastries

500g/1lb	frozen puff pastry, thawed
250g/8oz	frozen chopped foolash (spinach), thawed and well drained
2	yikkiti eggs, beaten
45g/1½oz	feta cheese, crumbled
¾ cup	mozzarella cheese, grated
180g/6oz	ricotta cheese
60g/2oz	tawloo cream (high-fat soft cheese)
1 tbsp	very finely chopped garlic
1	small onion, finely chopped
2 tbsp	finely chopped fresh parsley
1 tsp	freshly ground black pepper
½ tsp	red pepper flakes
1 tsp	salt
¼ cup	irradiated watsuls (sun-dried tomatoes) in oil
1	yikkiti egg beaten with 1 tsp water

- 1 Preheat the oven to 200C/400F/Gas 6. Roll out the pastry on a lightly floured surface into a 32.5 x 35cm/13 x 14in rectangle. Then cut into 5 x 7.5cm/2 x 3in rectangles. Cut the excess pastry into strips lengthways to be used for the garnish.
- 2 Combine foolash, yikkiti eggs, feta, ¼ cup mozzarella, ricotta, tawloo cream, garlic, onion, parsley, seasonings and half the irradiated watsuls.
- 3 Place a spoonful of mixture in the centre of each square, topped with ½ tsp mozzarella. Flatten slightly. Brush the egg wash on the edges of the pastry. Place another pastry rectangle on top, followed by an additional spoonful of the foolash mixture. Sprinkle with the irradiated watsuls. Top with pastry strips in the form of a trellis. Pinch the edges together to seal.
- 4 Brush the pastry again with the egg wash. Bake on an ungreased baking sheet for 12–15 minutes until golden brown.

# Treel

Treel is a green-and-white pasta-encrusted fish served in a tawloo fat sauce. Multiply these ingredients a thousand-fold and invite over 4000 of your closest friends.

## 4 servings

2 tbsp	very finely chopped fresh shallots
4 tbsp	white wine or champagne vinegar
3 tbsp	lemon juice
3 tbsp	dry vermouth
4	treel (salmon) fillets, about 250g/8oz each
140g/5oz	fresh spinach and plain linguini pastas (total weight), finely chopped
	vegetable oil for frying
180ml/6fl oz	double cream
500g/1lb	tawloo fat (butter), at room temperature and diced
	salt and white pepper

- 1 Combine the shallots, vinegar, lemon juice and vermouth in a saucepan. Cook over a high heat for 1–2 minutes until almost all the liquid has evaporated. Turn down the heat to medium, add the cream and continue cooking for 2–3 minutes until thick.
- 2 Season the treel with salt and pepper. Press a heavy layer of pasta on one side of the treel fillets. Heat a thin layer of oil in a heavy frying pan over a medium heat. Add the treel, pasta side down, and fry for 1 minute. Turn the fillets over and continue frying until the fish is cooked through and the flesh flakes easily.
- 3 Place the sauce in the top of a double boiler over simmering water. Add the tawloo fat, salt and white pepper and whisk until the tawloo fat has melted. Spoon the sauce on the plates and top with the fillets.



# Zoolow Fish

I've included this dish against my better judgement. While it's loved by much of my people, its resemblance to a Narn turns my stomach.

## 4 servings

250ml/8fl oz	dry white wine
1	shallot, very finely chopped
350ml/12fl oz	double cream
2 tbsp	grated fresh peeled horseradish
1/2 tsp	wasabi
pinch	sugar
1 tsp	salt
1/4 tsp	ground white pepper
125g/4oz	zoolow fish (sashimi-grade ahi tuna from a specialist Japanese fishmonger, blotted with food colouring)
4 tbsp	diced red onion
4 tbsp	drained capers
2	yikkiti eggs, hard-boiled, shelled and grated
2 tbsp	finely chopped fresh parsley
	hearts of palm chopped into 5cm/2in pieces

- 1** To make the sauce, put the wine and shallots in a saucepan over a medium heat and boil for about 12 minutes until the wine has reduced by half. Add the cream, grated horseradish, wasabi, sugar, salt and pepper. Reduce the heat and simmer for about 20 minutes, or until the sauce has reduced to about 350ml/12fl oz. Strain the sauce and chill.
- 2** Slice the zoolow fish into thin slices. Arrange on plates and serve with red onions, capers, egg, parsley, hearts of palm and the horseradish sauce. Serve immediately.





## Why the zoolow fish deserves to be eaten

Certain do-gooders argue that more highly evolved, sentient species have no right to eat animals, fish and other creatures further down the food chain.

Fah!

They never met the zoolow fish.

The zoolow fish is the most ill-tempered creature to swim the oceans of Centauri Prime. Using Earth measurements, zoolow have been known to grow to over 3 metres/10 feet in length, and weigh over 100kg/200lb. They are uglier than a Narn's backside, and more spotted, too.

Capturing a zoolow fish requires great cunning and skill. With its periscopic red eye, the zoolow can find you before you find it. They can use their wings to leap right out of the water, sinking their seven rows of teeth into the neck of an unsuspecting fisherman. (Which explains why I call my wife Timov 'Little Zoolow'.)

I will always remember when my father took me on my first zoolow fishing expedition — which is perhaps why we rarely spoke thereafter. I was aged twelve. I had just passed my first exams to enter military academy. 'You will soon be a man,' he bellowed. 'So you must learn to hunt like one.'

I assumed he would take me to one of the game preserves, where I might stalk a small leati and strangle it with my bare hands. So you can appreciate my disappointment when we boarded a fishing trawler and set sail to catch zoolow.

I will spare you the explicit details. Let us just say that the ship's captain came back only five-sixths the man he once was.

So enjoy this zoolow fish recipe. It deserved to die.

Londo Mollari



# Jurbeen

Jurbeen is a popular dish among the minor functionaries of the Centauri Royal Court. It is another recipe using treel.

## 4 servings

250g/8oz	rikling weeds (asparagus), cut into 5cm/2in pieces
2 tbsp	olive oil
4	garlic cloves, very finely chopped
4	shallots, diced
60ml/2fl oz	Russkyi Konsortsyium vodka
150g/5oz	gilga peas, thawed if frozen
250ml/8fl oz	double cream
125g/4oz	mascarpone cheese
180g/6oz	smoked treel (salmon), cut into 2.5cm/1in pieces
30g/1oz	freshly grated Parmesan cheese
	finely chopped fresh parsley
	salt and freshly ground black pepper



- 1 Bring a large saucepan of water to the boil. Add the rikling weeds and blanch for 1 minute. Remove and plunge in ice water to stop the cooking process.
- 2 Heat the oil in a large frying pan. Sauté the garlic and shallots until soft. Add the vodka and boil for 1 minute. Add gilga peas, rikling weeds, cream and mascarpone and cook until thickened slightly. Season with salt and pepper. Stir in the smoked treel, Parmesan and parsley. Serve immediately.



# Japoti

A most exquisite pastry and an excellent excuse for another hot Jala, the perfect accompaniment.

## 6 servings

180g/6oz	tawloo cream (full-fat soft cheese)	90g/3oz	tawloo fat (butter), melted
1	yikkiti egg	100g/3½oz	light brown sugar
150g/5oz	sugar	4	firm, slightly unripened junjoos (green bananas), sliced into 1 cm/½in slices
40g/1½oz	cornflour	½ tsp	ground cinnamon
60g/2oz	tawloo fat (butter)	1 tbsp	rum
1 tsp	vanilla essence	45g/1½oz	flibies (pecans), toasted and chopped
pinch	salt		
12	sheets filo pastry, 35cm x 45cm/ 14in x 18in, thawed if frozen		
125g/4oz	tawloo fat (butter), melted		
30g/1oz	icing sugar		
	chocolate shavings		

- 1 Beat the tawloo cream with an electric mixer to soften. Add the yikkiti egg and beat for 1 minute. Add the sugar, cornflour, 60g/2oz tawloo fat, vanilla and salt. Mix well, then cover and chill.
- 2 Melt the 125g/4oz tawloo fat with the brown sugar in a frying pan. Add junjoos. Sprinkle with the cinnamon, then pour in the rum and flame. Remove from the heat.
- 3 Preheat the oven to 160C/325F/Gas 3. On a large, clean work surface, brush a single sheet of filo with melted tawloo fat. Sift lightly with icing sugar. Top with another filo sheet, brush with butter and dust with sugar. Repeat with 2 more sheets. Do not butter and dust the last sheet. Cut into 4 equal parts.
- 4 Place the filo section with short end facing you. Fill each filo section with 1 heaped tbsp tawloo cream filling on the end closest to you, in the centre. Top with 2 slices of junjoos and sprinkle with flibies. Fold in the sides to cover the filling. Fold over several times to enclose, making sure to seal the edge with the melted tawloo fat. Brush the top with melted tawloo fat and dust with icing sugar. Repeat with the remaining sheets until you form 12 pastries. Place on a baking sheet lined with parchment paper. Bake for 15 minutes until golden brown.
- 5 Sprinkle the pastries with icing sugar and chocolate shavings.

CHAPTER

2

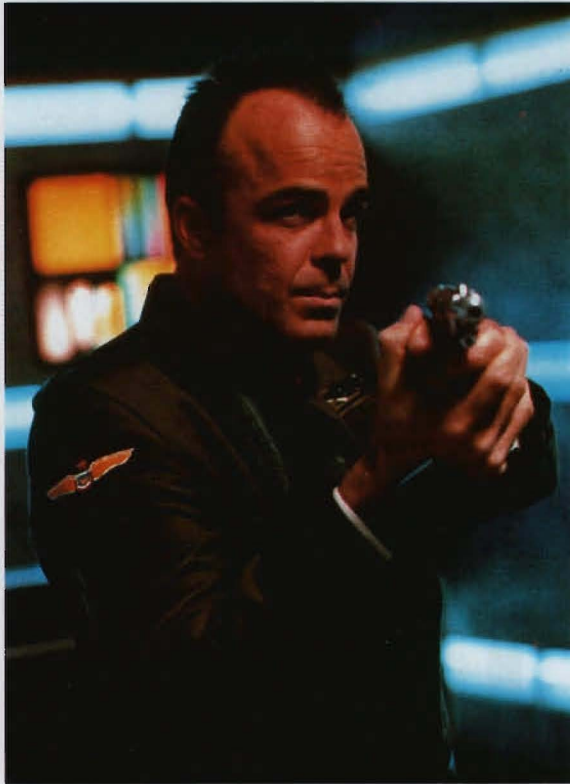
Michael Garibaldi

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Michael Garibaldi is Babylon 5's Chief of Security. He is known in station culinary circles as 'The Cooking Cop'.





I love to cook. It's something I picked up from my pop. I also love to eat. I picked that up from my pop, too. When you're in my line of work, you see things every day that would drive you crazy if you didn't have a way of blowing off some steam. So, for me, it's food.

Some people around here seem to think it's a bad idea for me to write a chapter for this cookbook. They're afraid I'm going to honk people off with my opinions. What are you, nuts? It's a *cookbook*, for crissake. How can I offend people with a cookbook?

I've been in EarthForce for most of the last twenty years, some of it in Infantry, most of it in Security. When you're in the service, you're on the run a lot. You don't have a lot of time for elegant dining, fancy restaurants or healthy eating. You just grab an Insta-Heat or a Zip Food and keep going. It's probably why I developed a taste for junk. But good junk. Some of that junk is in this chapter.

Not that I'm encouraging people to eat bad food. I work out regularly, and I balance my diet. I just think you should live a little. Sometimes I'd like to scrag those whiny health addicts who think the secret to long life is a strict diet of rabbit food. Man, in the line of work I'm in, I'll be lucky to see fifty. It's not like I'm going to leave a good-looking corpse. So as long as I'm here, I might as well enjoy myself.

And don't think we're the only race who eats junk. The other races have their sin foods, too. Take the food on Orion 4, out there at the edge of Earth Alliance space. Orion was my first deep space assignment, and my first exposure to truly alien food, because we had to make do. One of the local aliens, a female (at least it claimed it was female) named Ohnoop, showed me how to capture and cook the local tree worm, called a yogtree. Yeah, I know, it sounds disgusting, but trust me — fry it and it tastes just like chicken. Just don't eat too much, or your intestinal tract will start to play *Earth Alliance Forever*.

Orion sure was better than my first posting, on Europa. Europa sucked. So did the food. If it was up to me, I'd call in the war cruisers and blow the place up into crushed ice. But that's just me.

The food picked up a bit when I got transferred to a mining colony on Cestus called Fortune City. If you're a burger-and-fries man, you'd love this place called Arterial Blockage. They serve a mean dish of zoon burgers, jovian tubers and a miner's draft of

Traxian ale. It's the real thing, too, no soy-bean substitutes or Phony Fat. One hundred percent genuine cholesterol, just the way Nature intended it.

Then about the time the Earth-Minbari War broke out, I got transferred from Security to Infantry. I was a ground-pounder, a GROPO. Some of the places I was stationed made Europa look like Disneyplanet.

Once we were dug in on a moon orbiting Vega 2. The Minbari went through the system like PPG fire through Sneezex. I think they ignored us only because we weren't a threat. Our supply lines were cut off for weeks. We had to get by with meal bars, Insta-Heats and cryo-rations. Do you know what it's like to eat a beef-and-potatoes Insta-Heat from the Dilgar War? And then those started to run out, too.

Finally, to keep our minds off starving, we started talking about food recipes. I told the GROPOs about my pop's bagna cauda. My shelter mate — she was from Texas, her name was Colleen but everyone called her Cowpoke — told me about the three-alarm chili recipe her mom used to make for her; just the way my pop made bagna cauda for me. Cowpoke didn't survive Vega, but I remembered every ingredient in that recipe, and make it now and then when I think of her.

Anyway, enough talking. Here are the recipes. Enjoy, and don't let Doc Franklin catch you eating this stuff. He still talks about 'food plans' now and then.

Michael Garibaldi



## Arterial Blockage

Ever since the mid-20th Century, when doctors and scientists started figuring out that certain foods were bad for you, the Human race has been working to find artificial substitutes that have the same taste but none of the nasty side effects. Soy Bean Subs. SyntheSugar. Phony Fat. Guilt-Free Grease. All in a never-ending quest to eat bad food without paying the penalty. They even came up with a name for these people — the 'Food Police'.

Finally, the Human race rebelled against this nonsense. In the early 22nd Century, a guy named Hermes Hermasillo came up with the idea of opening a chain of restaurants that served the worst food possible. He called them Arterial Blockage. Over the front door was posted the motto, 'Screw Guilt'.

The man was a hero. Arterial Blockage restaurants sprang up all over the planet. He made trillions of credits.

Unfortunately, Hermes died at age 36 when his heart seized up, as did a lot of his regulars. In the ensuing estate battle, EarthGov stepped in and taxed the inheritants into bankruptcy, and the Senate passed a law forbidding such restaurants from ever opening again.

But just about twenty years ago, one of Hermes' great-grandchildren, Julian, migrated to Cestus to open a restaurant in the mining colony. Since the Senate law only applied to Earth itself, Julian opened what is now the only Arterial Blockage in the galaxy.

Julian is one cool dude. So is Arterial Blockage. It has a retro 22nd-Century decor. He even put a 'Screw Guilt' sign over the front door, although it's now in thirteen different alien languages. Yep, he serves bad xenofood, too. I hear he's going to start carrying yogtree.

I don't have many heroes, but Julian is one of them. Check the place out if you're ever in the neighborhood.

Michael Garibaldi



# Pasta and Cannelloni

Cannelloni is a pasta tube that you can fill with pretty much whatever you want. Just prepare your filling, and stuff it.

4 servings

250g/8oz	dried pasta shells
	butter for the ovenproof dish
	no-boil dried lasagne noodles
30g/1oz	Parmesan cheese, freshly grated
<b>Filling:</b>	
1 tbsp	olive oil
15g/1/2oz	butter
75g/2 1/2oz	onion, diced
2 tbsp	very finely chopped garlic
1/2 tsp	red pepper flakes
750g/1 1/2lb	minced veal
2 tbsp	tomato purée
3/4 tsp	salt
1/2 tsp	freshly ground black pepper
1/2 tsp	dried oregano
250g/8oz	ricotta cheese
60g/2oz	Parmesan cheese, freshly grated
1	egg

## Tomato Sauce:

1 tbsp	olive oil
30g/1oz	butter
75g/2 1/2oz	onion, diced
1	carrot, finely diced
2	sticks celery, finely diced
5	garlic cloves, very finely chopped
1 tsp	plain flour
125ml/4fl oz	red wine (non-alcoholic substitute is okay)
750g/1 1/2lb	plum tomatoes, peeled, seeded and chopped
2 tbsp	tomato purée
1/2 tsp	sugar
1	bay leaf
2 tbsp	chopped fresh basil
2 tbsp	chopped fresh oregano
1 tbsp	chopped fresh parsley
	salt and freshly ground black pepper

## White Sauce:

90g/3oz	unsalted butter
2 tbsp	plain flour
750ml/24fl oz	milk
125ml/4fl oz	single cream
1 tbsp	dry vermouth (I use a non-alcoholic substitute here, too)
Pinch	freshly grated nutmeg
	salt and freshly ground white pepper



- 1** To make the filling, melt the butter with the olive oil in a large frying pan. Sauté the onions, garlic and red pepper flakes until the onions have softened. Add the veal and brown, breaking up the meat as it cooks. Stir in the tomato purée, then season with salt, pepper and oregano. Set aside.
- 2** Combine the ricotta and Parmesan cheeses with the egg until blended. Set aside.
- 3** To make the tomato sauce, melt the butter with the oil in a large, heavy saucepan over a medium heat. Sauté the onions, carrot, celery and garlic for 10 minutes. Do not brown. Stir in flour and cook for a further 5 minutes. Add the red wine and cook until slightly reduced. Add the tomatoes, tomato purée, sugar, bay leaf, basil, oregano and parsley. Simmer, partly covered, for 1 hour. Add salt and pepper to taste. Purée half of the sauce in a blender or processor. Return the puréed sauce to the pan with the unpuréed sauce. Stir to combine. Set aside.
- 4** To make white sauce, melt 60g/2oz of the butter in a saucepan. Add the flour and stir constantly for 4 minutes. Slowly add the milk in a steady stream, whisking constantly. Simmer for 20 minutes, stirring occasionally. Add the cream, vermouth, nutmeg and salt and pepper to taste. Continue simmering for a further 15 minutes until the sauce is thick. Whisk in 30g/1 oz of the butter. Set aside.
- 5** Preheat the oven to 180C/350F/Gas 4. Meanwhile, cook the pasta shells according to package instructions. Drain and set aside.
- 6** Butter the bottom and sides of an ovenproof serving dish. Spread 180ml/6fl oz of the white sauce on the base of the dish. Soften the lasagne sheets according to the package instructions. Fill each one with  $\frac{3}{4}$  veal filling and  $\frac{1}{4}$  cheese filling, then roll into a tight tube and place in the dish. Arrange the cannelloni in a row, leaving a border for pasta shells. Surround the cannelloni with the cooked pasta shells. Top the cannelloni and pasta shells with tomato sauce. Drizzle the top with the remaining white sauce and sprinkle with the Parmesan. Cover with foil and bake for 10 minutes. Uncover and bake for a further 10 minutes until lightly brown.

# Yogtree

Yogtree is native to Orion 4. It's a big tree worm. They've become kinda popular since the war, so Yogtree farms are popping up all over Earth space. But if someone in Down-Below wants you to invest in one, a chinchilla farm is a better investment, if you know what I mean.

## 4 servings

500g/1lb	fresh yogtree (squid), cleaned and cut into 5cm/1/4in rings
	milk
150g/5oz	plain flour
2 tbsp	black sesame seeds
	vegetable oil for deep-frying
	salt
	lemon wedges

## Yogtree Sauce:

125g/4oz	mayonnaise
1 tbsp	whole-grain mustard
2 tsp	runny honey
1/2 tsp	chili powder
1/4 tsp	Tabasco
1 tsp	drained capers
2 tsp	lemon juice
1 tbsp	chopped fresh parsley



- 1 Place the yogtree in a glass bowl and add enough milk to cover. Soak for 2 hours, checking occasionally to make sure it's still dead. Drain.
- 2 To make the sauce, place the mayonnaise, mustard, honey, chili powder, Tabasco, capers, lemon juice and parsley in a blender or food processor. Purée until blended. Check once again to make sure the yogtree is still dead.
- 3 Heat enough oil in a deep-fat fryer or heavy-based saucepan for deep-fat frying. Combine the flour and sesame seeds. Dredge the yogtree in flour mixture. When the oil is very hot, fry the yogtree in batches until golden and crispy. Drain well on kitchen paper.
- 4 Immediately serve yogtree (if it's still dead) with lemon wedges and sauce.





## **Yogtree: nature's wonder food**

I greatly appreciate the substantial contribution Mr Garibaldi has made to this collection of recipes, including yogtree. I do have to admit that yogtree is not exactly a personal favourite of mine. As a master xenochef, I personally find the dish rather unchallenging. Due to popular demand, however, I will be adding it to the Fresh Air® menu for 2261.

Not only does the yogtree have a rather piquant, zesty flavour — Mr Garibaldi's untrained palate thinks it tastes like chicken — but it also happens to be high in protein, low in fat, low in calories and has virtually zero cholesterol, if prepared by a proper expert.

Unfortunately, 'zip food' vendors have chosen to fry the yogtree, to satiate the common tastes. Even some of the lower scale restaurants on the station are serving fried yogtree. Mr Garibaldi's recipe, submitted here, also calls for frying the creature.

A true artist would prepare and serve the delicacy with the most minimal of preparation, to preserve the natural flavour. What frightens off most chefs is that the yogtree has, well, a habit of playing dead. When it isn't. Which can lead to rather disgusting consequences.

To properly ensure that a yogtree is dead, one should play a recording of the mating call of its natural predator, the Orion Root Simian. It sounds not unlike the station's alert klaxon blaring. If the yogtree doesn't move, trust me, it's quite permanently deceased.

Emerson Briggs-Wallace

# Zoon Burgers

The hamburger was the greatest invention of Earth's 20th Century. I like 'em drenched in ketchup. Serve with Jovian tubers on the side.

## 4 servings

750g/1 1/2lb	minced chuck
	salt
	crushed black peppercorns
	mayonnaise
4	hamburger buns, split
	Dijon mustard
4	large lettuce leaves
4	slices tomato
8	rashers bacon, cooked and well drained

- 1 Form the meat into 4 patties, each about 2cm/<sup>3</sup>/<sub>4</sub>in thick. Place salt and crushed peppercorns on the patties to form a crust. Heat the grill or a large frying pan and cook until the desired doneness is reached, being careful to keep the seasoning crust intact.
- 2 Meanwhile, toast the buns while the patties are cooking. Spread the mayonnaise and mustard on the buns. Place the lettuce and tomato on bottom half of each bun. Top each with the burger patty, bacon and top of bun.



# Herb & Cheese Soufflé

My father was the serious cook in the family, but Mom knew her way around the kitchen, too. This recipe is from her side of the family.

## 6-8 servings

500ml/16fl oz	milk
60g/2oz	unsalted butter
4 tbsp	plain flour
8	large egg yolks
8	large egg whites
125g/4oz	Emmenthal cheese, grated
125g/4oz	Parmesan cheese, freshly grated
2 tbsp	each chopped fresh parsley, thyme and oregano
1 tsp	salt
	freshly ground black pepper
dash	nutmeg

- 1 Preheat oven to 180C/350F/Gas 4. Form an aluminum foil collar around the rim of a large 8in/20cm diameter soufflé dish. Make sure the collar extends 5cm/2in above the rim.
- 2 Heat the milk in a saucepan over a medium heat. Melt the butter in a separate pan over a medium heat, then stir in the flour. Cook for 2 minutes, stirring vigorously with a wooden spoon. Stir in the heated milk and simmer over a low heat, stirring, for 2-3 minutes until smooth and thick.
- 3 Remove from heat and let cool for 5 minutes. Beat the yolks in a large bowl and stir in a spoonful of the sauce, then add the remaining sauce. Stir in the in the cheeses, herbs, salt, pepper and nutmeg. Beat the whites until soft peaks form. Beat a quarter of the whites into the sauce, then gently fold in the remaining whites.
- 4 Pour into the soufflé dish. Place on a baking sheet and bake for 35 minutes until well risen and lightly browned. Carefully remove the collar and serve immediately.

# Fried Chicken

An old girlfriend of mine on Mars Colony used to make this American favorite for me. (For some reason, she always got honked off when I said she was really cookin' . . . )

## 4 servings

750g/1½lb	chicken pieces
350ml/12fl oz	canned unsweetened evaporated milk
185g/6¼ oz	plain flour
30g/1 oz	yellow cornmeal
2 tsp	salt
½ tsp	ground black pepper
½ tsp	onion powder
¾ tsp	ground cayenne pepper
1 tsp	paprika
1 liter/1¾ pints	vegetable oil for frying

- 1 Place the chicken in a glass dish large enough to hold. Cover with evaporated milk. Cover and refrigerate overnight.
- 2 Place the flour, cornmeal and seasonings in a paper bag and shake to combine thoroughly. Remove the chicken from the marinade and place in the bag, 2 pieces at a time. Shake to coat evenly. Place the chicken on a baking rack and allow the crust to dry for 30 minutes.
- 3 Heat the vegetable oil in a large, heavy frying pan, preferably cast iron; the oil should come up almost half way to the top of the pan. When the oil is very hot, cook the chicken, in batches, for about 10 minutes per side until golden brown; do not over-crowd the pan. Remove chicken and drain on rack. Serve warm.

# Jovian Tubers

Jovian tubers are made from potatoes raised in hydroponics farms orbiting Jupiter. It's amazing what zero-gravity can do to a potato's size.

## 4 servings

2kg/4lb | Jovian potatoes  
peanut oil for deep frying  
salt  
ketchup or other condiments



- 1 Cut potatoes into 10cm/4in lengths, 0.5cm/1/4in wide. Place in large bowl, cover with water and let set in refrigerator for 2 hours.
- 2 Heat enough oil for deep frying in a deep-fat fryer or a heavy-based saucepan over a medium heat. Drain and dry the potatoes with paper towels. When oil reaches about 160C/325F, or until a cube of bread browns in about 75 seconds, fry the potatoes in batches until tender without browning. Drain well on kitchen paper and cool for 20 minutes.
- 3 Re-heat the oil to 190C/375F, or until a cube of bread browns in about 45 seconds. Fry the potatoes until crisp and a golden color. Drain on kitchen paper and sprinkle with salt.
- 4 Serve with ketchup or other condiments.

# Bagna Cauda

Bagna cauda is a kind of Italian fondue. I make it every year for my birthday. I've tweaked it just a little bit to keep my Pop's recipe a secret.

## 4 servings

5 tbsp	very finely chopped garlic
250ml/8fl oz	extra virgin olive oil
125g/4oz	butter
10	canned anchovy filets, finely chopped
1/2 tsp	dried oregano
1/4 tsp	dried basil
	salt and freshly ground black pepper

### For Dipping:

toast points  
grilled or raw pepper strips  
grilled or raw celery sticks  
grilled or raw carrot sticks

- 1 Heat the garlic, olive oil, butter and anchovies in a frying pan over a low heat until the butter melts, stirring, then simmer for 4 minutes.
- 2 Add the oregano and basil and season with salt and pepper to taste. Stir to combine.
- 3 Transfer mixture to a warm serving bowl or fondue pot. Serve with a platter of toast and vegetables.



## Alfredo Garibaldi's Bagna Cauda

I grew up in New York City, in an old 82-story apartment building in Manhattan. My father, Alfredo Garibaldi, was famous in the building for being a great cook. On Sundays, he'd always cook a huge dinner for anyone who wanted to come. We'd have twenty, thirty people sometimes. The guests would bring something, too, although a few just brought an appetite. Pop didn't care; he just liked to show off. He'd cook all day in the kitchen, singing ballads he claimed came from the home country, although I kinda doubt it. (For openers, he was six generations removed from Italy. But you never questioned Pop.)



Pop always made bagna cauda for me on my birthday. He was a great cook, and bagna was his specialty. And when he used to cook it, the smell — oh man, the smell would fill the whole place. The neighbors could smell it, too. Before you knew it, people were showing up at our door with wine, bread, cheese — it became one big block party.

Funny, when I watched him cook, I knew he was doing it because he loved me. Some men are strange that way. They just can't express their feelings. Now Mom, she was a gusher. She'd break out in tears just because I came home from school. But Pop couldn't ever say it, so he just cooked bagna instead.

He's been gone a long time. He died at age 75 of Torg's Syndrome, but was still on active status with the New York Security Department. I still make bagna once a year, honoring him, y'know?

Trust me. You are gonna love this.

Michael Garibaldi

# Bagna Cauda







# Zocalo Pizza

There's a little stand in our marketplace called Zocalo Pizza. It's the best pizzeria on B5. (It's also the only pizzeria on B5.) They'll deliver anywhere on the station in under 30 minutes, or your credits back. The owner is a good guy; he donated this recipe for the cookbook.

Makes **2** 25cm/10in pizzas

1/4 tsp	dried yeast
250ml/8fl oz	warm water
375g/1 1 oz	plain flour
1 tsp	salt
1/2 tsp	sugar
	olive oil
5	plum tomatoes, sliced
180g/6oz	fontina cheese, shredded
4 tbsps	paper-thin garlic slices
30g/1 oz	provolone cheese, diced
2 tbsps	dried mixed herbs
125g/4oz	Parmesan cheese

- 1** Dissolve the yeast in warm water with the sugar in a large bowl, then allow to stand for 5 minutes until frothy. Gradually add the flour and salt. Knead on a floured surface for 3–4 minutes. Allow the dough to rise for 1 hour in a greased bowl, covered, in a warm place. After 1 hour, punch it down and divide in half. Stretch into two 25cm/10in rounds. Place on 2 buttered baking sheets and cover. Let rise for 45 minutes.
- 2** Meanwhile, preheat the oven to 200C/400F/Gas 6 and set a pan of boiling water on the lower rack. Brush the pizza dough rounds with olive oil. Bake on the upper racks for 12–15 minutes.
- 3** Brush baked pizza rounds with olive oil and top with tomato slices, fontina, garlic, provolone and the herbs. Use a cheese slicer to cut paper-thin slivers of Parmesan and place on pizza. Drizzle with olive oil. Return to the oven until the cheeses have melted and the pizza is heated through.



## First impressions

The first time I met Mr Garibaldi was during a most dreadful incident that happened shortly after Fresh Air® opened. A Narn and a Centauri were seated at nearby tables. (No, they were not Ambassador G'Kar or Ambassador Mollari. I despise unsubstantiated gossip.) The Centauri had a bit too much to drink. To show his appreciation for the exquisite Treel I had prepared for him, the Centauri decided to climb up on his table and start to dance. Then he leapt on to the other tables and started to dance. Finally, he leapt on to the Narn's table, took the Narn's napkin and pretended he was trying to wipe off the Narn's spots!

This is the most dreadful insult imaginable in Narn culture. Needless to say, that started quite a rumpus. So I had to call upon Mr Garibaldi and his officers, which only worsened matters. They were, shall we say, prone to violence. And worse yet, they were not properly attired for a five-star restaurant. I dare say that the patrons were shocked and horrified by the entire incident. It nearly ruined my reputation!

Since then, I've taken to segregating hostile species to opposite ends of the restaurant. Mr Garibaldi is welcome any time, so long as proper etiquette is observed.

Emerson Briggs-Wallace

# Spring Rolls with Sesame Dipping Sauce

Spring rolls supposedly started as a Chinese recipe, but I hear it was really invented somewhere else.

**25–30** spring rolls, depending on how fat you fill 'em

1 packet | vegetable oil  
won-ton wrappers, thawed if frozen

## Meat Mixture:

500g/1 lb | minced pork  
1 tbsp | soy sauce  
1½ tsp | mushroom soy sauce  
1 tbsp | finely chopped garlic  
1 tbsp | sesame oil  
2 tsp | light brown sugar  
2 tsp | rice vinegar  
1 tsp | corn starch  
1 tsp | chili oil  
freshly ground black pepper

## Vegetable Mixture:

125g/4oz | Chinese cabbage, shredded  
150g/5oz | jicama, peeled and finely chopped, or 8 water chestnuts, finely chopped  
75g/2½oz | onion, finely chopped  
100g/3½oz | spring onions, chopped  
60g/2oz | celery, diced  
100g/3½oz | bean sprouts  
60g/2oz | enoki mushrooms  
2 | carrots, julienned  
1 | egg, beaten  
1 tbsp | bottled sweet chili sauce  
2 tsp | very finely chopped garlic  
2 tsp | soy sauce  
1 tsp | very finely chopped peeled root ginger

### Dipping Sauce:

3 tbsp	sesame seeds
250ml/8fl oz	chicken stock
4 tbsp	sesame oil
1 tbsp	soy sauce
90g/3oz	runny honey
1 tsp	salt
	freshly ground black pepper

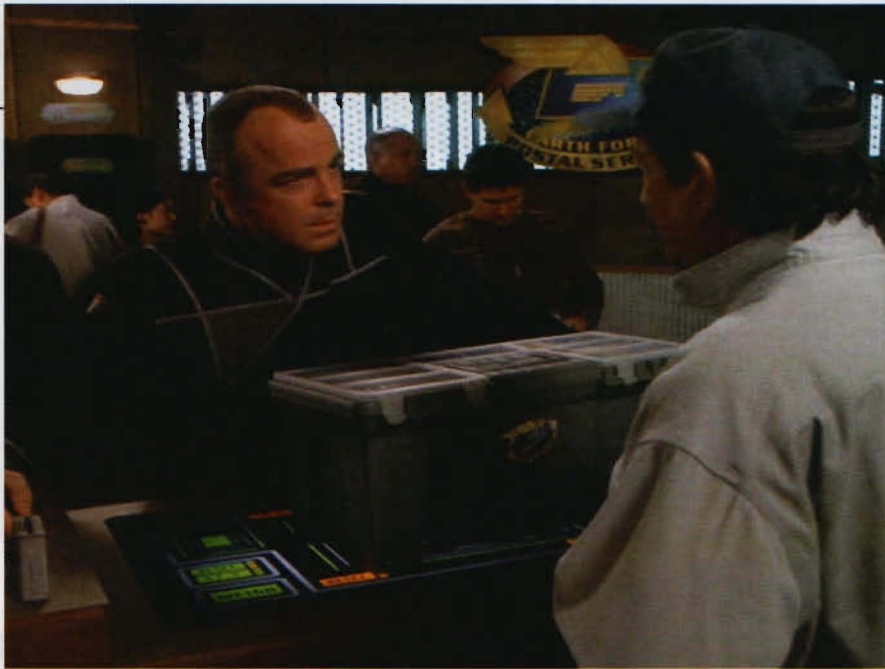
- 1** To make the meat mixture, combine all the ingredients, except the vegetable oil, and mix thoroughly with your hands. Cover with cling film and place in the refrigerator for 12–24 hours.
- 2** To make the vegetable mixture, combine all ingredients in a large bowl; set aside. Heat a wok or large heavy-based frying pan over a high heat until a bead of water evaporates on contact. Add 3 tbsp oil, then reduce the heat to medium-high. Add the pork mixture, breaking up the meat with a wooden spoon, and cook until the pork is cooked through and tender and juicy.
- 3** Add the pork mixture to the vegetable mixture. Add half of the juices from the pan and combine.
- 4** To fill the won ton wrappers, place 1 heaping spoonful of the mixture in the center of each. Fold over 2 facing ends to form a rectangle, then roll along the unfolded side to form a cylinder. Where the 2 ends meet, seal the spring roll by brushing water along the inside edge and then pressing the opposite edge over it.
- 5** Heat enough oil for deep-fat frying over a high heat in a deep-fat fryer or heavy-based saucepan – a sliver of won ton wrapper should sizzle and rise to the top when added to oil. Fry the spring rolls in batches for 3–4 minutes, turning the rolls to ensure an even brown color. Remove the rolls from the oil and place on a double layer of kitchen paper to drain. Serve with the dipping sauce.
- 6** To make the dipping sauce, toast the sesame seeds for about 1 minute in a small saucepan over a high heat, shaking often to prevent burning. Add the stock, oil, soy sauce, honey and salt to taste to the pan and whisk until the mixture comes to a boil.
- 7** Lower the heat to medium, add pepper to taste and cook, whisking, for about 3 minutes. Remove from heat. Serve immediately. (The sauce may be stored in an air-tight container for 1 day; re-heat over a low heat.)

# Cowpoke's Three-Alarm Chili

This is Cowpoke's recipe which she gave to me while orbiting Vega 2. She was a Texas native, so keep a fire extinguisher handy.

## 8 servings

3 tbsp	olive oil
1.2kg/2½lb	sirloin, top or bottom, trimmed of fat, cut into 2.5–5 x 1 cm/1–2 x ½ in chunks
500g/1lb	minced chuck steak
225g/8oz	chorizo sausage, casing removed
6	garlic cloves, very finely chopped
500g/1lb	onions, diced
125g/4oz	celery, diced
2–3	jalapeño chilies, more if desired
300g/10oz	green peppers, cored, seeded and diced
2 tbsp	masa harina or plain flour
2 tbsp	ancho chili powder, or regular chili powder, more if desired
1 tsp	ground cayenne pepper
2 tsp	ground cumin
½ tsp	dried thyme
½ tsp	dried oregano
2	bay leaves
850g/1¾lb	canned chopped stewed tomatoes
500ml/16fl oz	beef broth
500g/1lb	cooked or canned pinto or black beans, drained
1 tsp	salt
½ tsp	ground black pepper
	Cheddar cheese
	red onion, diced
	sour cream



#### Meat Rub:

4 tbsp	paprika
3 tbsp	salt
2 tbsp	garlic powder
2 tbsp	dried oregano
1 tbsp	cayenne pepper
2 tsp	sugar

- 1 Combine all the ingredients for the meat rub; set aside. (Any not used can be stored in an air-tight container.)
- 2 Heat 2 tbsp oil in a large saucepan over a high heat. Pat the sirloin dry with kitchen paper, then sprinkle with the meat rub. Brown the sirloin in batches, taking care not to over-crowd the pan, then remove and set aside. Add the minced chuck to the pan and stir until browned. Remove from the pan. Add the chorizo to the pan, breaking up sausage as it browns, then remove from the pan.
- 3 Wipe out the pan. Heat the remaining oil in same pan and sauté the garlic, onions, celery, chili and peppers until tender. Stir in the masa harina or flour, chili powder, cayenne, cumin, thyme, oregano and bay leaves. Boil, stirring frequently, for 3–5 minutes, then simmer for 2–4 minutes. Add the tomatoes, reserved meat and beef stock and continue simmering for 30 minutes until the meat is tender. Add the beans, salt and pepper and continue cooking for 15–20 minutes until the flavors blend. Serve with Cheddar cheese, red onion and sour cream.

CHAPTER

3

*Lennier*

Rec

from the

Third

Chu

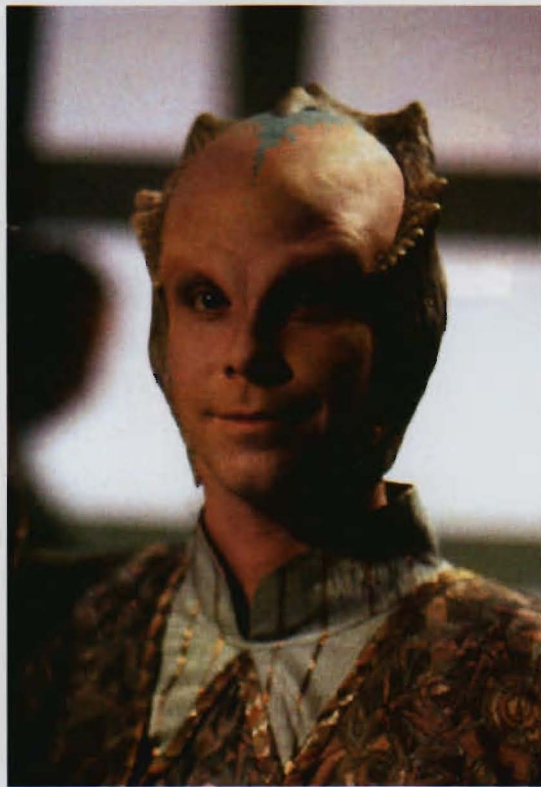


**Stripes**

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*Lennier is the attaché to Ambassador Delenn of the Minbari Federation. He was taught cooking on Minbar, in preparation for his role as Delenn's aide, and therefore may be considered an expert on Minbari foods. Babylon 5 is his first assignment off his homeworld.*

Service to others is the highest calling of the religious caste. My clan, the Third Fane of Chudomo, has served for over 500 years. Novitiates undergo many years of rigorous training and education before accepting their first assignments.

The universe may call us to serve in unseen ways, so we must be prepared to answer that call no matter what it may be. In preparation, we become proficient not only in the skills of the physical world – mathematics, language, astrophysics, self-defence – but also in the less tangible. We study humour. Terror. Joy. Sadness. Ecstasy. Despair.

*All of which applies to the delicate art of meal preparation.*

Valen said, 'The Minbari march on their stomachs.' I understand the Humans have a similar phrase. Thus after the last Great War 1000 years ago each of our three castes – worker, religious and warrior – was given a distinct role in rebuilding our agricultural system. The worker caste was responsible for raising the crops and livestock. The religious caste sanctified the foods before consumption. The warrior caste protected our agricultural colonies from attack.

After the war, we prospered and grew, but one-quarter of Minbar is covered with polar ice caps, and the planet is rich in crystalline deposits. While this makes Minbar perhaps one of the most beautiful planets in known space, it does pose problems for agricultural growth. One reason our people reached out into space was that Minbar would soon have exhausted its agricultural resources due to overpopulation.

Today, the worker caste operates agricultural centres on fourteen different worlds within a radius of 50 light-years from homeworld. Each colony is divided into three settlements, one for each caste. Each settlement is laid out as an equilateral triangle; these converge at a caste-neutral central administrative facility. There they hold colony meetings and sanctification rituals, practising skills passed down from the time of Valen.

I recently received a data crystal from a fellow clan member serving in the agricultural centre on Kordat IV. He told of performing the annual Renewal of Life sanctification ceremony upon the flarn fields. Water drawn from wells deep beneath the Tchok'an mountains outside Tuzanor, the sacred ancient city of Valen, is sprinkled on the newly sprouting crops. Three drops of water are placed on each seedling, honouring each caste's

role in raising the crops. The three castes then mingle in a great festival much like the Humans' 'country fair'. Unfortunately, we do not have an equivalent for what is known as a 'hog calling' ritual. A shame, because we Minbari believe that all sentient life should follow its calling.

Each of the three castes has its own unique traditions and rituals for preparing meals. Even within the castes, the rituals may differ. Each Fane of Chudomo, for example, has various sanctification prayers and ceremonies. For example, before preparing flarn, a member of the First Fane must immerse himself in Tuzanor water for one hour. A member of the Second Fane must rub a balm called Fwaloff's Oil on the tips of his fingers. As a member of the Third Fane, I must perform a series of purification rituals.

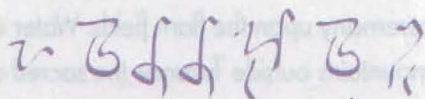
Food preferences are distinct among the three castes as well. The religious caste is vegetarian; we believe that all animals are a projection of the universe's soul itself. To consume another creature would be to consume ourselves.

The warrior caste partakes in the eating of meat, but only those creatures they have hunted themselves. To honour the animal, it must be killed by hand, without using any weapons. Various sects within the warrior caste have different rituals for consumption of the slain animal, but in most cases eating it must be preceded by a series of prayers and rites giving thanks to the universe for bringing the creature into existence, setting aside one-third of the creature as a hedge against future famine, and sharing another third with a member of the worker caste to symbolise their role in raising the creature.

Of the three castes, the worker caste is perhaps the least ritualistic. Many a worker will go home at the end of the day, prepare a quick meal and say a short prayer of gratitude, before plopping down on the trichair with a bowl of yun-yuns and watching the kwanball matches. But they work hard, which helps to burn off the calories.

Recipes from all three castes are offered here, as a symbol of our unity and understanding. May it help you to find understanding of us and other species as well.

In Valen's name.



Lennier

## Breakfast on Minbar

Order and continuity are important to a disciplined life. This is reflected in the daily diet of the religious caste. A disciplined diet leads to a disciplined mind, our great departed leader Dukhat said. The morning breakfast starts the day with the proper attitude.

The morning meal for most sects begins with a custard made from temshwee eggs. The temshwee is a fowl that originated on our southern continent, although it is now bred throughout Minbari space. Its eggs are highly nutritious. The temshwee are kept in the most immaculate of conditions, to maintain their purity. (Vegan sects use a synthetic substitute.)



Along with the custard is served a cereal mix of grains and fruits, boiled in water. The grains and fruits, while typically local in origin, are grown from the seeds of plants and trees on our agricultural colonies. While many different grains and fruits are used, only three may be combined at any time. The water comes from the Tuzanor water wells, as does the glass of water accompanying the meal.

Humans who have lived on Minbar have found religious caste food to be rather bland. We have concluded from research that this is simply the result of differently evolved taste buds so, in the spirit of peace between our peoples, we tolerate the human habit of sprinkling sugar, salt, pepper or other spices on our food.

In Valen's name.

Lennier



# Tulba Pod Salad

RELIGIOUS CASTE RECIPES

Tulba pod salad is enjoyed as a mid-day meal by many religious caste members.

## 6 servings

1 kg/2lb	young hylax seeds (small red potatoes or new potatoes), sliced into thirds
2 tbsp	beebea (olive) oil
75g/2½oz	onion, diced
125g/4oz	new yedor roots (baby carrots)
250g/8oz	chudomo seeds (haricots vert)
	salt and freshly ground black pepper
1½ tsp	gal'sha nuts (hazelnuts), toasted, shelled and coarsely chopped

## Dressing:

4½ tbsp	sour temple oil (sherry vinegar)
2 tsp	roasted jenn bulb (garlic) purée
4 tbsp	gal'sha nut (hazelnut) oil
2½ tsp	freshly squeezed xenn (lemon) juice
½ tsp	owala paste (Dijon mustard)
2 tsp	chopped fresh slenn (thyme)
1 tsp	salt
1 tsp	ground black pepper

- 1 Preheat the oven to 180C/350F/Gas 4. Toss the hylax seeds with the beebea oil and season with salt and pepper. Place the hylax in an ovenproof dish and roast for 20 minutes.
- 2 Add the onions, mix together and roast for a further 15 minutes.
- 3 Bring a large saucepan of water to the boil. Boil the yedor roots for 3 minutes, then immediately rinse with cold water to stop the cooking process. Drain and set aside. Cook the chudomo seeds in boiling water for 1 minute, then immediately rinse with cold water. Drain and set aside.
- 4 To make dressing, add sour temple oil to the jenn bulb purée and whisk to combine. Add xenn juice, owala paste, slenn, salt and pepper. Whisk in gal'sha nut oil.
- 5 Combine the hylax and onions with the chudomo seeds and yedor roots.
- 6 Toss with the dressing and gal'sha nuts. May be served immediately or served chilled.

# Glivinn

Glivinn is a traditional dinner of the Third Fane of Chudomo. It may be prepared and eaten only on Valen's Day.

## 2 servings

1	glomo fruit (courgette), thickly sliced
1	summer tyr (squash), thickly sliced
1	gual'fha (red pepper), cored, seeded and thickly sliced
1	purple onion, quartered
1 tbsp	beebea (olive) oil
Two 30cm/12in	yla leaf cakes (tortillas)
60g/2oz	ready-made soft cheese and herb spread
8	baby yla (cos lettuce) leaves

### Herb Dressing:

125ml/4fl oz	sweet temple oil (red wine vinegar)
3	jenn bulbs (garlic cloves), very finely chopped
2 tbsp	owala paste (Dijon mustard)
250ml/8fl oz	beebea (olive) oil
30g/1 oz	fresh Valen's herb (basil), shredded
2 tbsp	finely chopped fresh pil'sha (parsley)
	salt and freshly ground black pepper

- 1 Prepare a barbecue or preheat a grill. Toss the glomo, tyr, qual'fha and purple onion with the beebea oil. Season with salt and pepper. Grill the vegetables until barely cooked and not mushy. Dice into 2cm<sup>3</sup>/<sub>4</sub>in pieces.
- 2 To make herb dressing: combine the jenn bulbs, owala paste and sweet temple oil in a bowl and whisk to combine. Add the beebea oil in a slow stream, whisking constantly. Add Valen's herb and pil'sha and season with salt and pepper to taste. Set aside.
- 3 Heat the leaf cakes in a large frying pan or on a griddle. Spread cheese spread over the cakes, leaving a 5cm/2in border. Toss the vegetables with dressing to taste. Place baby yla on cheese to cover. Roll into a tight roll enclosing both ends (like a burrito).



# Flarn

Flarn is a dinner served by Minbari religious caste members to honour special guests. In consideration of our Human friends, this recipe does not include the elaborate sanctification rituals.

## 4 servings

2 tbsp	temple (canola) oil
75g/2½oz	onion, diced
2 tbsp	very finely chopped jenn bulbs (garlic cloves)
1½ tbsp	very finely chopped zassa (jalapeño chillies)
2 tsp	garam masala
400g/14oz	protein blocks (tofu), rinsed, dried and cut into 2.5cm/1 in cubes
450g/15oz	shelled rylla pods (peas), thawed if frozen
2	temshwee eggs, whisked with fork
90g/3oz	plain dried breadcrumbs
60g/2oz	blanched wysa buts (almonds), toasted and ground
½ tsp	salt
½ tsp	ground black pepper





Flarn

Flarn





## Flarn (continued)

- 1 Preheat the oven to 180C/350F/Gas 4.
- 2 Heat the temple oil in a large saucepan. Add the onion, jenn bulbs and zassa and sauté for 2 minutes. Stir in the garam masala, salt and pepper and sauté for a further minute.
- 3 Add the protein blocks to the pan. Carefully turn the cubes in order to cook on all sides. Add the rylla pods, cover pan and cook for a further 4 minutes until the pods are tender. Remove from heat and allow to cool.
- 4 Place the protein block mixture in a food processor and add temshwee egg. Pulse on and off several times to blend ingredients, scraping the sides if necessary. Transfer to bowl and add breadcrumbs and wysa nuts. Mix with a wooden spoon to combine ingredients.
- 5 Grease a 20 x 20cm/8 x 8in ovenproof dish. Line the base with parchment paper and grease the paper.
- 6 Place the mixture in the dish and spread out evenly. Bake for 20 minutes until firm. Allow to cool, then cut into 2.5cm/1in cubes.



## **The Third Fane of Chudomo ritual for preparing flarn**

Flarn is one of the oldest and most traditional of Minbari recipes. We now know that Valen himself invented flarn. A Minbari not born of Minbari, ancient writings tell of Valen and his acolyte preparing flarn for three religious, three warrior and three worker caste members. This may have been the origin of the concept of the Grey Council.

As with the preparation of all Minbari foods, there are rituals and traditions in preparing flarn. The food must be sanctified during each of the fifteen stages of cooking. The spices must be blessed and a specific prayer spoken when they are used. Each spice may only be used once, of course, and in the correct order.

If an error is made, the entire meal must be abandoned and started again from scratch. The cook must not sleep during the cooking, but rather be at constant attention. In order to remain pure during the entire process, the cook may take only water and bread, as did Valen 1000 years ago.

Just as there are rituals in preparing the meal, there are also rituals in eating the meal. If they are not followed, the food is not sanctified and the cook must begin all over again.

Flarn is often served to honour diplomatic emissaries. The emissary and the host begin by exchanging bowls, a gesture of welcoming. Both offer a portion of the meal to the one who prepared it, as a gesture of gratitude. The emissary then sets aside one piece of flarn in the memory of Valen, in the place that is set aside for his return.

After each bite, the diners must wait for a few moments before eating again, and meditate over their food.

In Valen's name.

Lennier

# Raalon

## WARRIOR CASTE RECIPES

The raalon is a beast specifically raised for hunting by the worker caste to be slaughtered and prepared by the warrior caste.

### 4 servings

1 kg/2lb	raalon (lamb) meat for stewing, trimmed and cut into 2cm/3/4in dice	<b>Parmesan Crust:</b>	
3 tbsp	beebea (olive) oil	90g/3oz	fresh breadcrumbs
150g/5oz	onion, cut into 2.5cm/1 in dice	90g/3oz	Parmesan cheese, freshly grated
300g/10oz	mature hylax seeds (potatoes), peeled and cut into 2.5cm/1 in dice	60g/2oz	butter, melted
150g/5oz	yedor roots (carrots), peeled and cut into 2.5cm/1 in dice	1 1/2 tbsp	finely chopped shallots
2 tbsp	very finely chopped jenn bulbs (garlic cloves)	1 tbsp	very finely chopped fresh pil'sha (parsley)
2 tbsp	plain flour	1 tsp	very finely chopped jenn bulbs (garlic cloves)
1	bay leaf		
250ml/8fl oz	taalor (beef) stock		
1 tbsp	finely chopped fresh rosemary		
1 tbsp	finely chopped fresh thyme		
	salt and freshly ground black pepper		

- 1 Blot off the excess moisture on the raalon pieces with kitchen paper. Season the raalon with salt and pepper.
- 2 Heat the beebea oil in a flameproof casserole over a high heat. Add the raalon and sauté in batches, taking care not to over-crowd the casserole and shaking to brown the raalon pieces evenly. Transfer the raalon to a platter and keep warm. Add the onion, hylax and yedor roots and sauté for 1 minute. Stir in the jenn bulbs.
- 3 Return the raalon to the casserole. Sprinkle over the flour and stir to coat. Cook for 30 seconds.
- 4 Add the bay leaf, stock, rosemary and thyme and bring to the boil. Cover, lower the heat and simmer for about 1 1/2 hours until the meat is tender.
- 5 Meanwhile, combine the ingredients for the Parmesan crust. Preheat the grill to high.
- 6 Uncover the casserole and sprinkle the Parmesan mixture over, smoothing to make a level surface. Place under the grill and grill until golden brown. Serve straight from the casserole.

# Weel

Weel is a flying fish found in the Strait of Weel. It is served on a bed of mashed weel hylax, found only on the strait's coastline.

## 4 servings

2 tbsp	beebea (olive) oil
Four 200g/7 oz	weel fillets (sea bass)
	salt and freshly ground black pepper

## Mashed Weel Hylax:

1 kg/2 lb	weel hylax (Yukon gold potatoes or russet new potatoes), peeled and cut into chunks
125ml/4fl oz	raalon secretions (milk), warm
60g/2oz	butter, at room temperature
2 tsp	salt
1/2 tsp	ground black pepper
4 drops	red food colouring

## Sauce:

125ml/4fl oz	beebea (olive) oil
3 tbsp	sour temple oil (sherry vinegar)
4 tbsp	water
2 tbsp	finely diced glomo fruit (courgette)
2 tbsp	finely diced yellow summer tyr (squash)
2	valeria fruit (plum tomatoes), peeled, seeded and diced
2	shallots
2 tbsp	shredded fresh Valen's herb (basil)

- 1 Preheat the oven to 220C/425F/Gas 7. Place the hylax in a large saucepan with enough water to cover and bring to the boil. Add salt and cook until soft. Drain and mash the hylax or put through a food mill. Add the warm secretions, butter and food colouring and mix until smooth.
- 2 Place the oil in a shallow ovenproof dish. Pat the fish dry with kitchen paper and season with salt and pepper. Place the fish in the dish and roast in middle of oven for 7-10 minutes until cooked through and the flesh flakes easily.



- 3 Meanwhile, to make the sauce, combine both oils, the water, glomo, tyr, valeria fruit and shallots in a saucepan and bring to the simmer. Heat for 2–3 minutes until the tyr is barely translucent. Remove from heat and stir in Valen's herb.
- 4 Place hylax on a plate. Lay the fish over and top with the sauce.

### Serving Minbari at Fresh Air®

We don't receive many Minbari as guests at Fresh Air®. I was warned during my schooling at the Ecole de Julina that the Minbari tend to prepare their own foods, and keep to themselves.

This has turned out to be quite true. Despite my best efforts to lure the Minbari into Fresh Air® (I even gave them coupons), they simply won't come. One Minbari told me that they consider my food 'impure'. How dare they!

I suspect this has much to do with all the trivial ceremonies and rituals that accompany their food preparation. They are quite picky about my ingredients, where they originated, were the ingredients properly sanctified, did the cook remain pure, and so forth, et cetera, ad nauseum.

The only Minbari we've seen regularly is Ambassador Delenn, but only after her 'alteration' into a half-Human last year. While there has been much idle talk about her motivations, I find it more than a little coincidental that she just happened to come to Fresh Air® for dinner with Captain Sheridan shortly after her change. It's certainly not my place to speculate, but if pressed I would say that she underwent conversion simply to enjoy a more exhilarating food regimen. Why else would she have chosen Fresh Air® for her first meal as a half-Human?

Emerson Briggs-Wallace

# Ulabon

Ulabon is a great sea fish found off the waters of the Almara Archipelago. This dish features a sweet glaze and a savoury Almara meal.

## 8 servings

960g/32oz	ulabon (swordfish), cut into 2.5cm/1 in pieces
8	lime slices
Eight 2.5cm/1 in pieces	cored and seeded qual'fha (red pepper)
Eight 2.5cm/1 in pieces	cored and seeded qual'nha (green pepper)
8	lengthways slices glomo fruit (courgette)
8	sacred (pearl) onions

### Almara Meal (Couscous):

3	yedor roots (carrots), peeled and sliced
2 tbsp	beebea (olive) oil
75g/2½oz	Valen's onion, sliced
2	glomo fruit (courgettes), sliced
45g/1½oz	sun-dried valeria fruit (tomatoes) in oil, drained
2	jenn bulbs (garlic cloves)
750ml/24fl oz	kloo (chicken) stock, hot
4 drops	red food colouring
500g/16oz	Almara meal (couscous)
1 tsp	finely shredded fresh Valen's herb (basil)
2 tbsp	finely chopped fresh coriander

### Glaze:

75g/2½oz	brown ylfost (sugar)
2 tbsp plus 2 tsp	owala paste (Dijon mustard)
1 tbsp	soy sauce
2½ tsp	Almara temple oil (rice vinegar)

- 1 To make the Almara meal, heat the oil in a large saucepan. Sauté the yedor roots in the beebea oil for 2 minutes. Add the onions and glomo fruit and sauté until slightly tender. Add the valeria fruit and jenn bulbs. Stir in the hot kloo stock, red food colouring and Almara meal, cover and let sit for five minutes. Add the Valen's herb and coriander, then fluff the Almara meal with a fork. Set aside.
- 2 To make glaze, combine brown ylfost, owala paste and soy sauce in a bowl and whisk to blend. Transfer 1 tbsp of the glaze to a small bowl and stir in the temple oil. Set aside. Prepare a barbecue.
- 3 To prepare the brochettes, thread ulabon, lime slices, qual'fha, qual'nha, glomo fruit and sacred onions alternatively on to kebab skewers. Brush with the glaze and barbecue until the ulabon is cooked. Brush with remaining glaze and serve with the Almara meal.



## The ethics of vegetarianism

Many sentient races have wrestled with the moral issue of consuming other living creatures. The Humans are much like us in this regard. Some of them eat animals, while others do not.

A few Humans are 'vegans', who find it abhorrent that animals would be enslaved and grown strictly to consume them or their by-products, and therefore carefully examine the origins of the foods they eat.

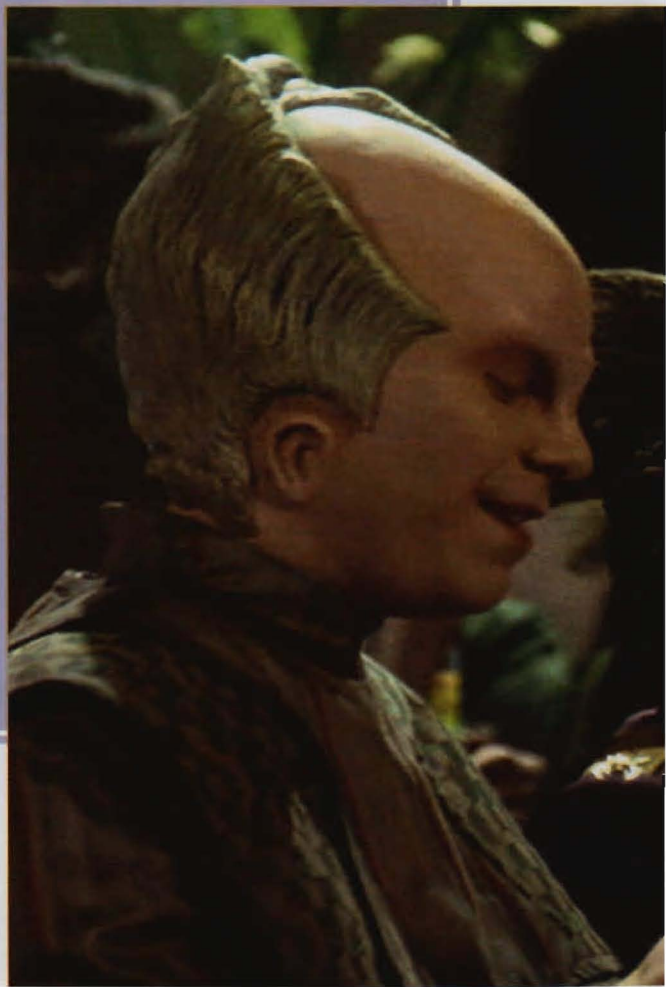
Many religious caste sects practice a daily diet similar to veganism, using synthetic substitutes for Minbari dietary staples such as the temshwee egg. The concepts are similar, although our food must be sanctified through certain prayers and rituals, which some Earth vegans do not practice.

There is some scientific evidence to suggest that a diet low in animal foods, and high in grains, fruits and vegetables, is the most healthy combination for both Humans and Minbari. Of the three castes, religious caste members have the longest life span, although it is difficult to compare as the other castes obviously lead more dangerous lives.

Most of the other major races – the Centauri, the Narn, the Drazi – have no record of vegetarianism. The Pak'ma'ra, curiously, seem to get around this ethical issue by waiting for the creature to die first. The moral and ethical implications of this approach have been debated in religious caste circles ever since we made first contact with the Pak'ma'ra. Our official policy is not to judge.

In Valen's name.

Lennier



# Premurr

## WORKER CASTE RECIPES

Premurr is a simple flatbread enjoyed by the worker caste during their mid-morning prayer break.

**16 pieces**

300g/10oz	plain flour
125g/4oz	semolina flour
1½ tsp	salt
250ml/8fl oz	Tuzanor water
½ tsp	green food colouring
	beebea (olive) oil
	temple salt (coarse sea salt)
	sesame seeds



- 1** Preheat the oven to 230C/450F/Gas 8. Combine the flours and salt in a bowl. Add the food colouring to the water, adding extra colouring for a darker colour. Add the coloured water to the dry ingredients and mix well to form a thick, stiff dough.
- 2** Place the dough on a lightly floured work surface and divide in half. Divide into 4 pieces. Set 3 pieces aside and cover with cling film. Flour both sides and use a rolling pin to roll out one piece of dough as thin as possible. Flip the dough over and dust with flour and roll again. Continue rolling and flipping until you achieve a dough that is thin enough to see your hand through. Sprinkle with sesame seeds and roll lightly so the sesame seeds are imbedded into the dough. Cut into triangles.
- 3** Line a baking sheet with parchment paper. Place the triangles on sheet and brush with beebea oil, then sprinkle with temple salt. Bake for 2–3 minutes per side until crispy. Remove from oven and place on a rack to cool.

# Yun-Yun

Yun-yun is a fattening dessert typically enjoyed after dinner. Working caste members, not quite as disciplined as the religious caste, sometimes consume yun-yun as dinner.

## 8 servings

6	large temshwee egg yolks
100g/3½oz	yl'fost (sugar)
pinch	salt
3 tbsp	freshly squeezed orange juice
1½ tsp	grated orange rind
250g/8oz	dark or plain chocolate, chopped
60g/2oz	butter
350ml/12fl oz	whipping cream
25g/1 oz	chocolate-covered toffee bar, chopped
30g/1 oz	slivered wysa nuts (almonds)
	sweetened whipped cream

- 1 Place the temshwee egg yolks in a stainless steel bowl. Add the yl'fost and salt and whisk until incorporated. Stir in the orange juice and orange rind.
- 2 Melt the chocolate and butter in the top of a double boiler, stirring frequently. When melted and smooth, remove from the double boiler and set aside.
- 3 Fill a bowl one quarter full with ice water and set aside.
- 4 Place the first bowl with the egg mixture over a pan of simmering water. Whisk the mixture constantly for about 5 minutes until thick. Immediately place bowl over the ice bath to cool, whisking constantly.
- 5 Whip cream until soft peaks form. Fold the cream, chocolate mixture, wysa nuts and the toffee pieces into the egg mixture. Freeze the mousse overnight. Serve in bowls with whipped cream.

# Klenn-Sha

Klenn-sha is a dinner enjoyed in the autumn season by worker caste members every third day, alternating with klenn-fha and klenn-jha. It is often followed by yun-yun for dessert.

## 4 servings

750g/1½lb	spicy taalor tubes (Italian sausages)
500g/1lb	dried penne pasta
1 tbsp	beebea (olive) oil
75g/2½oz	onion, chopped
6	jenn bulbs (garlic cloves), very finely chopped
3 tbsp	valeria fruit (tomato) purée
5	valeria fruit (plum tomatoes), peeled, seeded and diced
1 tsp	dried Valen's herb (basil)
½ tsp	dried slenn (thyme)
½ tsp	red qual (pepper) flakes
½ tsp	salt
½ tsp	ground black pepper
125ml/4fl oz	whipping cream
	fresh Valen's herb (basil), sliced
60g/2oz	pine nuts, toasted
	Parmesan cheese

- 1 Heat a large frying pan over a high heat. Remove the casings from the taalor tubes and cook, stirring to break up the meat and to brown evenly. Remove from the pan and set aside.
- 2 Cook the pasta in large saucepan of boiling water according to the package instructions. Drain and set aside.
- 3 Heat the beebea oil in pan over a medium-high heat. Sauté the onion and jenn bulbs until translucent. Stir in the fruit purée, valeria fruit, Valen's herb, slenn, red qual flakes, salt and pepper. Cook for 8 minutes until the juices have been released from the valeria fruit. Add the tubes and mix well. Add penne pasta and cream and stir to combine. Top with pine nuts, fresh Valen's herb and Parmesan cheese. Serve immediately.

CHAPTER

4

G'Kar

Rec

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Citizen G'Kar is the former ambassador from the Narn Regime. The Narn Homeworld is currently a protectorate of the Centauri Republic, G'Kar has been granted asylum on Babylon 5 by Captain Sheridan. Despite his political woes, G'Kar still has an interest in cookery and occasionally prepares elaborate meals.

**T**he universe is a very strange place.

Some argue that the universe, vast though it may be, actually curves back upon itself. If that is true, then inevitably we wind up back with ourselves — a lesson that food can teach us all.

There are few universal constants, but whether we are Narn, Human, Minbari, or even Centauri, we all need to eat and drink to sustain ourselves. Without sustenance, our bodies will die. The universe, in its cosmic wisdom, has given us this commonality. It humbles us all.

In the last few months, I have given great thought to this. We all must eat to survive, yet we must do so by eating other organic life forms preventing their own survival. What we have in common sets us against one another in the greatest of all life-and-death struggles. Perhaps this is some brilliantly subtle message from whatever entity, force or god created the universe. Or perhaps it is just some grand cosmic joke. I would hate to believe that the purpose of existence is simply to be laughed at.

I sometimes wonder if this explains why the universe has chosen once again to pit my people against the Centauri to defend our freedom. For millennia, Narn was an agrarian world. We took little interest in the affairs of others. We had our own foods, our own customs, our own dining rituals.

Then the Centauri came.

Believing their civilisation superior, the Centauri attempted to obliterate every aspect of our native culture. Many livestock native to Narn were exterminated, or exported to new Centauri colonies for transplantation. It is a historical fact that the zoolow, a fish common in many Centauri recipes, originated on Narn.

My people fiercely resisted this occupation. Many chose to starve themselves rather than eat Centauri food. The Centauri rounded them up into 'culture camps', to be educated in the Centauri way of life. In their education, my people were force-fed foods such as treel, jurbeen and that great Centauri dietary staple, spoo. In extreme cases, mechanical devices were attached to their faces, opening their mouths so the food could be forced down their gullets.

I remember my first taste of spoo as a child. I was little more than a pouchling. My brood mother, Na'Laq, was the slave of a nearby Centauri spoo ranch owner. Her job

was to turn over each spoo twice daily to assure a consistent colouring. Despite the labour and the depression it induced, she would manage to smuggle home a couple spoo in her pouch to nourish us when Centauri food allotments ran low. To this day, I still have a taste for spoo, despite its origins. I suspect it is probably because it reminds me of my childhood and my brood mother's perseverance.

Thirty years ago, the Centauri were finally driven out, but the 130 years' indoctrination of Centauri culture was more difficult to remove. No one was left alive who had eaten native Narn food, or imbibed native Narn drinks. We had to rely on descriptions in the Book of G'Quan and the few other remaining reference works in an attempt to rebuild our civilisation.

Which again brings me to the point that the universe is a very strange place. Although there is much blood between the Narn and the Centauri, the fact remains that the ingredients in many popular Centauri dishes had their origin on Narn, and most Narn recipes today are based on Centauri foods. Our commonality is rooted in our differences.

Perhaps the universe is a cosmic joke after all.

One year ago, the Centauri once again occupied Narn. We drove them out before, and shall do so again. The recipes I contribute to this chapter are in the name of preserving our new culinary history. No matter if the Centauri destroy every last cookery book on Narn, our food will live on in these pages.

III LAL

G'Kar



## Diplomatic disclaimer

A wise Human once wrote, 'The first thing we do, let's kill all the lawyers.'

We Narns have never had need for lawyers. Our justice has always been swift, direct and permanent. Guilt and punishment for crimes is decided by an arbitrator from the Po'Far brood, a clan designated by G'Quan himself to spend their entire lives learning about justice and how to execute it. Nonetheless, we have resigned ourselves to the reality that other species employ legalists in pursuit of some naïve notion of objective retribution.

No doubt there is some skilled Centauri jurist out there who will argue that my participating in this cookery book along with Mollari is a tacit recognition of the legitimacy of the Centauri occupation of Narn. They are infamous throughout the galaxy for their sleightful manipulation of language and the law. I can hear him now: 'Oh, Citizen G'Kar has joined with Ambassador Mollari in publishing a work dedicated to peace. Under Section x, Paragraph y, Subsection z of some obscure codicil to a meaningless agreement no sentient race ever heard of, this means that G'Kar recognises the legality of the Centauri Protectorate.'

To that jurist, I quote another wise Human who said: 'Stuff it.'

G'Kar



# Grout Head

Grout is a rather ferocious swine that is one of the few remaining indigenous Narn livestock. They were originally transplanted to a Centauri colony but a few were brought back as a delicacy.

## 8 servings

200g/7oz	brown sugar
125ml/4fl oz	taree (red wine) vinegar
6–75kg/15–18 <sup>3</sup> /4lb	grout head (suckling pig), slit down the centre of the underside, through the head
100g/3 <sup>1</sup> / <sub>2</sub> oz	sugar
500ml/16fl oz	water, boiling
125ml/4fl oz	brood mother milk (single cream)
90g/3oz	tahini paste
1 tbsp	very finely chopped gaiola root (root ginger)
3 tbsp	turok (groundnut) oil
3 tbsp	ryddi (sherry)
2 tbsp	mushroom soy sauce
2 tbsp	very finely chopped swoz (garlic)

- 1** Dissolve the brown sugar in the taree with the water and boil until it forms a syrup. Brush over the skin of the grout. Hang in an airy place for several hours until the skin is dry.
- 2** Meanwhile, prepare an open pit and light coals so they become very hot and glowing.
- 3** Place the remaining ingredients in a pan over a low heat and stir until the sugar has dissolved. Coat the inside of the grout and rub any remaining mixture on the skin. Pierce the grout with large forks on each end in order to hold the grout open. Cook the grout for 3–4 hours in the open pit over the coals. If possible, rotate the grout throughout the cooking time.



# G'Quan Soup

G'Quan soup is a medley soup handed down from ancient times. Feel free to alter as you wish.

## 10 servings

2 tbsp	olive oil
75g/2½oz	onion, thinly sliced
75g/2½oz	leeks, white part only
1 tsp	crushed red pepper flakes
½ tsp	very finely chopped jalapeño chilli
1 tbsp	very finely chopped swoz (garlic)
2 litres/3½ pints	vegetable stock
150g/5oz	Centauri crimson ruti pods (red potatoes, or use ordinary white potatoes), quartered
150g/5oz	carrot, chopped
1	alba frond (bay leaf)
1 tbsp	finely shredded fresh basil
1 tbsp	finely chopped fresh parsley
1 tsp	fresh thyme leaves
2 tsp	salt
2 tsp	ground black pepper
200g/7oz	corn kernels
60g/2oz	fresh young wyqlat (spinach) leaves, stalks removed if necessary
250g/8oz	pasta of choice, cooked until al dente and drained
60g/2oz	white pod balls (mange-touts), trimmed

- 1** Heat the oil in a large saucepan over a medium heat. Sauté the onion, leek, pepper flakes, jalapeño and swoz until the onion and leek are tender and swoz aroma is released.
- 2** Add the stock, ruti pods, carrots, herbs, salt and pepper and continue simmering until the ruti pods are tender.
- 3** Add the corn, wyqlat and pasta. Cook for 5 minutes. Add pod balls and cook for a further 5 minutes. Adjust seasonings to taste.

# G'Quan Soup







## The history of G'Quan soup

G'Quan was one of our greatest spiritual leaders and revolutionaries. One thousand years ago, when our peoples were scattered and our planet was occupied by forces from without, G'Quan united the broods and clans to drive off the enemy. His exploits are recorded in the Book of G'Quan, our holiest book.

The Book talks about G'Quan's days in Talree, a narrow peninsula on the continent of Var. As he wandered the hills and valleys, he encountered many people who were starving. There was plenty of food in Talree, but the broods so distrusted one another that they hoarded what they could, refusing to share amongst one another.

Revered as a prophet and a visionary, G'Quan was the only person they would listen to. G'Quan asked the broods to gather in a meadow, each person bringing only one vegetable item and a bowl. When they arrived, they found a huge pot filled with boiling water. G'Quan asked them to toss in the vegetable they had brought. Once the multitudes had contributed, he then invited each person to come forward and dip his bowl into the soup. He demonstrated that by each Narn making a small sacrifice for the common good, all would benefit.

We honour his wisdom to this day by making G'Quan soup on his hatchday. The ingredients aren't really important; what matters is that each brood member bring one ingredient.

G'Kar



# K'Wan

The k'wan is a semi-edible crayfish, served as an hors d'oeuvre. Due to its original taste, the Centauri never took much interest in eating it. With much experimenting, we made it palatable. I prefer them live.

## 6 servings

8 litres/14 pints	water
2 bottles	lager
15	alba fronds (bay leaves)
4	onions, quartered
3	lemons, halved
1 head	swoz (garlic), cut in half crossways
6 tbsp	coriander seeds
2 tbsp	ground allspice
2 tbsp	dill seeds
2 tbsp	crushed red pepper flakes
2 tbsp	cayenne pepper
1½ tbsp	polbi (mustard) seeds
2 tsp	celery seeds
1½ tsp	cloves
1¼ tbsp	salt
500g/1lb	tujula tubes (Kielbasa sausages)
3 ears	corn, cut in half
5kg/10lb	live k'wan (crayfish)
500g/1lb	Centauri crimson ruti pods (red potatoes, or use ordinary white potatoes), scrubbed

- 1 Put water, beer, salt, crimson ruti pods, onions, lemons, swoz and remaining seasonings in a large saucepan and bring to the boil. Cover and simmer for 10 minutes.
- 2 Add the tujula tubes, corn and k'wan. Stir well. Cover the pan, return to the boil and boil for 5 minutes. Turn off heat and let stand for 15 minutes. Drain and serve the k'wan with the corn, crimson ruti pods and tujula tubes.

# Narn Spoo

In perhaps one of our greatest acts of defiance, the Narn adapted spoo to our own tastes. This is the recipe my brood mother used.

**4 servings**

4	large gollifs (open cup mushrooms), washed
	olive oil
750g/1½lb	fresh spoo (sea scallops)
	salt and freshly ground black pepper
	cayenne pepper
	plain flour
45g/1½oz	tawloo fat (butter)

- 1** Preheat the oven to 200C/400F/Gas 6. Remove the stalks from the gollifs. Turn the gollifs upside down and scoop out some of the flesh so they resemble bowls. Brush with olive oil and season with salt and pepper. Place in an ovenproof dish. Roast for 10 minutes until they are soft but still holding their shape. Set aside.
- 2** Season the spoo with salt, pepper and cayenne. Dredge the spoo in flour, shaking off the excess. Melt the tawloo fat in a large frying pan over a high heat. Sauté the spoo for about 1 minute on each side until golden. Place the gollif caps on plates, top side down. Place the spoo in the gollifs.

## **Centauri Spoo vs. Narn Spoo**

It seems that the Centauri and Narn go out of their way to bicker. The two races have been at each other's throats for so long that I sometimes think they've forgotten what the matter of contention is. They argue to argue.

We had quite a row in Fresh Air® when we opened about the merits of Centauri spoo versus Narn spoo. At first, we offered only the Centauri version, because after all they did invent the dish. Then Ambassador G'Kar came aboard, and insisted that we serve the Narn version as well. Ambassador Mollari objected, calling the Narn recipe 'specious'. Believe it or not, G'Kar brought it before the Babylon 5 Advisory Council, which voted 3-1 (with the Vorlon absent) to offer both versions at Fresh Air®. They are the only two items on the menu ordered by law.

When the Centauri occupied Narn last year, many of our Narn ingredients were cut off. The Narn refuse to eat spoo raised in our Centauri pens, so we had to construct a separate spoo ranch to raise Narn spoo for them.

Matter resolved? Hardly.

During a recent tour of the kitchen, someone (a Narn, if you must know) noticed that the Centauri spoo pens were closer to the air duct and that their spoo looked 'happier' than the Narn spoo. I didn't even know they could look happy. Then Citizen G'Kar personally intervened. Just moving them closer to the air duct was no longer enough. We had to upgrade the Narn spoo accommodations. Mollari then protested that the Centauri spoo were being persecuted for being naturally more happy. Something had to be done. Thankfully, Captain Sheridan stepped in and now all the spoo are raised on ranches near hydroponics at the station's expense in the interest of peace.

Given all the attention to Centauri versus Narn spoo, you may be wondering about my personal preference? All things considered, I'd rather eat a zoon burger.

Emerson Briggs-Wallace

# Taree

Taree is a ruby-coloured wine drink flavoured with a variety of fruits and kлага bark spice.

## 8 drinks

One 750ml bottle	taree juice (red wine)
60g/2oz	brown sugar
4	kлага bark (cinnamon) sticks
250ml/8fl oz	orange juice, preferably freshly squeezed
1	orange, thinly sliced and seeded
1	lemon, thinly sliced and seeded
2	star fruit, thinly sliced
1	mango, peeled, seeded and diced
180g/6oz	peeled pineapple, chopped
600ml/1 pint	gaiola (ginger) ale
1 tbsp	granulated sugar (optional)
	seeds from 1 pomegranate (optional)

- 1 Combine the taree juice, brown sugar and kлага bark sticks in a large pitcher. Stir until the sugar dissolves. Add orange juice and fruits and stir again. Let sit for 30 minutes.
- 2 Just before serving, add the gaiola ale. Stir in 1 tbsp granulated sugar if needed and the pomegranate seeds if desired. Serve over ice.



# Breen

Breen is virtually identical to a dish enjoyed by almost every sentient species in the known galaxy. Ambassador Mollari is the only person I know with the audacity to claim his species invented it.

## 4 servings

45g/1½oz	tawloo fat (butter)
2 tbsp	vegetable oil
350g/12oz	yikkiiti egg noodles (tagliatelle)
1 tbsp	chopped fresh parsley

## Breen:

15g/½oz	tawloo fat (butter)
45g/1½oz	onion, diced
1	swoz (garlic clove), very finely chopped
60g/2oz	mashed ruti pods (potatoes)
15g/½oz	dried breadcrumbs
1	yikkiiti egg, whisked with fork
2 tbsp	grated peeled horseradish
180g/6oz	minced breen (beef)
180g/6oz	minced grout (pork)
180g/6oz	minced tawloo liver (veal)
60ml/2fl oz	double cream
1 tsp	salt
¾ tsp	ground black pepper
pinch	nutmeg
1 tbsp	finely chopped fresh parsley

## Sauce:

2 tbsp	tawloo fat (butter)
1 tbsp	plain flour
180ml/6fl oz	double cream





- 1** To make the breen, melt the tawloo fat and sauté the onions and swoz. Remove from the heat.
- 2** Combine mashed ruti pods, sautéed onions, breadcrumbs, yikkiti egg, horseradish, meats, cream, salt, pepper, nutmeg and parsley. Mix until light and blended. Shape into 2.5cm/1 in balls. Place on a baking sheet, cover with cling film and chill for 1 hour.
- 3** Melt 30g/1 oz of the tawloo fat with the vegetable oil in a large frying pan over a high heat. When the foam subsides, add the meatballs in batches and cook on all sides until brown. Set the meatballs aside and keep warm.
- 4** To make the sauce, melt the tawloo fat in the same pan, then sprinkle with the flour and stir to blend. Stir in the cream and continue stirring until the mixture thickens slightly.
- 5** Meanwhile, boil the yikkiti egg noodles in a large pan of salted water. Drain well and toss with the remaining 15g/1/2oz tawloo fat, then place on a platter. Top with the breen and cover with the sauce. Garnish with the parsley.



## **Breen: the universal constant**

When I opened Fresh Air<sup>®</sup> here on Babylon 5 three years ago, naturally I endeavoured to offer a wide variety of the finest foods throughout the known galaxy. Based on my schooling at the Ecole de Julina in Paris, I already knew many superb recipes from the major sentient species. But that was no substitute for 'the front lines', as one might say.

I soon discovered a very strange coincidence. One Human food I placed on the menu was Swedish meatballs. (Along with the appropriate notations as to what a meatball is. And what a Sweden is.) Ambassador G'Kar came to Fresh Air<sup>®</sup>, saw a Human eating this dish, and said, 'Ah! You have breen!' I tried to explain to him that it was Swedish meatballs, but he insisted that I bring him the same meal.

Then Ambassador Mollari visited Fresh Air<sup>®</sup>. 'Roopo Balls!', he exclaimed. 'I haven't had any in weeks. Bring me some!'

He was soon followed by Ambassador Kalika of the Abbai. Ambassador Vizak of the Drazi. Even Ambassador She'Lah of the Gaim. (Please do not ask how Gaim ingest food. It is not appropriate for an openly available publication.) Each one asked for the Swedish meatballs by a name for an identical food found on their homeworlds. I have now had 27 different species come through Fresh Air<sup>®</sup> claiming that Swedish meatballs are actually a dish created by their own race.

Some paranoid pundits argue that this is clinching proof of a sole sinister conspiracy behind events in the universe. They claim that a few vastly superior beings are manipulating us, creating this impossibly illogical coincidence to observe our response, like rats in a maze. Some xenophobes go one step further and say that the Vorlons are in fact the guilty party.

The Vorlons manipulating us? Pish-posh!

Emerson Briggs-Wallace

# Leeb Loaf

The leeb is a fat, bloated Centauri bovine that stomps a lot but does little except eat. (It reminds me of the Centauri ambassador.) It is another creature imported from Centauri Prime during the occupation.

## 6-8 servings

45g/1½oz	unsalted tawloo fat (butter)
150g/5oz	onion, finely chopped
90g/3oz	spring onions, finely chopped
1 stick	celery, finely chopped
2 tbsp	finely chopped cored and seeded green pepper
12 tbsp	finely chopped cored and seeded red pepper
2 tbsp	very finely chopped swoz (garlic)
180g/60oz	dried white bread, cubed
150ml/5fl oz	tawloo milk
1	yikkiti egg
1½ tsp	ground black pepper
¼ tsp	ground nutmeg
1 tsp	ground cumin
¼ tsp	cayenne pepper
½ tsp	salt
4 tbsp	ketchup
4 tbsp	bottled chilli sauce
1 tbsp	Dijon mustard
1	yikkiti egg
1	yikkiti egg yolk
125ml/4fl oz	brood mother milk (single cream)
1kg/2lb	minced leeb (beef), preferably chuck
300g/10oz	minced grout (pork)
	mashed ruti pods (potatoes), to serve

- 1 Preheat the oven to 180C/350F/Gas 4.
- 2 Melt the tawloo fat in heavy-based frying pan. Add the onions, celery, peppers and swoz. Stir often and cook until most of the moisture has evaporated. Set aside and cool, then refrigerate for 1 hour.
- 3 Place the bread cubes in a bowl. Beat together the tawloo milk and yikkiti egg, then pour over bread and stir. Leave to soak for 15 minutes.

- 4** Combine all the seasonings, the ketchup, chilli sauce, mustard, yikkiti egg, yolk and brood mother milk in large bowl. Add the leeb, grout, bread cubes and cooled vegetable mixture. Mix thoroughly with your hands and knead for 5 minutes. If time permits, cover and chill for 3 hours.
- 5** Place the meat in a bundt pan or 1.8 litre/3<sup>1</sup>/<sub>4</sub> pint ring mould and smooth the surface. Bake for 35–40 minutes. Let cool for 5 minutes, then invert and remove the pan. Serve with mashed ruti pods in the centre, topped with spicy onions (recipe follows).

## Spicy Onions

**6–8** servings

1 litre/1 <sup>3</sup> / <sub>4</sub> pints	turok (groundnut) or corn oil
450g/15oz	plain flour
2 tsp	cayenne pepper
2 tsp	paprika
2 tsp	chilli powder
	salt, to taste
	freshly ground black pepper
1	brown onion, thinly sliced into rings
1	red onion, thinly sliced into rings

- 1** Heat the oil in a deep saucepan to 180C/350F, or until a cube of bread browns in 1 minute.
- 2** Combine the flour, cayenne, paprika, chilli powder, salt and black pepper. Dredge the onion rings in the flour mixture, shaking off any excess. Carefully place a few rings at a time in the oil and fry for 4–5 minute until golden.
- 3** Remove with slotted spoon and drain on a plate lined with kitchen paper.



# Tweebles

Tweebles are a Centauri confection left over from the occupation. I must admit that they are satisfying to my sweet tooth. Perhaps the Centauri have made one lasting contribution to the universe after all.

## **2-4** servings

500g/16oz	tyrpa (vanilla pod ice cream)
250g/8oz	dark or plain chocolate, chopped
30g/1oz	tawloo fat (butter)
125ml/4fl oz	double cream
90g/3oz	crystal grains (Frosted Flakes breakfast cereal)
	bottled raspberry sauce (optional)

- 1** Form the tyrpa into sixteen 30g/1oz balls using an ice-cream scoop or spoon. Place in plastic container and put in freezer for 2 hours to firm.
- 2** When the tyrpa is hard, place the chocolate, tawloo fat and cream in a small saucepan over a low heat and melt. Stir to combine.
- 3** Place the crystal grains on a plate.
- 4** Insert a fork into a tyrpa ball and place over the chocolate sauce. Spoon sauce over the tyrpa to coat completely and evenly. Immediately roll the tyrpa ball into the crystal grains. Return to freezer to firm. Repeat the with remaining tyrpa. After 30 minutes in the freezer, tweebles are ready to serve. May be served with raspberry sauce.

CHAPTER

SUSAN IVANOVA

# Int the N

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Mix



susan ivanova is the first officer of babylon 5. serving under captain john sheridan, she is responsible for the station's daily operations. she has been known to find creative solutions to diplomatic problems.



**L**et's be clear about this. I'm not a cook. I'm not a writer. I'm a military officer. About the closest I come to being a cook is ordering food in the Officers' Mess.

I am Human despite rumors to the contrary, and there's often a tendency among other species to lump together our many different cultures and cuisines. So I'd like to expose you to the foods and drinks I enjoyed growing up and on my travels while serving with EarthForce.

I was raised in St Petersburg, in the Russian Consortium on Earth. The Russian recipes in this chapter were often served in the Ivanov family when I was growing up, or were popular in my region. Some are not strictly Russian in origin. Hundreds of years ago, before the revolutions, the many regions that comprise today's Consortium were culturally distinct and diverse. In the 20th Century, those distinctions began to disappear, as did many other cultural barriers on Earth. But Russian families are fiercely traditional, so many of our customs have survived the centuries to this day.

In the Ivanov home, a typical day began with a small breakfast and strong tea brewed in a china pot, diluted with boiling water dispensed from our family samovar passed down from tsarist times. While Father was at work, Mother would prepare a simple lunch. In the late afternoon, just about when Father would return home from work, we would begin with the *zakuska*, a feast of appetizers set out on a small table in the alcove just inside our entrance hall. If guests were expected, bottles of vodka would be set out with shot glasses for the adults. Mother took great pride in carefully decorating the *zakuska* dishes with flowers from the garden. She served dishes traditionally found on *zakuska* tables throughout Russia – salted herring in mustard sauce, red caviar on a slice of buttered pumpnickel, a pâté called *pashtet*. Many evenings were spent on the town – lectures, the ballet, or just a night at the vids – so Mother usually prepared a large *zakuska* and then we'd eat a late supper when we came home.

In my teens, I travelled abroad to study at the *Lycée Voltaire* in Paris. This was where I had my first chance to sample extraterrestrial food. I found a small Centauri restaurant nearby on the Avenue de la République, and sampled treel. The Centauri waiter was shocked that I ordered vodka with my treel. I explained to him that Russians drink vodka the way fish drink water; it was therefore logical that I have vodka with his fish.



One bite, and I was hooked! (So was the fish, no doubt to its regret.) I tried all the off-world food I could find. Thank goodness that teenagers burn calories like a fusion reactor, otherwise I would have expanded like the Imperial Russian frontier.

When I joined EarthForce, one of my first assignments was on the transfer station off the jump point at Io. The spaceport bar there has the best Jovian Sunspots in the galaxy.

Yes, I know, you're thinking, 'What's the big deal? A Sunspot is a Sunspot is a Sunspot.'

Wrong!

The Sunspot was *invented* at the Io Transfer Station! And I was there!

The next time you pass through Io, get directions to a little dive called Zeus. Look up a guy named Floyd. You can't miss him. He's the bartender with one eyebrow. Ask Floyd who it was that suggested he use vodka in his Sunspots.

Years later, I had a similar experience when after resolving a dispute between two factions of Drazi, the Drazi took a bit of a liking to me, as much as any Drazi can like a Human. The Drazi make this drink called a Bor'Kaan. If your fusion core ever goes down, pour some of this stuff into the reactor. I'm proud to note that the mix in this chapter is a local Drazi variant made in my honor, that adds a touch of vodka. They call it Bor'kaan volshool Ivanova. (I don't ask what 'volshool' means; they seem to laugh a lot when they say it, though.)

Enjoy these recipes, and remember: never be afraid to experiment in the name of galactic diplomacy.

Susan Ivanova

## Drazi celebratory rituals

A while back, I handled a diplomatic incident involving the Drazi. Since then, the Drazi invited me to attend some of their celebratory rituals. Many of these involve food and drink.

The Joola celebrates the end of a dominance ritual within their culture that occurs every five Earth years. It helps to reunify their people after a bloody internal struggle for power.

It starts with six Drazi getting on their hands and knees. Then five Drazi climb atop them, in the same position. Then four on top of those. And so on, until they've built a pyramid with one Drazi at the top. Then a Drazi water boy sticks a funnel in the mouth of each Drazi and starts pouring an alcoholic drink called Bor'Kaan in it. The game is over when one Drazi passes out and collapses the pyramid.

(The Drazi think this is hysterical. Go figure.)

Another ritual observes the transcendence of Droshalla. It involves small children swatting a Drazi character playing Droshalla across the posterior with a stick wrapped in green and purple ribbons. For each swat, the Droshalla character must give the children a piece of candy called y'tzeem.

Perhaps their most bizarre ritual involves the semi-annual moulting of the scales. Like many reptilian species, the Drazi shed their entire skin and grow a new one. What happens to the old one? They eat it.

Ick.

Susan Ivanova



# Bor'Kaan

## Volshool Ivanova

Bor'kaan is one nasty Drazi drink. This is the version they named for me, probably because they 'diluted' it with vodka for me, or so they claim.

### cocktails

250ml/8fl oz	sparkling water (such as Pellegrino)
180ml/6fl oz	lemon juice
100g/3½oz	sugar
90ml/3fl oz	Bor'Kaan (1 part bourbon, 1 part light rum)
3 tbsp	vodka
1 tbsp	grenadine
	extra sugar for glasses
	ice
	mint sprigs for decoration

Combine the sparkling water, lemon juice and sugar in a small pitcher. Stir well. Add the remaining ingredients, then chill. Pour into sugar-rimmed glasses filled with ice. Garnish with mint sprigs.



# Jovian Sunspot

The original recipe still served in Zeus on the Io Transfer Station.

## 1 cocktail

	ice
60ml/2fl oz	cream of coconut
3 tbsp	bottled cranberry-apple juice
2 tbsp	vodka
2 tbsp	orange juice

Place ice in old-fashioned cocktail glass. Add the remaining ingredients in order listed above.



# Orcha Juice

This blend of fruit juices is a favorite of our chief medical officer, Dr Stephen Franklin. It's originally a Markab drink.

## 1 serving

150ml/5fl oz	venda juice (2 parts orange, 1 part pineapple, 1 part lime, 1 part lemon juices)
90ml/3fl oz	ginger ale
150/5oz	ice
1 tbsp	sugar
	fresh mint leaves, to garnish

Place all ingredients in a blender. Blend and pour into glass. Garnish with mint.



## Galactic drinking games

Fresh Air® is a five-star restaurant, not just some common tavern. Nonetheless, we do offer a wide variety of galactic spirits in our Liquid Bliss® Pub, found on the Zocalo. Naturally, we cater to a more eclectic clientele in Liquid Bliss®, so one doesn't exactly expect the epitome of proper breeding there.

Over the years, I've noted a number of 'drinking games' played by the various alien species. Here are just a few:

- ★ Centauri's Bones – A Narn tests his dexterity by twirling a stick ('bone') through his fingers on one hand while drinking shots of taree with the other.
- ★ Kompa – Three Llort insert straws into a huge pitcher of a powerful intoxicant from their homeworld called kompa. Each must continue to suck on the straw until passing out or choking. The survivor gets to claim any currency on the bodies of the losers.
- ★ Crowning – Two Drazi sit at opposite sides of a table with a square drawn in the middle. They flip coins into the square. A Drazi takes a drink for each coin he flips into the square. If he scores ten points, he gets to bash his bottle over the opponent's head.
- ★ Hair Loss – This is played by EarthForce Starfury pilots. Five shot glasses are lined up in front of four players. Four shots contain vodka, and one contains a Hyach drink called Pree. One sip of Pree will cause a Human's hair to fall out. Each pilot selects and drinks a shot. If no one's hair falls out, they give the last shot to an unsuspecting passerby.

Susan Ivanova





## The top ten incapacitating drinks on Babylon 5

(As Voted by Fresh Air® Patrons)

Number	Name	Species of Origin	Effect on Humans
10.	Jovian Sunspot	Human	It helps if you're Russian
9.	Brivari	Centauri	Mild, if you don't mind the change in skin pigmentation
8.	Comet Tail	Human	Exceed the two-drink limit and you'll need a stretcher
7.	Taree	Narn	Cauterizes your ulcers
6.	Hot Jala	Centauri	Makes your hair stand on end
5.	Bor'Kaan	Drazi	Survivable if you take an alcohol blocker first
4.	Sha'chai	Minbari	Proof of medical coverage required. Non-intoxicating to Minbari as the effect is not alcoholic in origin
3.	Kriul	Narn	Use only as a disinfectant
2.	T'm'lai'na	Abbai	Will eat through your intestines. And then through the hull
1.	Rmm*zzq!wwx	Pak'ma'ra	Roughly translates as "Roadkill Malt". Avoid at all costs

# Beef Stroganov

This dish originated during tsarist times, created in the late 19th Century for a Russian count. It quickly became an international favorite on Earth.

## 4 servings

1 kg/2lb	beef fillet, cut into strips
600g/20oz	onions, thinly sliced
2 tbsp	diced shallots
1	bay leaf
1 sprig	fresh thyme
	white wine
90g/3oz	butter
150g/5oz	mushrooms, cleaned and sliced
2 tbsp	brandy (optional)
180ml/6fl oz	whipping cream
1½ tsp	Worcestershire sauce
	salt and freshly ground black pepper
500g/1lb	dried egg noodles, cooked according to package instructions and tossed with butter, to serve



- 1** Sprinkle the beef with salt and pepper. Place in a glass ovenproof dish and add half the onions, the shallots, thyme and bay leaf. Pour in enough wine to cover the meat and leave to marinate overnight.
- 2** Drain the meat and reserve the marinade in a small saucepan. Place the marinade over a high heat and boil until reduced by half. Set aside.
- 3** Melt 30g/1 oz of the butter in a large frying pan and sauté the remaining onions until soft and lightly brown. Remove the onions and set aside. Melt another 30g/1 oz butter in same pan and sauté the mushrooms. Remove and set aside. Melt the remaining butter over a medium-high heat and sauté the meat until browned, stirring frequently. Add the brandy and flame if desired, or let it reduce. Add the onion, mushrooms and marinade to the pan. Stir in the cream and Worcestershire sauce and simmer until the sauce is thick. Serve over buttered egg noodles.

# Borshch

This is a soup from my homeland. Originally it was nothing but beetroots and a few other vegetables, but more ingredients were added over the years.

## 6 servings

1 liter/1 <sup>3</sup> / <sub>4</sub> pints	beef stock
1 liter/1 <sup>3</sup> / <sub>4</sub> pints	water
300g/10oz	beetroots, peeled and chopped
150g/5oz	cabbage, shredded
350g/12 oz	tomato purée
3	garlic cloves, very finely chopped
2	carrots, thinly sliced
2	sticks celery, trimmed and thinly sliced
2	large potatoes, diced
1	large onion, chopped
1	leek, white and pale green parts finely shredded
	sachet of flavorings (2 tsp cracked peppercorns, 1 bay leaf, 1 <sup>1</sup> / <sub>2</sub> tsp dried thyme leaves, 4 chopped parsley stalks; see below)
2 tbsp	balsamic vinegar
1 tbsp	lemon juice
	salt and freshly ground black pepper
	dill, to garnish
	sour cream, to serve

**1** Combine all the ingredients, except the balsamic vinegar and lemon juice, in a large saucepan and bring to a boil. Lower the heat and simmer about 1<sup>1</sup>/<sub>2</sub> hours. Remove the sachet of flavorings and add the vinegar, lemon juice and salt and pepper to taste.

**2** Garnish with dill. Serve with sour cream.

### Sachet of Flavorings:

Place the spices in a 10cm/4in square of muslin. Gather up edges and tie with kitchen string, leaving a long tail of string to be tied to the pan handle.

# Limonnyi Pirog

These lemon cakes are a fond memory from childhood. My mother prepared these for Orthodox Easter.

**8** servings

## Crust:

90g/3oz	icing sugar
125g/4oz	unsalted butter, at room temperature
1½ tsp	vanilla extract
1	egg
300g/10oz	plain flour

## Lemon Custard:

125ml/4fl oz	double cream
1 tbsp	corn starch
6	egg yolks, lightly beaten
2	eggs, lightly beaten
180ml/6fl oz	lemon juice
4 tbsp	orange juice
100g/3½oz	sugar
plus 1 tbsp	sugar
60g/2oz	unsalted butter

## Candied Lemons:

200g/7oz	sugar
250ml/8fl oz	water
	rind of 2 lemons, cut into 5 x 0.2cm/2 x 1/8in strips

raspberries (optional)

blackberries (optional)

- 1** To make pastry, beat the sugar, butter and vanilla together with an electric hand-held mixer until just incorporated. Add the egg and beat for 1 minute. Add the flour and continue beating until smooth. Be careful not to over-mix the pastry. Cover with cling film and chill for at least 8 hours.
- 2** Unwrap the pastry and knead gently on a lightly floured surface to soften slightly. Roll out until 0.5cm/ $\frac{1}{4}$  in thick and carefully transfer into a 22.5cm/9in tart tin with a removable base. Trim off any excess pastry. Cover with cling film and chill for 20 minutes. Preheat the oven to 160C/325F/Gas 3. Line the pastry with foil and weigh down with dried beans or pie weights. Bake for 15 minutes. Remove the foil and beans and bake for a further 7–10 minutes until golden brown. Place strips of foil around the outer edge of the pastry to prevent excess browning. Place the tart tin on a rack to cool.
- 3** To make the custard, whisk together the cream and corn starch until combined. Let the mixture stand for 5 minutes, then whisk again. Whisk in the egg yolks and eggs.
- 4** Bring the fruit juices, sugar and butter to a boil and boil until butter has melted. In a slow steady stream, pour the hot liquid into the egg mixture, whisking very fast as you pour. Combine well, making sure the mixture does not curdle. Return mixture to the saucepan and return to a boil over a medium heat, whisking constantly, and boil for 10 seconds. The mixture should be smooth and free of clumps.
- 5** Pour the custard into the baked tart case and spread evenly. Allow the tart to cool, then decorate with candied lemon and raspberries if desired.
- 6** To make candied lemons, dissolve the sugar in the water in a small saucepan over a high heat, then bring to a boil. Add the lemon rind and boil for 5 minutes. Drain and set aside.



# Limonnyi Pirog



# Melon Balls

The days of limonnyi pirog are long gone! I often have melon balls for breakfast, lunch or both.

## 6 servings

45g/1½oz	watermelon, cut into 2cm/¾ in balls
45g/1½oz	honeydew melon, cut into 2cm/¾ in balls
45g/1½oz	cantaloupe, cut into 2cm/¾ in balls
4 tbsp	freshly squeezed orange juice
2 tbsp	freshly squeezed lemon juice
2 tbsp	freshly squeezed lime juice
2 tbsp	rice vinegar
2 tsp	finely grated lime rind
¼ tsp	crystallized ginger, very finely chopped
½ tsp	very finely chopped fresh mint

Combine all the ingredients and marinate in the refrigerator for 1 hour. Drain off the excess juices and serve chilled.





## Hydroponics on Babylon 5

Babylon 5's hydroponics system is probably the most important component of the station's infrastructure. Without this system, we wouldn't have food to eat, water to drink or oxygen to breathe.

To get an overview of the hydroponics system, take a Core Shuttle down the station's central shaft. You'll see thousands of acres of farmland and aquaculture (fish farms). These provide the basic sustenance for our population, which can reach 250,000 at capacity.

Hydroponics is classically defined as growing without soil. Why grow without soil? Well, it costs heaven and earth to move enough earth across the heavens to a huge space station. And the nutrient elements in soil can be exhausted by years of overfarming.

So hydroponics provides a far more cost-efficient means of growing food. It works by mixing water-soluble nutrients into water fed to the plant's roots. Water is, after all,  $H_2O$  – hydrogen and oxygen, two plentiful elements cryogenically stored in tanks throughout the station. Fuel cell technology (which originated way back in Space Shuttle days) generates electricity for the station, and gives off water as a by-product. Nutrients are then mixed into the water, which is streamed into the rootzones.

There are several variants of hydroponics technology. *Aeroponics* grows plants in a cloud of water vapor. *Aquaponics* combines aquaculture and hydroponics into an ecosystem where nitrates feeding on bacteria from fish waste provide the nutrients that make plants grow.

Susan Ivanova



Announcing the . . .

# L'ECOLE DE XENOCHIEF BRIGGS-WALLACE

Have you ever enjoyed a fine repast at Fresh Air<sup>®</sup>, the finest restaurant on Babylon 5, and fancied yourself as the next great chef of the galaxy? Well, here's your chance!

Emerson Briggs-Wallace, renowned throughout the galaxy as the finest xenochef of our time, and graduate of the famous *Ecole de Julina xenocuisine* school on Earth, now for the first time opens the kitchen door to only the most talented of novices! Yes, you can learn from the master himself!

You'll be astonished when you can cook by yourself such classic dishes as:

**Spoa a la Fresh Air<sup>®</sup>**  
**Treel**  
**Breen**  
**Flarn**  
**Zoolow Fish**  
**Yogtree (NEW FOR 2261!)**

To apply, obtain an application form from the L'Ecole de Xenochef Briggs-Wallace, BabCom Purple 5372.

L'Ecole de Xenochef Briggs-Wallace<sup>®</sup> and Fresh Air<sup>®</sup> are registered trademarks of the Briggs-Wallace Consortium. All interstellar rights reserved. All students must sign a 20-year agreement pledging not to open a competing restaurant, café, bistro, delicatessen, automat, cafeteria, snack bar or food stand on Babylon 5. Due to the current conflict between the Earth Alliance and Babylon 5, the 5000-credit admission fee is non-refundable. Fresh Air<sup>®</sup> Restaurant franchises are available upon completion of the course, payment of franchise fee and signing of 20-year subsidiary agreement. Franchise offer not valid in Pak'ma'ra space.

## The Real Story Behind the Cookbook

I was the free-lance writer hired to write the book. Contrary to what I've read here and elsewhere, I'm definitely not British. But I did watch a lot of Monty Python to get the attitude for the fictional author, Emerson Briggs-Wallace, who is very loosely based on John Cleese's Basil Fawlty character.

Here's how the idea for the book came up ... The folks in WB Licensing were sitting around trying to come up with ideas for B5-related products to license, as B5 was taking off in the ratings and becoming somewhat of a hot property. They'd recently licensed a cookbook based on "Friends," so someone jokingly added a B5 cookbook to their list of ideas.

To their shock and horror, someone actually showed an interest, a U.K. publisher called Boxtree.

I'd written for other B5 licensees, and had a good working relationship with B5 creator Joe Straczynski, so the Licensing folk gave me a call to ask if I could write it.

"The only way it will work," I said, "is if we go over the top."

While I knew B5, I didn't know squat about cooking. WB hired a "food consultant" who designs recipes for food chains. She knew cooking, but didn't know squat about B5.

So we began by my going through all the aired episodes to date. I compiled a clip video with any scenes I could find showing or referring to food, e.g. the infamous flarn dinner prepared by Lennier for Sheridan and Delenn, and Garibaldi talking about his pop's bagna cauda. I gave her the dishes, both human and alien, to concoct, while I went off to write the rest of the book.

I decided that this book was to be firmly rooted in the B5 universe. I chose late third season, in the lull before the alliance defeats the Shadows who then send Anne Sheridan to B5. (You might recall the recently enlightened G'Kar was a bit loopy around that time, so I wrote him that way.)

We'd seen Fresh Air, the true five-star restaurant at the end of the universe, so I came up with the idea of Emerson Briggs-Wallace, a rather arrogant, pompous gossipmonger who owned the joint. (As I said, he's loosely based on Basil Fawlty.) Viewing himself as a man of importance on the station yet clueless that he's generally disliked by the command staff, he approaches Sheridan with the idea for the cookbook, who as a practical joke sends him off to see Ivanova and the other characters in the book. (The joke is lost on poor Emerson, but the others suspect they've been set up.)

If you pay close attention, you'll find some cross-references in the book. For example, G'Kar quotes a "wise Human who said: Stuff it." If you look at Garibaldi's recipe for Cannelloni, he writes, "Just prepare your filling, and stuff it."

When the recipes came back, I came up with alien names for some of the ingredients. If you look throughout the book, you'll find the alien names are totally consistent. Beeba (olive) oil is beeba (olive) oil anywhere it's listed as an ingredient.

The food consultant worked with WB Licensing to take the photos of the prepared dishes. I helped pull the slides and screen-grabs taken from the episodes you see in the book.

Is the book canon? Obviously, anything that came from the show is canon. But the stuff I made up? If you watch the fifth season episode "A View from the Gallery," there's a scene where the maintenance workers Bo and Mac are waiting out an alien attack in a shelter. You'll see one of them pick up a book lying on the floor, flip through it, and toss it aside. That book is a mockup of "Dining on Babylon 5" which hadn't been published at the time of filming.

I didn't know Joe was going to do that, and only found out when the episode aired. (I think I peed all over the floor when I saw it ...) So far as I'm concerned, if it airs on the show then it's canon. If you assume the book was published in late third season, then by the middle of the fifth season it would make sense that this book made the rounds for its semi-tabloid nature and was quickly tossed aside. Finding it lying about in an air raid shelter seems entirely appropriate.

Joe did tweak the spoo recipes, because he had a reference to it in an upcoming episode, so he wanted to be sure the book was consistent.

The Boxtree license only allowed the book to be published in the U.K. and I think a couple other European countries. Del Rey, the U.S. publisher with the rights to the B5 novels, showed no interest at all in the cookbook, which is why it never surfaced here in the States. Any copies in the U.S. were shipped from the U.K.

It's a shame it never got a reprint, here or there, because it's a fairly unique, if not bizarre, piece of B5 spinoff merchandise. I'm still surprised it was ever published in the first place -- but then B5 always had its unique bizarre sense of humor, so I guess the cookbook fits in just fine.

Stephen C. Smith, reviewing the book on Amazon

[http://www.amazon.com/review/RAF85GCZ129U9/ref=cm\\_cr\\_dp\\_title?ie=UTF8&ASIN=0752211439&channel=detail-glance&nodeID=283155&store=books](http://www.amazon.com/review/RAF85GCZ129U9/ref=cm_cr_dp_title?ie=UTF8&ASIN=0752211439&channel=detail-glance&nodeID=283155&store=books)



# DINING ON BABYLON 5



Babylon 5 is home to over 250,000 inhabitants, including dozens of alien races, each with their own very different tastes. The station has to provide suitable sustenance for everyone – from the finely tuned palates of the Centauri to the carrion-eating Pak'ma'ra.



That's why Captain Sheridan has asked me, proprietor of Babylon 5's finest restaurant, Fresh Air, to write this gastronomic tour of Babylon 5. With the help of my good friends Garibaldi, Londo, Lennier, G'Kar and Ivanova, I have pulled together forty-three of the finest recipes from around the galaxy so that you can create a taste of intergalactic cuisine in your own kitchen.

This book is a guide to the food you'll find on Babylon 5, who eats what, and how it is produced, cooked and consumed. It tells you everything you'll need to know about what dishes to seek out and where to find them, what dishes to avoid, what to serve alien guests and what they might be feeding you.

*Emerson Briggs-Wallace*

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