



ABRIDGED EXCERPTS FROM
**THE OFFICIAL STAR TREK™
 COOKING MANUAL**

by Mary Ann Piccard, 1978

As seen in the exhibit case "Star Trek: The Written Word" at the New Mexico Museum of Space History Gene Roddenberry & Star Trek exhibit 2016-2017.

**SELECT RECIPES FROM THE KLINGON,
 ROMULAN AND VULCAN CULTURES –
 SIMPLIFIED FOR TERRANS**



KLINGON: Kiros Kai Faki (*Pigs' Feet and Pea Soup*) This is a home-style dish that would probably be made of the parts of the beast not used for more elegant concoctions. Makes enough for 4 Klingons.

2 ½ lbs fresh pigs' feet or pork hocks; Salt; 1 lb yellow split peas; 1 medium onion, chopped; 2 qts water; Butter

Night before you plan to make: soak the feet or hocks completely covered in brine (1 Tb salt per qt of water.) Put in refrigerator. In a separate bowl soak the split peas in plain cool water. Make sure about 2 inches of water covers the peas. They will not need refrigeration.

The next morning: take meat out of the brine and put into an 8-qt pot, drain and add the peas, onion, and 2 qts of fresh water. Bring to a boil. Skim off any foam



that comes to the top, then reduce the heat and simmer for about 6 or more hours, stirring occasionally. The meat should fall off the bones and soup should be quite thick and fairly smooth. Remove bones from soup and scrape off any remaining meat into soup. Serve with a small pat of butter in the center of each bowl.

NOTE: For those Klingons defending their honor, you can use a crock pot by putting in all ingredients and cooking on high for 7 hours. Remove bones, scrape off meat into soup and serve.



ROMULAN: Tayleea Cheecha (*Meat and Fruit Stew*) Romulans seem to be fond of combining sweet fruit with meat.

1 ½ Tb cooking oil; 1 ½ lbs beef chunks (stewing beef); 1 cup cider or cloudy apple juice; 1 medium onion, cut into chunks; 8 pitted prunes or ¼ cup raisins; 16 button mushrooms or one 4-oz can button mushrooms, undrained; 16 dried apricot halves; 1 tsp salt; 1/8 tsp freshly ground black pepper; 1 slice lemon; 2 Tb cornstarch in 2 Tb water.

Heat oil in a 10-inch fry pan, brown the beef chunks till red disappears. Add cider and reduce heat until contents simmer. Add remaining ingredients except cornstarch mixed in water. Simmer for about 2 hours or until meat is quite tender. Then add the cornstarch and water mixture. Cook a few minutes until sauce is thickened. Serve.

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VULCAN: Barkaya Marak (*Cream of Spinach Soup*) This is sometimes confused with Plomeek Soup. It is actually a much more plebeian dish.

4 Tb butter or margarine; 2 medium onions chopped (about 1 ½ cups); 1 large clove garlic or 2 small ones sliced; 2 cups water; 4 to 5 medium potatoes, peeled and sliced (about 1 lb.); 1 (10- oz) package frozen chopped spinach; ½ tsp dried basil leaves; 1 tsp salt; ½ cup water to rinse blender; 1 cup heavy cream; ¼ cup water to rinse cream container; sour cream for garnish.

In a 4-quart saucepan melt butter and sauté onions and garlic until onions are transparent. Add 2 cups water, potatoes, spinach (which need not be thawed), basil and salt. Simmer for about 20 minutes or until potatoes are tender. Put 1 ½ cups of cooked mixture in blender and blend until quite pureed. Repeat until you have emptied pot. Wash out pot and pour vegetable puree back into it. Thoroughly wash blender using the ½ cup water. Do not throw out water but add to soup in pot. Add the heavy cream. Put ¼ cup water into cream cup, slosh around and pour into soup. Stir thoroughly to mix the cream. Reheat before serving if necessary. Ladle into bowls and garnish with a dollop of sour cream.



FAVORITE RECIPES FROM THE CREW OF THE STARSHIP USS ENTERPRISE, NCC-1701



CAPTAIN KIRK: The Tribble's Banquet or the Chicken Sandwich that somewhere between the synthesizer and its final destination, it got into tribble – literally!

Ingredients for 1 sandwich: 1 serving-sized piece of cooked chicken (1 thigh or ½ chicken breast or 2 drumsticks. Remove meat from thigh/drumstick); 1 oz sliced Swiss cheese; 1 oz sliced corned beef; 2 slices rye bread; 2 to 3 large spoonfuls of coleslaw*; seasoned salt to taste.

*Coleslaw recipe makes enough for 4 sandwiches: 2 ½ to 3 cups shredded cabbage (about ¾ lb trimmed); ¾ cup shredded carrots (1 or 2 carrots pared or scraped); ¼ cup sliced green onions; 1/3 cup mayonnaise; 1 Tb lemon juice (optional); seasoned salt to taste.

Shred cabbage and carrots using side of grater with round holes. Clean and trim green onions and slice thinly. Mix vegetables together in bowl, add mayonnaise and, if desired, lemon juice. Mix together thoroughly and season to taste with seasoned salt.

Assembling sandwiches: Put slice of Swiss cheese, slice of corned beef and sliced chicken on slice of bread. Sprinkle with seasoned salt, cover with 2 to 3 large spoonfuls of coleslaw and top with second slice of bread. Cut in half and serve with a pickle if you wish.



MR. SPOCK: Yorakar (*Cracked Wheat and Vegetable Salad*) This salad is Spock's favorite served up with bread and cheese, a cooling drink and fruit for dessert. Serves 6 to 8 people.

Ingredients: 2 cups water; 1 cup cracked quadrotriticale (bulgur cracked wheat may be substituted); 1 medium cucumber; 6 green onions; 2 ripe tomatoes; ½ to ¾ cup

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finely chopped parsley, according to taste; Optional: either 12 fresh mint leaves, finely chopped or ½ green pepper, chopped into ¼ - inch pieces; continue with 1 tsp salt; ¼ tsp freshly ground black pepper; juice of 2 lemons (about 3 to 4 Tb) or 3 Tb wine vinegar; 1/3 cup olive oil.

Bring 2 cups water to boil in a 2-qt saucepan. Slowly pour in the bulgur so water keeps on boiling. Reduce heat and simmer with lid on for about 10 minutes or until water is all absorbed. Take off lid and cook for a few minutes more, stirring constantly to dry it out a bit. Spoon from pan into a 3-qt size mixing or salad bowl. Spread it on the sides and bottom of the bowl so it can cool more quickly. Put in refrigerator to chill. Meanwhile, peel and dice the cucumber, discarding the seedy center part if it is not firm. Clean and slice the green onions into 1/8-inch pieces, including about 3 inches of the green tops. Core the tomato and cut into ½-inch chunks. Wash and chop the parsley. Chop the mint or green pepper if adding them. When bulgur is cool, break it up with a fork until loose and there are no chunks more than ½ inch in size. Add vegetables and mix. Add salt and pepper, lemon juice and olive oil. Mix again thoroughly.

NOTE: *It is traditional to add mint or green pepper to only a part of the salad when the host is not sure of all the guests' preferences.*



DR. McCOY: Beans 'n Bacon (*Southern-Style Green Beans*). Leonard likes to serve this with Southern Fried Chicken and Plantation Rice. Makes 6 to 8 servings.

Ingredients: 3 (9-or 10-oz) packages green beans, cut pieces or French-cut; ½ lb bacon or smoked beef plate; 1 cup chopped onion; ¼ tsp salt or to taste; 1 tsp sugar.

Thaw the beans partially ahead of time or put them, one package at a time, into a large strainer and run warm water over them until you can separate them. Put the beans in 4-qt pot with ½ cup water and bring to a boil. Turn heat down, cover and simmer for about 20 to 30 minutes or



until tender. Add more water as they cook if necessary to keep them from drying and scorching. Drain and put in a bowl or other container and set aside. Cut bacon slices into ½- inch pieces and fry until browned (you may use the same pot if you wish). Add onion and cook until golden. Pour bacon and onion into a strainer held over a small bowl or dish and drain off fat. Reserve. Return bacon/onion mixture to pot, add 1 Tb of drained off fat; add the cooked beans, salt and sugar. Keep pot with beans and bacon on stove just barely simmering and cook for about 15 to 20 minutes. Check for seasoning. Serve.



LIEUTENANT UHURA: Achali Ya Tunda (*Apple-Pineapple Chutney*)

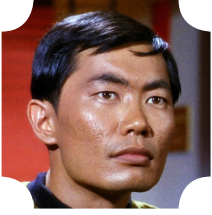
This is a mild chutney. Uhura's recipe makes about 5 cups. She says it will keep for several weeks in the refrigerator or it can be frozen for

longer storage. Make at least 4 hours before serving.

Ingredients: 1 cup cider vinegar; ½ cup chopped onion; 2 apples cored and cut into eights but not peeled; 1 (13 ¼ oz) can crushed pineapple, including the juice; 1 small green pepper, cut into ¼-inch chunks; 1 cup dark raisins; 1 cup brown sugar, firmly packed; 1 lemon, cut into thin slices and then finely diced; 1 ½ tsp ground ginger; 1 ½ tsp salt; 1/8 tsp ground cloves; ¼ tsp cinnamon.

Put the vinegar in a blender, add onion and apples and blend for a couple seconds until coarsely chopped. Pour mixture into 2- qt saucepan, add rest of ingredients. Simmer for about an hour or a bit more until thick. Stir occasionally. Pour into serving bowl and put into refrigerator to chill for 4 hours or so before serving. If storing, pour into containers and either chill or freeze for use later.

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HELMSMAN SULU: Japanese Pickled Mushrooms. Since Sulu is known for spur-of-the-moment entertaining, he has learned to make quick and easy dishes. This is his version of “instant” pickled mushrooms, which

he prepares a day ahead as they are better if left in the refrigerator overnight.

Ingredients: 1 lb fresh mushrooms; ½ cup sugar; ½ cup Japanese light soy sauce (usukuchi shoyu); ½ cup rice vinegar (cider vinegar may be substituted); 2 Tb dry sherry.

Small button mushrooms are ideal for this recipe but larger ones cut in halves or quarters are also fine. Wash and pat dry mushrooms. Trim off ends of stems, leaving enough so that the remaining stem is about as long as it is thick. (Pieces that you cut off may be salvaged, sautéed in butter and used for or added to mushroom soup.) Put all ingredients except mushroom in a 1 or 1 ½ qt saucepan and bring to boil. Add half the mushrooms, return to a boil and then simmer for 5 minutes. Remove pan from heat and let mushroom cool in liquid for about 10 minutes. Take mushrooms out of liquid with a slotted spoon and put into a bowl or jar. Now add the other half of the mushrooms to the liquid and repeat the process only this time allow mushrooms to cool in the liquid about 20 minutes. Removed mushrooms from pan and add to the first batch. Cover the bowl or jar and store the pickled mushrooms in the refrigerator until time to serve them or overnight.

To pickle more mushrooms: to the liquid, add 2 Tb each sugar, soy sauce and vinegar and 2 tsp sherry. Add additional mushrooms.



ENSIGN CHEKOV: Uzbek Vegetables. Chekov says that his recipe makes about enough for 4 good-sized servings.

Ingredients: 1 lb carrots (preferably long thin ones); 1 medium onion; 2 Tb butter or margarine; 1 cup canned tomatoes, including juice; ¼ tsp salt; 1/8 tsp or less freshly ground black pepper; 4 green onions; 1 Tb chopped fresh parsley.

Peel or pare carrots and cut into quarters lengthwise. Cut the long strips into 2-inch lengths. Peel and cut the onion into thin slices. Separate onion slices into rings. In a 2-qt saucepan, fry in butter until start to brown. Add the carrot pieces and fry for a few minutes. Reduce heat, add tomatoes, salt and pepper. Cover and simmer until carrots are tender, about 20 minutes. Slice green onions into thin rings, including about 3 inches of the green tops. Chop the parsley. Put cooked vegetables in a serving dish, sprinkle the green onions and parsley over them and serve.

NOTE: *If, when carrots are nearly tender, the vegetables appear to be too juicy, simmer them uncovered for a few minutes to evaporate some of the liquid.*



GENE & MAJEL RODDENBERRY: Lima Beans and Ham.

When Ms. Piccard called Gene Roddenberry’s office, her request for a recipe was answered by his assistant Susan Sackett who sent this to her. According to Ms. Sackett, this originally appeared in the *STAR TREK TENNIAL NEWS*. Majel Roddenberry was asked the question what is Gene’s favorite dish and what is the recipe? This was Majel’s answer:

“It’s lima beans and ham – one his mother used to fix. There’s no recipe involved. It’s one of the things I can cook without a recipe. You put one bag (1 lb) of lima beans in and cook them all day until soggy — he likes it with a lot of juice on it. I cook the ham separately (about 2 ½ lbs of ham), and once the ham is all falling apart you put the ham in with the lima beans. Meantime you’ve already cut up a whole bunch of celery, chopped it up and put it in with the lima beans, and 2 onions to a pound of lima beans. It stretches out for a long, long time. Grate some cheddar cheese. To serve, put that (the cheese) in the bowl first, some plain cooked rice on top of that, and lima beans and ham on top of that. We put some Trappey’s hot (tabasco pepper) sauce on it. And that’s really his favorite dish!”

**MAY YOU ENJOY THESE RECIPES.
LIVE LONG AND PROSPER.**