

When *O Taste and See!* was first published in 1998, it was a much bigger project than I'd ever imagined; I thought I would *never* again publish another cookbook! As the years have passed, however, I've been encouraged again and again to consider publishing a European cookbook. Finally, after reprinting *O Taste and See!* five times, I decided to create a revised and improved *O Taste and See Some More!* This new, international edition offers many features that make it "new and improved":

- All ingredients are measured in metric, as well as U.S. measurements.
- All temperatures are noted in both Fahrenheit and Centigrade, (for those using ovens overseas).
- I've included several pages of special cooking tips for cooking and baking overseas with a list of substitutions.
- All recipes indicate how many it serves or the quantity it makes.

With all of the new and improved features, we've maintained the features that have made it so popular with so many people:

- The recipes are *all* "tried and true", tested in our home kitchen, most of them many, many times!
- Throughout the cookbook I give tips and hints on how to achieve success in cooking.
- While a few of the recipes are more "gourmet", for a special dinner, most of them are reasonably easy and inexpensive.
- Each recipe has a helpful description—where I found the recipe, what goes well with it, etc.
- Many recipes also have several variations, making them more versatile and flexible.
- The alphabetical index lists recipes not only by name but often by the main ingredient.



I grew up in Burkina Faso, West Africa, which is *hardly* noted for its culinary taste. But growing up in a missionary family there gave me a love for homemade cooking.

Growing up in Africa--Judi, Steve, Debbie, Becky with Jessie & Herb Nehlsen in 1963

Literally everything we ate was made from scratch—from our granola for breakfast to our hand-churned ice cream for a special dessert. Once you've cultivated a taste for home cooking, most other foods pale by comparison! Even at boarding school I have memories of good food—of shelling boiled peanuts, pulling taffy and sharing a bowl of rice and peanut butter gravy with friends.

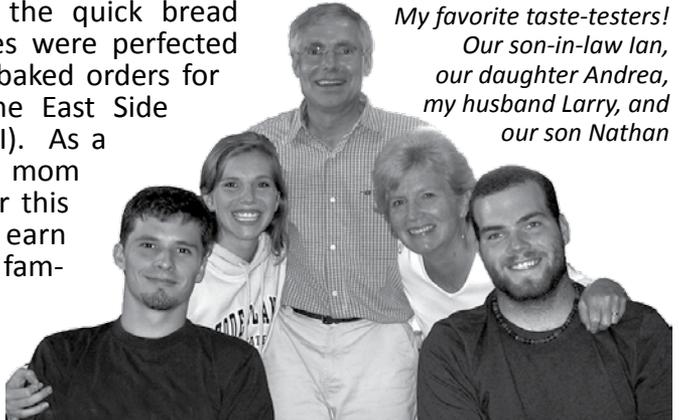
My mom had the reputation throughout the missionary community of being a fabulous cook (this was partly due to Dad's raving about her cooking!). Her Sticky Buns were the "talk of the town" and her raised Cinnamon Doughnuts couldn't be beat. No one made Scotch Shortbread like Jessie Ewing Nehlsen and visitors from America swore they were going to go back and make their own potato chips, like she did!

Coming to America as a teenager, I looked for opportunities to continue cooking. I remember making Sticky Buns (like Mom's) in a little 4X6-foot kitchen in the dormitory for one of the college singing groups. I won my first cooking contest with Graham Cracker Bars during my freshman year at college and was appointed "Debbie Crocker" in our class skit.

Then I met my husband, Larry, who grew up in Italy. Now the whole world of Italian cooking opened up to me. They say the way to a man's heart is through his stomach—and believe me, I tried it! I tried new recipes for Italian Tomato Sauce and Fresh Pasta to make Cannelloni (still one of his favorites). I remember fixing French Breakfast Puffs for him for breakfast before a day of climbing in the Smoky Mountains. When he raved about a cheesecake another girl, Martha, had made, I made sure I got the recipe! And I've been collecting good recipes ever since! The majority of them have come from my mom and my sisters, Becky and Judi. And as I've journeyed through life—from Africa to the States to Europe, other friends have shared their favorites; this cookbook is really a compilation of all of these.

Many of the quick bread and salad recipes were perfected in 1991 when I baked orders for Café Zog (on the East Side of Providence, RI). As a home schooling mom I was grateful for this opportunity to earn \$5000 to get our family to Africa for my parents' last Christmas there.

*My favorite taste-testers!
Our son-in-law Ian,
our daughter Andrea,
my husband Larry, and
our son Nathan*



Occasionally I have adapted a recipe to fit our family's aim to eat good food inexpensively. To accomplish that aim, I have to give credit to my husband, Larry, who is not a "meat-and-potatoes" guy but is quite content with a hearty bowl of Barley Lentil Stew and Herb Biscuits. (I owe a lot to my mother-in-law, Brigit Peck, who raised him on great Italian food and has passed along to me a foundation in Italian cuisine.) Also, I give my kids, Andrea and Nathan, a lot of credit for learning to eat things like Honey Baked Lentils and Chicken Pot Pie occasionally, without complaining. Of course we balanced that with frequent tacos or pizza, both of which can be very inexpensive and nutritious when made from scratch.

The first printing of *O Taste and See!* Was in 1998 when we were raising funds for our move to Italy as missionaries. It quickly became clear how much people appreciated tried-and-true recipes. I think most of us want recipes that are relatively easy, inexpensive, and flavorful. Most of the recipes in this book use common, everyday ingredients and can be easily afforded.

So I invite you to *Taste and See Some More!* This cookbook is about tasting and seeing good food. But the best thing we can ever "taste and see", or perhaps I should say "experience", is a relationship with the Lord Jesus Christ. Psalm 34:8 says, "O taste and see that the Lord is good; blessed is the man who takes refuge in Him." For our spiritual hunger, there is nothing as completely wonderful and satisfying as God Himself. This recipe, below, for Eternal Life is the best recipe I know—and It's free!

Debbie Peck



Recipe for Eternal Life

Admit that you have sinned and that your sin separates you from God. "For all have sinned and fall short of the glory of God."
Romans 3:23

Accept as a free gift Christ's death on the cross as payment for your sin. "For God so loved the world that He gave His only Son that whoever believes on Him will not die but have eternal life."
John 3:16

Ask Christ to be the Lord of your life--read the Bible each day so that you can obey Him, and attend a Bible teaching church for encouragement. "As you accepted Christ Jesus as Lord, so walk in union with Him."
Colossians 2:6