

# *Sister Stardust*

*a novel*

JANE GREEN



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ISBN-13: 978-1-335-42578-2

Sister Stardust

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Hanover Square Press  
22 Adelaide St. West, 41st Floor  
Toronto, Ontario M5H 4E3, Canada  
HanoverSqPress.com  
BookClubbish.com

**Printed in U.S.A.**

# MAHJOUN RECIPE

(Kif Optional!)



## **INGREDIENTS:**

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2 tablespoons butter or ghee

1 teaspoon ground nutmeg

1 teaspoon anise seed

1 teaspoon ground ginger

½ cup honey

¼ cup dark chocolate

½ cup water

1 cup dried dates, pitted and chopped

½ cup raisins

½ cup pistachios, plus extra chopped to roll balls in at the end

¼ oz dried cannabis flower (optional)

## **METHOD:**

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In a large pan, melt the butter on low. Chop the cannabis flower finely and gently stir into the butter until butter starts to brown slightly and/or the aroma is released. Add nutmeg, ginger and anise and stir well. Add honey, chocolate and water, mix well, add raisins, dates and pistachios and mix, cooking on low heat for around 20 to 30 minutes, until soft.

Pulse a few times in a blender so there is still texture. Cool and keep in fridge. When ready to serve, roll in cool damp hands to form balls, about 1" diameter. Roll in chopped nuts. Serve.

# SOUTHERN CHEESE SOUFFLÉ



## INGREDIENTS:

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- 1/4 cup Parmigiano Reggiano cheese, freshly grated
- 3 tablespoons unsalted butter
- 3 tablespoons gluten-free flour
- 1-1/4 cups heavy cream
- 4 extra-large eggs, separated (room temperature)
- 3 extra-large egg whites (room temperature)
- 2 cups Jarlsberg cheese, shredded
- 2 tablespoons chives, minced (optional)
- 1-1/4 teaspoons kosher salt
- 1/4 teaspoon cream of tartar

## METHOD:

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Preheat the oven to 375°. Position rack in lower third of the oven. Butter a 1-1/2-quart soufflé dish and coat it with the Parmigiano.

In a medium saucepan, melt the butter. Stir in the flour to make a roux. Gradually whisk in the cream and bring to a low boil over moderate heat, whisking constantly. Reduce the heat to low and cook until very thick, about 3 minutes. Transfer the roux to a large bowl and let cool. Stir in the egg yolks, cheese, salt and chives.

Put the egg whites in the bowl of a stand mixer. Add the cream of tartar. Using the whipping attachment, beat the whites until firm peaks form. Fold in the whites until the streaks of white disappear.

Pour the mixture into the prepared dish. Bake for about 35 minutes, until the soufflé is golden brown and puffed. To test for doneness, insert a kitchen needle into the center. If it comes out wet, cook another 2 or 3 minutes.

# HASHISH FUDGE

BY ALICE B. TOKLAS



This is the food of Paradise—of Baudelaire’s Artificial Paradises: It might provide an entertaining refreshment for a Ladies’ Bridge Club or a chapter meeting of the DAR (Daughters of the American Revolution). In Morocco, it is thought to be good for warding off the common cold and in damp winter weather and is, indeed, more effective if taken with large quantities of hot mint tea. Euphoria and brilliant storms of laughter; ecstatic reveries and extensions of one’s personality on several simultaneous planes are to be complacently expected. Almost anything Saint Theresa did, you can do better if you can bear to be ravished by *un évanouissement reveillé* (evanescent dream).

Take 1 teaspoon black peppercorns, 1 whole nutmeg, 4 average sticks of cinnamon, 1 teaspoon coriander. These should all be pulverized in a mortar. About a handful each of stoned dates, dried figs, shelled almonds and peanuts: chop these and mix them together. A bunch of cannabis sativa can be pulverized. This along with the spices should be dusted over the mixed fruit and nuts, kneaded together. About a cup of sugar dissolved in a big pat of butter. Rolled into a cake and cut into pieces or made into balls about the size of a walnut, it should be eaten with care. Two pieces are quite sufficient.

Obtaining the cannabis may present certain difficulties, but the variety known as cannabis sativa grows as a common weed, often unrecognized, everywhere in Europe, Asia and parts of Africa; besides being cultivated as a crop for the manufacture of rope. In the Americas, while often discouraged, its cousin, called cannabis indica, has been observed even in city window boxes. It should be picked and dried as soon as it has gone to seed and while the plant is still green.

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