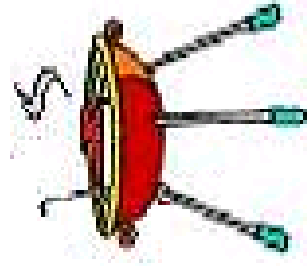


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Virtual Steak Fry

Dean Bloggers' Barbeque Recipe

and Howard Dean Haiku Booklet

~~ LOL ~~ IMO ~~ROTFLM*O~~ IMO ~~ LOL ~~

* So hungry for change,
* September's virtual steak fry.
* Time to feed the world!

lgfinvt

* Vegetarian.
* Yet I sink my teeth into
* Virtual red meat.

phoebe in palm beach county

* Howard shows the way -
* Rain and mud cannot stop us
* These steaks Dean-licious!

dalemac in CA

The Original Virtual Steak Fry Announcement

Lest you need another example of how the campaign to elect Governor Howard Dean is a grassroots, from-the-ground-up exercise in participatory politics, I've got one for you right here. Just a few days ago, late last Friday night and long into the wee hours of Saturday morning, a group of happy Dean supporters were busy blogging away to their hearts' content. Senator Tom Harkin's (D-Iowa) upcoming Steak Fry in Iowa this Saturday, September 13, was all the rage. It's an annual big-name draw in which anyone can participate - \$25 for a ticket in advance (\$30 at the door). Not only do you get a delicious, juicy steak (chopped meat?) - you get to rub elbows with the likes of former-President Bill Clinton and the current roster of Democratic candidates for president. (Yup, our beloved Dr. Dean will be there!)

So, that night on the Blog For America, the still-sleepless Deaniacs came up with a great idea: Why not have a simultaneous Virtual Steak Fry on the blog for those who cannot attend in person? Later Saturday morning, when I tuned into the blog, I volunteered to host the Virtual Steak Fry. A few phone calls later and much enthusiastic support from Iowans For Dean and HQ, here are the details for the Virtual Steak Fry.

The Virtual Steak Fry will take place on the Blog For America at 3pm Iowa Time here in Dean Country on September 13, 2003. Everyone is welcome to drop into the blog at this time for the first-ever, officially-planned blog meeting - or as Clare Gannon with Iowans For Dean put it: "Bringing MeetUp back to the Internet!"

Clare has arranged to blog with us right from the site of Senator Harkin's Actual Steak Fry. (Did I mention the Dean staffers are now referring to us as "Virtual Steak Fryers?" Mm hmm. But,

2

Must click on the Blog!
Feelings sweeping over me
Like being in love.

phoebe in palm beach county

Fierce man from Vermont
Has arrived to tell the truth.
Are we ready now?

MichaelPH in Ventura

When the leaves fall from
the trees in autumn, oh four.
Bush is pres no more.

Jesse T. Willard

What a strange season
A politician's saying--
This country is ours

Peggy Briedis

Neat of you to let us poets have a few words. Thanks.
Arlyn

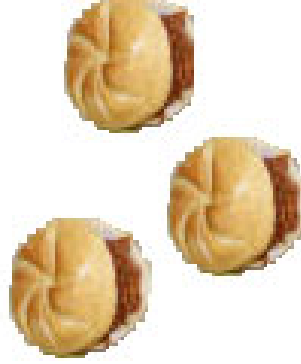
Good Ole Southern BBQ

BOIL until it falls apart: 3 or 4 pound beef roast
Chop into fine pieces.

Sauce
(in the south the sauce is the most important thing)

COMBINE:

1/2 cup dark brown sugar
1/2 cup catsup
1 tbsp. chili powder
1/3 cup vinegar
1/2 tsp. horseradish
3 tbsps. mustard
1 tsp. Worcestershire sauce
1 onion, chopped
Salt to taste



Combine with beef. If too dry, add beef broth.
Simmer until onion is tender. Serve on buns with southern coleslaw.

Contributing blogger: Kyzona

Happy blogglin'! Have a steak for me...
Speedy

you already knew this campaign was a lot of fun!) Governor Dean will hold a rally right outside the Steak Fry at 3pm CT (Iowa time) for the thousand or two Dean supporters who are expected to attend. Plus, I hear tell there may be some surprises in store for the Virtual Steak Fryers!

Of course, you will not be getting one of those juicy Iowa steaks at the Virtual Steak Fry like those who attend Senator Harkin's Steak Fry will. However, as part of the Virtual Steak Fry, we will be compiling the Virtual Steak Fry Dean Bloggers' Barbeque Recipe and Howard Dean Haiku Booklet (because I couldn't think of an even longer name that was suitable).

Many thanks to Sarah in Ohio, who runs the Action A Day blog www.livejournal.com/~actionaday and puts out the Dean Scene Zine. Sarah has formatted this booklet for us.

I'd also like to thank Clare Gannon at Iowans For Dean for her part in helping coordinate the Virtual Steak Fry, and Matt Gross and Zephyr Teachout for coordinating blog support at HQ. And thank you to everyone who participated during the VSF on the blog, and to those of you who submitted tasty recipes and sparkling haiku!

Linda in Iowa

This is what is so great about the campaign - from loony idea to fruition in mere days!
Lali

Virtual Steak Fry Winning Haiku

Old pols, faced with spring,
Hack at branches of new hope. . .
But hope grows too fast.

By Kathy from West Texas

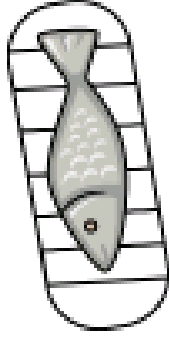
Virtual Steak Fry Winning Recipe

Since the good Governor hates waste, this recipe might appeal to him. Two summers past, a fabulous backyard fruit crop was ruined by the worst hailstorm in years. I didn't have the heart to throw out the battered nectarines that still clung to the trees. Miraculously, they ripened. Each one looked like Rocky after the fight; they weren't the fruit to put in a lunch box or offer to guests. But a sale on salmon and a little risk taking yielded, pun intended:

Salmon in Stoned Fruit

For each pound of salmon:

- 1 cup cubed nectarines
- 2 T Tamari
- 2 T crystallized ginger



1. Soak ginger in soy sauce until softened. If necessary, add a tablespoon or more water
2. Place fruit, Tamari and ginger in the blender and blend until smooth.
3. Cover salmon with mixture and refrigerate overnight.
4. In aluminum foil or a covered pan, grill on low heat until done. This is about 25 minutes for a 5 lb. fillet on our grill.

Nectarines need not be battered by hail for this to work!

Contributing blogger: nance in nm, Winning Recipe

I wear the button
That says: The Doctor is in!
Cure the Bush virus.

Arlyn

Through the long summer,
death on both sides still mounting --
Dean brings hope of peace.

Valerie in San Diego

When November nears
and the country re-unites,
Howard Dean will win
dalemac in CA

The rain trickles down
Dowsing the economy.
Dean brings the sunshine

Arlyn

"November Surprise" BBQ Sauce

1/2 Cup (or 1 stick) butter
1 large onion, finely chopped
1 large garlic clove, minced
1/2 Cup packed brown sugar
1/2 Cup red wine vinegar
1/4 Tablespoon fresh lemon juice
1 Tablespoon chili powder
1 16-oz can Imported Italian tomato puree
1C homemade beef stock or canned beef
broth
salt and freshly ground black pepper to
taste

Melt butter in large heavy pot, stir in
onion and garlic and cook for 5 minutes,
add remaining ingredients, combine well,
and simmer for 30 minutes, stirring often
and saying aloud "Zounds" as the aroma
fills your kitchen.

For sandwiches: add shredded pork, beef or chicken and simmer
for additional 45 minutes. Serve on your favorite bun and just
before taking that first bite you must say "Dean, Dean, Dean,
Dean, Dean."

Contributing blogger: Novsurprise



Virtual Steak Fry Haiku Honorable Mention

(in no particular order)

Old couple, slow steps:
Will Dr. Dean be in time
To ease their worries?

barbara, Honorable Mention

Momentum rises
As a leaf falls softly down. . .
Our success is near.

Roger/PA, Honorable Mention

fear, division, dark . . .
a bold leader emerges
eyes and vision bright.

James Miami FL, Honorable Mention

Hot winds blow westward
Hot air from Texas eastward
Fresh air from Howard.

Ed Sams, Honorable Mention

Honorable Mention Continued

In Vermont, sunrise
Over mountains of tall pines.
Texas remains dark.

Allan Provost, Honorable Mention

Ask where outrage lies--
watch one stone make ripples, beats
like a human heart.

AJ Paris, Honorable Mention

Storm cloud bird spreads hope
by giving his heart and mind
access to his smile.

Andrew344, Honorable Mention

Our souls are dying
Like autumn leaves from the tree,
Doctor, please save us!

deanforoke, Honorable Mention

Breakfast For High Energy Debate

Cut Red Papaya into bite-size squares
Sprinkle 1 tablespoon of Brewer's yeast over papaya
Accompany with hot herb tea

Contributing blogger: Tepetzintla



BBQ Sauce

Begin with any bottled commercial sauce...add some onion,
mustard, and beer.

Mix it up, slop on the meat while on the grill. . . MMMM, that's
so good !!!

Contributing blogger: rene' in Texas

*Is there anything I can do in the kitchen to help you
prepare for the cookout?*
Kyzona

An Atkins salad recipe for the BBQ--

Salad Greens

Figs (or blueberries, blackberries...)
Feta Cheese (or Gorgonzola, if you please)
bacon crumbs
hard boiled eggs (chopped)
(high carb limits--toss in some chopped tomato)

Dressing is Marie's Blue Cheese Vinaigrette

Have fun! I make this with figs! and a Fig Balsamic Vinaigrette from Berkley Bowl

Contributing blogger: Susan Sterman



Honorable Mention Continued

It steadily bloomed
like a beautiful garden:
Dean's grassroots campaign.

Mo from NY, Honorable Mention

The bleak skies brighten
And chilled hearts soar with Howard;
We count after all

Speedbump, Honorable Mention

Howard Dean cries out,
The Emperor wears no clothes!
Fall makes flight--suit moot

LA Mom, Honorable Mention

Dean plants seeds of hope,
Grassroots spring forth to take back
Our America.

Jeff in PA, Honorable Mention

Honorable Mention Continued

The frozen soil of
Right-wing hegemony cracks;
Dean grass-roots spring forth!

John C. from Northern Virginia, Honorable Mention

streams of consciousness
comfort in uncertainty
dawn breaks on the blog

wende in sf, Honorable Mention

The September song
lies among ashes rising,
Phoenix-like new chord

Tepetzintla, Honorable Mention

Just What Is Haiku?

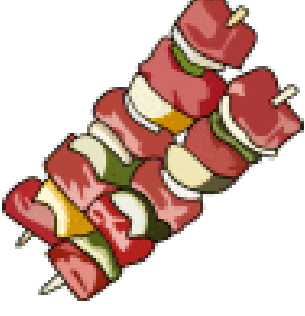
It might be helpful to review the guidelines for the haiku contest. I was very pleased to see that some people actually followed the rules! But, being a blatant non-conformist and rather anti-authority, I could hardly reject a poetic effort on the grounds that a season word was not included or that an extra syllable had inserted itself while I wasn't looking.

John and Blanche marry,
Don't want any fondue pots—
Just our country back!

Bruce in CA

Beaten, bashed, broken:
Liberty withers with Bush;
Dean respects Freedom.

Ron



Ron loves limericks, so he couldn't resist adding this:

There once was a liar named Dubya,
Whose tendency was to flub it -- yeah!
He started a war,
But neglected the store,
And lost the election to the Gov. -- yeah!

Ron

a patriot act -
helping all americans,
not just your rich friends.

Matt Kalin

I love that the Dean Campaign is promoting the arts!!
LA Mom

Veggie Shish Kebabs

I make this recipe differently depending on my mood and what's on hand. You need long skewers for this. A cleaned, straightened wire hanger can work, too.

Vegetables: mushrooms, tomatoes, summer squash, bell peppers, eggplant, onion, or other grillable veggies (or fruit if you like)

Marinate several hours or even over night in one of the following meat marinades, such as Lowry's Thai Ginger Sauce, or BBQ Sauce, or Italian Salad Dressing. Or be creative. Generally, anything with a vinegar base works well. I often add extra vinegar in as well. Avoid dairy based things. Fire up the coals. Put veggies on skewers. Grill on each of the four sides until thoroughly cooked.

*Note you can make meat shish kebabs or intersperse meat with the veggies. However, it is advisable to marinate the meat separate from the veggies.

Contributing blogger: Sarah in Ohio

Easy Crock Pot 5 Can Chili

1 can each black beans, kidney beans, and chili hot beans
1 can tomato sauce
1 can diced tomatoes with jalapeno pepper
2 T. Chili powder, 1 ½ T. garlic powder
½ package imitation meat such as Boca Burger crumbles.
2 cups water.

Dump all of the above in a crock pot and cook for at least 4 hours or all day.

Contributing blogger: Sarah in Ohio

Therefore, here are the haiku guidelines, as it were.

1. Haiku is a form of traditional Japanese poetry. Haiku poems can describe almost anything. For our purposes, we will require the haiku to have a Howard Dean theme.

2. The Howard Dean haiku will be a 17-syllable verse form consisting of three metrical units of 5, 7, and 5 syllables.

That is, the first line will have 5 syllables, the second line will have 7 syllables, and the third line will have 5 syllables.

3. The Howard Dean haiku will require the use of the traditional technique called cutting. Cutting divides the haiku into two parts. The first part is made up of one or two lines, and the second part is made up of the rest. In English, cutting is demonstrated with a colon, a long dash, a comma or an ellipsis at the end of the first or second line. The two sections remain independent of each other, yet both sections enrich the understanding of the other.

4. The traditional haiku has a seasonal theme. It is not necessary to mention a specific season, but it is required to somehow depict or imply a season. For example, a cherry blossom might imply spring, a firefly might imply summer, and a bush might imply the winter of our discontent. The Howard Dean haiku will require the seasonal element to be present.

5. So, to sum up, the strict structure of the Howard Dean haiku must be observed, but there is infinite freedom within that form. Just like a sonnet. Only shorter.

Virtual Steak Fry Recipe Honorable Mention

Grilled Nectarines

Get four nectarines. Cut each in half, take the pit out, and put them on the grill, at medium-low heat.

Freeze creme fraiche in the refrigerator. When the nectarines seem ready--pierce them with a fork, and if they're tender, take them off the grill and put them face up on a serving plate.

Spoon creme fraiche into the center of each nectarine. Serve immediately. About four servings. It's very easy to double or triple the recipe if you want.

Hope you like this!

Contributing blogger: Noelle, Honorable Mention



Wow, who would have imagined that I could help elect a President by learning to write Haiku. This is amazing.

Richard in Pleasanton

Forgetting to care,
a daughter drifts in summer--
thanks, Mom, for the blog.

AJ Paris

Sleepless dream of fall--
one vote away, hope waits for
January snow.

AJ Paris

Our Republic moans,
"Help! Restore my Liberty!"--
Dean brings cleansing sun.

Ron

Coming from the crisp
air of Vermont is Howard,
for America.

Mo from NY

Dean's In The Heart of Texas Cake

1st 2 cups flour
 2 cups sugar } mix together
 1 teaspoon baking soda
 ½ teaspoon salt

2nd 2 sticks melted butter
 1 cup water } mix together and add to dry mixture above
 4 tablespoons cocoa (=¼ cup)

3rd ½ cup sour cream or buttermilk
 2 eggs well beaten } add these to above
 1 teaspoon vanilla extract

Bake in jellyroll pan (mine measures 11x17 inside - it has to have sides!) at 350 for 15-20 minutes. Cool.

Icing for Texas Cake

1 stick butter
4 tablespoons cocoa (= ¼ cup) } bring to boil
6 tablespoons sour cream or buttermilk

1 pound powdered sugar (sift if you can!)
1 teaspoon vanilla extract } add these to boiled mixture above

Frost the whole sheet of cooled Texas cake.
Cut into small squares to make a lot of pieces.
Can add chopped nuts to icing, but remember that some don't/can't eat nuts if you're making it for a large group.

Contributing blogger: Kenn's Mom

42

Into the deep snow
drives a passionate doctor:
house call for country.

Valerie in San Diego

Here school boards crumble,
Deficit is the word taught.
Let's leave Bush behind.

Arlyn

Bloggers and websites,
Jam infinite cyber space.
Chanting "Dean, Dean, Dean!"

MichaelPH in Ventura



Do I trust George Bush?
Yes, I do. I trust that he'll
do as he has done.

phoebe in palm beach county

"Mission accomplished":
A hollow farce by summer.
We can do better.

Sheila Fyfe

Trees shake amber leaves:
Only short months now are left
Until Dean has won!

barbara

Sleepless Summer Tour
September To Remember -
What's next, Joe Trippi?

Bruce in CA

Who Knew This Wasn't Really A Haiku Contest?

As you can see, I received this memo from a Haiku contributor the day after the Virtual Steak Fry. He offers some "critique" of the Haiku contest rules along with some "so-called" haiku, which, of course, are quite nice but perhaps are not actually haiku. I thought I'd share this with you just for fun (and ok, a little education never hurt a person, either).

My Mom's (a Dean supporter, too) Potato Salad

4T butter - melt in saucepan
(Do not use margarine. Margarine is the equivalent of low-grade plastic.)

1 egg - beaten in a bowl
1/2 cup milk - add to egg and add to butter

Stir in dry ingredients (mix in small bowl to prevent lumps)

1/3 cup sugar
1T cornstarch or flour
3/4 t. salt
3/4 t. celery seed
1/4 t. dry mustard

Slowly add and stir 1/4 cup vinegar

Cook and stir over low heat until thickened

Remove from heat, blend in onion and mayonnaise
1/4 cup chopped onion or 1T minced dry onion
1/4 cup mayonnaise

Cool in refrigerator

Cook 7 medium potatoes, let cool, then dice them
Cook and cool 4 hard-boiled eggs, then chop them

Mix the dressing in with the potatoes and eggs.
Chill well.

Contributing blogger: Nancy in Iowa

Leaves falling '04,
Taking back America
Is reality!

Jeff in East Lansing

george w. bush:
if but your integrity
were like howard dean's.

Matt Kalin

Late night Deanies work
Sweet hope and inspiration-
One more Krispy Kreme?

Alex in CA

At last hope blossoms
A community made bold
We Meetup for Dean

Arlyn

Phony springtime war,
A ruined economy.
Take our country back.

Sheila Fyfe

40

To: Linda Thieman
From: Bob Godwin
Subject: Howard Dean Haiku and Senryu
Date: September 14, 2003

Technically, this "haiku invitational" is an invitation to submit senryu.

Haiku and Senryu are individual poetic forms, each using the 5-7-5 pattern.

A haiku attempts to describe a sense of nature, or the effect of nature upon the observer, and thus the presence of the season word.

A senryu attempts to describe The Human Condition, and does not use the season word. It is the more appropriate form for a poem with a Howard Dean theme.

In the three series of "haiku" sent over the past three days, I have attempted to show three things:

- 1) the presence of "cutting" in English-language haiku/senryu can "dumb down" the sense of the poem (the intelligent reader should make the connection internally);
- 2) the absence of season words makes it a senryu, not a haiku;
- 3) the presence of season words does not necessarily make it a haiku.

For one who writes both haiku and senryu, this "haiku invitational" has been a challenge. Thank you.

You're welcome, Bob! And thank you!

13

a springtime of lies
calls for a strong antidote:
the doctor is in

Bob Godwin

a summer madness,
quite sleepless in Seattle.
politics reborn.

Bob Godwin

Who is sure to win
among the nine debating?
The Governor speaks.

Robert B Godwin

Where the life support
in the Winter of our lives?
Good doctor, speak out!

Robert B Godwin

Autumn colors words.
Intra-party strife at hand:
Left and Right attack.

Robert B Godwin

Fire Roasted Corn Dip

4 ears fresh sweet corn
1 cup minced onion
1/4 cup red bell pepper, chopped
1/4 cup yellow bell pepper, chopped
1 tablespoon chopped garlic
2 tablespoons finely chopped green onions, tops only
1 cup mayonnaise
8 oz. grated Monterey Jack cheese
2 serrano chilies, finely chopped
Butter and oil

Lightly oil ears of corn and cook on charcoal grill for 1 minute on all sides. Remove from grill; cut kernels from cobs. Saute onion and peppers in 2 tablespoons butter until soft. Add garlic and serrano chilies and stir for 1 more minute. Stir in corn and onion tops; remove from burner. In a bowl, combine mayonnaise and cheese. Stir in sauteed veggies and put in round flat oven proof pan (like glass pie dish). Bake at 400 degrees until brown and bubbly (about 10 minutes). Serve warm with tortilla chips.

Contributing blogger: Libby Slappey



Howard who? from where?
A long handshake seals the deal
Sudden breeze: we know.

wende in sf

crisp january -
in iowa, new hampshire,
the deans celebrate.

Matt Kalin

When we step on trolls
Our feet get big and ugly.
Why not step around?

Patricia Taylor

We have no snow here...
But this permanent chilling
Needs Dean's warmth to heal

Peggy Briedis

Our nation is sick,
And needs a new remedy.
Dr. Dean is in!

Jesse T. Willard

38

Veggie Ribs

I know this sounds strange but I guarantee it's a great meal. My meat-loving girlfriend loves these veggie ribs.

1 lb extra-firm tofu (in the produce section usually). When you get home from the grocery store, put it in the freezer overnight. (Freezing tofu gives it a much firmer, meatier texture.)

1 cup smooth peanut butter
1/4-1/3 cup vegetable oil
1 tsp chili powder
1/2 tsp garlic powder
dash salt & pepper
1 bottle of barbeque sauce (like Lea & Perrin's or KC Masterpiece)

Preheat oven to 425.

Defrost tofu. Squeeze the tofu block to remove as much excess water as possible. Cut into 1/2 cubes.

Mix the peanut butter, oil, chili powder, garlic powder, salt, and pepper together in a small bowl.

Dip each piece of tofu in the peanut butter mix and place on an oven-safe pan. Bake for approximately 15 minutes, or until the tofu seems a little firmer. Turn tofu over and bake another 5 minutes or so. Next, pour barbeque sauce (as much or as little as you like) on the tofu. Coat both sides of the tofu. Bake for an additional 10 minutes.

I like to serve this with rice and lima beans.

Contributing blogger: Janelle in NM

15

Dean speaks the full truth:
America needs new hope
to blossom again.

Richard in Pleasanton

Dean rides the hot trail
No rest until arrival . . .
Can we not follow?

Speedbump

blog4whitehouse rocks
deck the winter Rose Garden,
community streams

Tepetzintla

Masses lost in piles
of lies falling from above--
Dean rakes in the truth.

twin mama Lorrie

people power dean
he empowers the people
chimps fall where they may

Brett Michaelson

16

ChilaquilesForAmerica

1 kilo (2 lbs.) of corn tortillas, cut or torn into bite-size pieces
1 kilo (2 lbs.) of tomatillos (tomate verde)
blend in blender

cut-up tomatillos with chile Manzano to taste
(traditionally ground in a molcajete, a rough basalt rock mortar
and pestle)

(the favorite chile here in Tenancingo in the State of Mexico)

(These are small fat-like-an-apple chillis.)

They can be green or usually yellow or even red, or you can use
the type and amount of chilis you like)

Lightly brown fresh chopped garlic to taste in olive oil in 1
frying pan over a medium flame, add blended or ground
tomatillos, stir and allow to simmer

Saute in olive oil bite-size pieces of tortillas in another frying pan
until they are in "crunch" mode, add the tomatillo sauce from the
other pan, mix well and allow it to soak up for a while

The HEALTHY Secret of this recipe is NO SALT

The TASTE Secret of this recipe is no onion in the sauce.

Serve the Chilaquiles hot with thin-sliced onion rings
and chopped lettuce on top

Contributing blogger: Tepetzintla

37

Winter mostly sucks
But this year, I welcome it;
Primaries to come

Peggy Briedis

Soul once sunny, now
Is shut, Bush-poisoned -- who will
Heal its grief? Will Dean?

Ron

My work piles higher,
I have no time for this stuff:
I must read the blog!

barbara

Blanketed by lies
I cry enough! Plant fresh roots,
Campaign for Howard

Arlyn

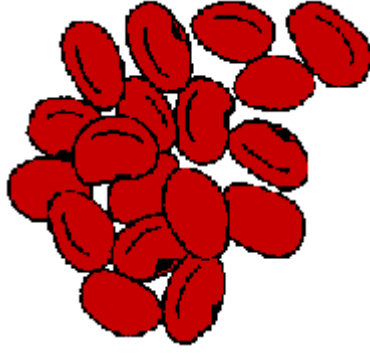
Predators prowling,
Americans in bunkers
Give 'em hope Howard

Geri in No VA

36

The Howard Dean 7-Bean Barbecue

Great for Bushwhack parties and picnics, not recommended for day-long RV road trips . . .



INGREDIENTS:

One can each:

Any Beer

Red Beans

Navy Beans

Pinto Beans

Kidney Beans

Garbanzo Beans

Black Eyed Peas

Large Butter Lima Beans

One large, mild garlic bulb

One onion, sliced into chunks

One red pepper, sliced into chunks

One cup honey, molasses, or brown sugar

One large bottle of your favorite BBQ sauce

Directions:

Sautee garlic, pepper and onion until partly caramelized;

Drain and rinse all cans of beans;

Put all ingredients in large crock pot or slow cooker;

Stir it up real good

Simmer minimum 6 hrs at low heat.

Contributing blogger: John Patterson

A Triple Haiku For The Occasion

He comes from Vermont
bringing us some Hope again...
Our World holds Its breath.

He goes to D.C.
The people asked him to serve...
Whew! Our World breathes out.

One extra term please
We The People ask again...
Our World loves and laughs.

jspady

The Doctor Is In
Strong Capable Leadership
Want My Country Back

mary

Pelosi's letter...
Critical of Howard Dean
Is now retracted.

Bruce in CA

Grilled Salmon with Strawberry Salsa

6 salmon fillets, skinless

Salsa

1 English or seedless cucumber,
finely chopped
1 green onion, thinly sliced
1 Tbsp. cilantro, cut into strips
3-4 Tbsp. seasoned rice wine vinegar
2 cups fresh California strawberries,
hulled and diced small.
1 yellow pepper

Sauce

1 stick unsalted butter
1 clove garlic
1 Tbsp. honey
2 Tbsp. soy sauce
1 Tbsp. fresh lemon juice

Directions

1. Mix cucumbers, green onion, cilantro and vinegar.
2. Cover and chill at least one hour. Just before serving, add strawberries.
3. In a small saucepan, melt butter with garlic over low heat. Stir in honey, soy sauce, lemon juice and cook two minutes, set aside.
4. Prepare a charcoal grill. When ready, brush sauce on salmon pieces and place on a well oiled fish grilling rack.
5. Place rack over coals about four inches from fire and grill approximately four to five minutes on each side.
6. Brush with sauce again after turning and again when done.

Contributing blogger: Sherry R, Seattle

housewarming for dean -
pennsylvania avenue,
washington, d.c.

Matt Kalin

November leaves fall--
The people open their eyes
Voting Howard Dean!

Heather in OR

Everywhere dogs bark:
It is pointless to resist us,
Kasey leads the pack!

barbara

War fires burn brightly
Bush will not be here to see
when all turns to ash

Charles in AL

Bush's lies come home:
Disowned friends refuse succor;
In fall, Dean unites.

Ron

Sun replaces storm,
Joy replaces despair: Gov.
Dean beats Bush in fall.

Ron

We need a doctor
We're sick of lying cowboys
Vote for Howard Dean

Sally Sams

Fig harvest season,
Invite your friends and neighbors
Give a fig! for Dean

Geri in No VA

(Geri in No VA wrote this in honor of her September 13 house
party in Manassas, VA, entitled, Give a Fig! Vote for Dean. 24
people gathered and the party raised \$1,075 for Dean! The Gov
called in to her house party from this hill near the Iowa Steak
Fry: <http://photos.deanforamerica.com/gallery/23633/4/808586>)

Second best man "won,"
Second best is what we'll be
'Til the BEST man wins

JC-in-DC

Speedy's Italian-style Pot Roast (Crock Pot)

- 3-lb. beef roast, preferably from the shoulder
- 1 28 oz. can (or 29 oz, depending on brand) plain tomato sauce
- 1 14.5 oz. can diced and peeled tomatoes
- 8-10 Roma tomatoes, chopped (peel if you want to)
- 1 large onion, cut into strips
- 1/2-3/4 cup red wine
- 3-5 garlic cloves, minced, or 3-4 tablespoons jarred garlic
- 1/2 pound fresh mushrooms, whole or sliced
- 1 tablespoon olive oil
- 1 tablespoon dried parsley
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1 teaspoon ground fennel seed
- salt and pepper to taste
- 3 tablespoons brown sugar

OPTIONAL: Mozzarella cheese, grated over each serving

If you wish, you can brown the meat first, but I never bother. Either way, place meat in the Crock Pot. On top of that, add the canned diced tomatoes, tomato sauce and the red wine. Add the olive oil, minced garlic, herbs, brown sugar, salt and pepper. Stir with a spoon until the herbs are incorporated. Cut up the onions and the Roma tomatoes. Place in the Crock Pot and stir until all the vegetables are at least wet with the sauce. Set the Crock Pot on low and cook the meat for 12 hours. In the last hour of cooking, add the fresh mushrooms. You can leave them whole (I did and it's nice) or if you prefer, have only slices, they will do as well. Serve with the pasta of your choice.

OPTIONAL: When serving, try grating some good quality mozzarella cheese over each person's dish. It's great!

Contributing blogger: Speedbump, a.k.a. Speedy

20

We did not elect him, we don't have to keep him.
Kyzona

a speaker of truth,
dr. dean can lead us all
without a flight suit.

Matt Kalin

Bush questions our love,
Sundry lies, insults and jabs-
our people still stand.

MichaelPH in Ventura

People seem asleep
Hibernation rules them all...
Let's wake them up, Dean!
Peggy Briedis

Howard Dean from where?
Vermont seems like a nice place
time will tell, time will

wende in sf

Wilted Salad

romaine lettuce broken into salad size pieces
1-2 bunches small green onions chopped into small pieces
4 slices bacon cut into small pieces and fried until very crisp
reserving bacon grease
juice of two lemons
Lemon pepper
Salad Supreme seasoning

Combine the lettuce and green onions in large bowl. Season with lemon pepper and Salad Supreme. Put crisp bacon pieces on top and pour lemon juice over bacon pieces. Toss salad well to mix bacon down into the romaine. Heat bacon grease until smoking and pour over romaine mixture. Toss the salad and add a little bacon grease at a time. The bacon grease will have to be reheated throughout the process.

If the grease is not kept hot enough it will make the salad taste greasy; but when done just right, this salad is to die for (a good thing because it probably would kill you if you ate it on a daily basis.) In our family, we practically fight over who gets the left over dressing at the bottom of the bowl to add to our baked potatoes.

Contributing blogger: Linda-Reno



John Kerry in the
autumn of his discontent:
"Dean, Dean, Dean, Dean, Dean"

John C. from Northern Virginia

Crushed, flat on the path,
the leaf of our better dreams --
this leaf is still green.

Valerie in San Diego

Awash in cold lies
Wintery weapons of death;
Howard can save us

dalemac in CA

Energy Barons
Turn out the hot summer lights;
Give 'em Hell Howard

dalemac in CA

*I've never written poetry in my life, but I had fun doing
this.*

dalemac in CA

Long nights my heart weeps
At destructive policies.
Democracy cries

Arlyn

Leviticus 8:13-15 gives the context of this haiku (along with what
Lieberman is spouting):

Even-handed Dean:
Laying hands on the head of
'Fair and Balanced' bull

Oscar In Louisville

Dean's roots withstand frost
Bush's roots freeze in winter--
What blossoms is Dean

Carol Elkins

People dreaming of
The wondrous path ahead. . .
Our Dean is on call!

MadforDean

22

Texas Family Barbeque

In our Texas family, we do not put any sort of barbeque sauce on the meat while it is cooking.

For pork, chicken, or goat kid, we use:

Lemon juice
Butter
garlic
salt and lots of black pepper

Melt it all together and put on meat while it cooks very slowly over mesquite coals.

For the sauce served at the table - to be used after cooking:

1 small bottle catsup
Juice of one lemon with half of the lemon rind left in the catsup while the sauce is heated
1 stick butter
1/4 cup Worcestershire sauce
Tabasco Sauce to taste

Heat over very low heat for a half hour or so until the oil from lemon peel flavors sauce.

Serve this sauce warm.

Traditionally, we cook steak over mesquite wood coals with only a little garlic salt and lemon pepper and NO sauce served over it at the table. With steak we serve baked potatoes and wilted salad.

(See page 32 for Wilted Salad).

Contributing blogger: Linda-Reno

31

The Dean campaign has offered me many firsts... my first political contributions, and now my first Haikus. Thanks for the ride.

John

The doctor tells us
in winter of discontent
that spring has come.

Peter Liepmann

howard dean knows this:
don't say what they want to hear,
just tell them the truth.

Matt Kalin

Rumsfeld, Cheney, Rice
Freezing up honest debate:
Dean warms up my soul.

twin mama Lorrie

The leaves fall slowly
as our economy fails.
Dean is the answer.

Mo from NY

30

Kimz "I have a STEAK in America, so I'm voting for Dean" Marinade Recipe

1 cup of bourbon
1 small to medium purple onion, coarsely chopped
3 tablespoons of sugar or honey
2 tablespoons freshly cracked black pepper, more/less to taste if desired: smashed cloves of garlic
(This amount is for one medium- to large-sized steak)

Trim fat off steaks as desired, prick both sides with a fork several times, put the marinade in a Zip-Loc bag with steaks and marinate in the fridge for at least 3 hours.

Remove steaks from bag, reserving marinade to brush over during grilling if desired. Grill over a good hot grill to desired doneness. I personally think anyone who likes a steak well done is a Republican plant and should have scorn heaped upon him.

The marinade will slightly caramelize, making the steak deliciously brown on the outside. For teetotalers, the booze cooks away so there's no alcoholic content to this.

You can brush the steak during grilling with the marinade, but never serve it as a sauce on the side, because it's been in contact with raw meat.

Really delicious with fresh corn-on-the-cob (peel back the shucks, add some butter, pull the shucks up and tie with twine, and grill - yum!), crisp green salad, fresh asparagus just lightly steamed, crusty French bread with herbed butter, and a glass of good Australian Shiraz, California Cabernet, or Fat Tire Beer from New Belgium Brewing Co., Fort Collins, Colorado.

Contributing blogger: Kimberly

23

People Powered Dean
Does not make smoked sausages--
That's the other Dean.

Alex

At Monticello--
a small girl squints in sunlight,
says, "Who's Howard Dean?"

AJ Paris

Dean is not afraid!
We will stand with him today
For regime change here.

Jesse T. Willard

As fall approaches,
we must rise together for
equal rights for all.

Mo from NY

24

Netarts Bay Seafood Co. Kalamata Chinook



Grab the mesquite and fire up the barbie

Slice a whole, Pacific Northwest WILD chinook salmon in half
(friends don't let friends eat farmed fish!)

Put the skin side down (if you are fussy about your barbeque,
you can put it on a piece of foil)

Slather that fish with Kalamata olive paste (available in most
condiment sections of grocery stores)

Do not overcook, you may have to keep sampling at the grill to
get it to your taste in doneness (it's a good excuse anyway)

Serve with a squeeze of lemon and a good bottle of Oregon pinot
noir.

Vote for Howard Dean

Contributing blogger: Heather (and Brian) in OR

Dubya's Texas Toast

Take a loaf of old stale policies (voodoo economics, massive tax
cuts for the wealthy, patriot acts 1, 2, etc.) and burn over a white-
hot fire of terrorist attacks. Season liberally with fear, and serve
up with a heapin' helping of jingoistic patriotic platitudes. Cost:
deficits as far as the eye can see.

Contributing blogger: Ed Madej

29

a ray of hope shines,
dean will make us all proud of
our country again.

Matt Kalin

Why do I do this,
This crusade for Howard Dean?
My children, that's why.

MichaelPH in Ventura

If Bush is a wasp
And Dean is a butterfly--
Whom, then, would you choose?

Peggy Briedis

Crocuses emerge,
I dream of new horizons,
Cast my vote for Dean.

Arlyn

Springtime's hope withers:
Bush misled, made unjust war;
Yet Dean restores faith.

Ron

Rain falls steadily,
But we are singing today!
Dean will win for us.

barbara

Squirrels stocking up
at quarter's end a surplus . . .
Each day's goal we meet.

twin mama Lorrie

Clear September morn
Awake to the scent of Fall
Thoughts soon turn to Dean

Charles in AL

Old Hippy Smoke-damaged Beans

My all-time favorite outdoor-cookin' thingy

Presently, it's a vegan delight, but thirty years ago we used to steal a pig to add to the fixings.

- 1 lb dry pinto beans, soaked overnight
- 2 16 oz cans black beans
- 2 yellow onions
- One quart v-8 juice
- 3 jalapeno peppers
- 3 anaheim peppers
- 4 ounces maple syrup
- 1 lb mushrooms sliced
- 1 clove garlic, crushed



Start a fire in the barbecue. Maple, aspen or mesquite work best. In a big pot or a really big flat commercial serving pan, mix beans, mushrooms, peppers, v-8 juice, maple syrup, garlic, and jalapeno peppers. Split onions and anaheim peppers and place directly on grill until charred. Then cut them up and stir in with the beans, etc. Place pot or pan over fire and slowly cook while stirring more than occasionally. (A used crock pot liner also makes a good cooking vessel.) A covered smoker-type barbecue works best. Cook 2-3 hours over low fire and remove just before liquid evaporates. Serve this dish outdoors. Serves 6- 20 people

Contributing blogger: Steve from NE

I always voted
But never thought I mattered;
Next fall, I just might
Peggy Briedis

No trees left standing
Our nation's "Healthy Forests"-
Left in greedy hands.

MichaelPH in Ventura

Cowboy with big guns....
S'posin' you go tend your ranch.
Doc's rode into town.

phoebe in palm beach county

As leaves start to turn,
we must prepare for battle
to save our future.

Mo from NY