

"Anyone who says they are not interested in politics is like a drowning man who insists he is not interested in water." ~ Mahatma Gandhi

Good morning and welcome to the newest issue of **A to Z Recipes Newsletter**. Yes, we are on vacation but, hey! You gotta cook! I am scheduling this issue to get to you early Sunday morning. I enjoyed doing it. I hope you enjoy reading it and maybe find a recipe you can't live without!

In today's issue we share recipes from the late **Treva Key, of North Carolina**, who was a long-time devoted reader. I will continue to post her recipes here until such time I have enough from YOU to begin posting those again. Also today we share recipes from another faithful reader, **Marilyn M. from Ohio** who has sent in recipes on a regular basis for years, even during the times when no newsletters were being posted! I have added a few of my own in this issue as well.

Why not take a few minutes and send us a recipe?

For recipes use [this link](#).

For other postables use [this link](#).

I have embedded the "subject" line so I know you're a friend, not a foe. PLEASE remember to include your name (just your first is fine) and your location (just your state is fine). I thank you so much!

Want to get to know one another better or share cooking tips? In years past we had a huge gathering of fellow recipe collectors, cooks, and friends at the "QT". Join in at the A to Z Recipes Quick Talk (QT). Here is the link:

<https://www.quicktopic.com/37/H/a8K9wr7j97nV>

TREVA'S RECIPES

Sugar Crumb Crispies

1/4 cup butter *make sure butter is cold*
1/4 cup sugar
1/4 cup brown sugar
1/4 tsp cinnamon
dash of salt
1/2 cup flour
1 can Pillsbury Crescent Rolls

Preheat oven to 400 degrees F.

Cut in butter to sugars, cinnamon, and salt and flour to form crumbs.

On an ungreased cookie sheet, separate crescent roll dough into 8 triangles. Sprinkle crumbs on top.

Bake at 400 degrees for 8-12 minutes.

After they were cooked and cooled I cut them into smaller triangles but you can leave them big too!

GLAZE

1/2 cup powdered sugar *I like my glaze thicker, so if the glaze is too runny, just add more powdered sugar to get yours to the desired consistency.*
1 Tbsp. softened butter
1-1/4 tsp. vanilla
1 to 1-1/2 Tbsp. milk

Blend together and drizzle over Sugar Crumb Crispies.

Chocolate-Espresso Semifreddo

Serves 8

1 & 1/2 cups (375 mL) sugar
Water
1 & 1/4 cups (310 mL) strong brewed espresso
1/2 cup (125 mL) whole milk
1 vanilla bean, split, seeds scraped
1 teaspoon unflavored gelatin, dissolved in 2 teaspoons of water
2 ounces (60 g) bittersweet chocolate, chopped
4 large eggs
1/4 cup (60 mL) light corn syrup
1 & 1/2 cups (375 mL) heavy cream

18 dry ladyfingers
1 tablespoon unsweetened cocoa, for sprinkling
Raspberries, for serving
Unsweetened whipped cream, for serving

In a small saucepan, combine 1 cup (250 mL) of the sugar with 3/4 cup (185 mL) of water and 1/4 cup (60 mL) of the espresso. Bring to a simmer over moderate heat, stirring to dissolve the sugar. Remove the pan from the heat and set aside this espresso syrup to cool.

Meanwhile, in another small saucepan, boil the remaining espresso over high heat until reduced to 1/4 cup (60 mL), about 8 minutes. Pour into a medium heatproof bowl. Rinse and dry the saucepan.

In the same saucepan, warm the milk with the vanilla bean and seeds over medium heat until bubbles form around the edge, about 2 minutes. Remove from the heat and stir in the gelatin mixture until melted. Discard the vanilla bean. Add the hot milk to the reduced espresso. Add the chocolate and whisk until it has melted and blended in.

In the bowl of a stand mixer, or in a large bowl with a hand-held electric mixer, beat the eggs at high speed until light yellow and foamy.

In the small saucepan, bring the corn syrup, the remaining sugar and 2 tablespoons of water to a simmer. Cook over medium-high heat until the syrup registers 235 F (113 C) on a candy thermometer, about 5 minutes.

With the mixer at medium high speed, gradually pour the hot syrup into the eggs. Continue beating until the mixture is very pale and has tripled in volume, about 4 minutes. With a rubber spatula, gently fold in the espresso mixture

In a bowl, whip the heavy cream until stiff peaks form. Fold the cream into the egg mixture until no streaks remain.

Spoon about one-fourth of the mixture into a 9-inch springform pan. Dip 6 ladyfingers into the espresso syrup until just soaked through. Arrange the ladyfingers in rows on top. Repeat the process two more times, then top with the remaining mixture. Cover with plastic wrap and freeze for at least 6 hours.

Before serving, warm a thin, sharp knife under hot water. Unclasp the ring on the springform pan; then, run the heated blade around the edge of the semifreddo and remove the ring.

With a small, fine-meshed sieve, sift the cocoa over the top of the semifreddo. With the heated blade, cut the semifreddo into wedges and serve on chilled plates, garnished with raspberries and whipped cream.

Source: Wolfgang Puck

Crock Pot Blueberry Dump Cake

1 box Betty Crocker White Cake Mix {16.25 oz.}
2 cans Blueberry Pie Filling {21 oz. each}
1 stick Butter, melted

Spray inside of Crock pot with non-stick cooking spray.

Empty cans of Blueberry Pie filling into bottom of crock pot, and spread out evenly.

In medium mixing bowl, combine dry Cake Mix and melted butter, and stir until crumbly {break up any large chunks into small crumbles with spoon}.

Pour cake/butter crumble mixture over blueberry mixture in crock pot, and spread out evenly, and cover crock pot with lid.

Cook on HIGH for 2 hours, or LOW for 4 hours.

Serve with Ice Cream or Whip Cream.

Red, White, and Blue Jell-O

2- 3 oz packages of blue Jell-O
4 cups boiling water, divided
4 1/2 cups cold water, divided
1 cup fresh blueberries
1 envelope unflavored gelatin
1 cup milk
2/3 cup sugar
2 cups (16 oz) sour cream
1 teaspoon vanilla
2- 3 oz packages of strawberry Jell-O
1 cup fresh strawberries, hulled and sliced
cool whip, room temperature

In a trifle bowl, dissolve strawberry Jell-O in 2 cups boiling water. Stir in 2 cups cold water. Add strawberries, save a few to garnish the top with later. Refrigerate until firm. {2-3 hours} *Do not start the next layer if the layer below is not firm. *

In a saucepan, sprinkle unflavored gelatin over 1/2 cup cold water; let stand for 1 minute. Add the milk and sugar; cook and stir over medium heat until gelatin and sugar are dissolved. Cool to room temperature. Whisk in sour cream and vanilla. Spoon over strawberry Jell-O and refrigerate until firm. {About 1-2 hours}

In a medium bowl, dissolve blue Jell-O in 2 cups of boiling water; stir in 2 cups of cold water. Add blueberries, reserving a few for the top

in a medium bowl, dissolve blue jell-O in 2 cups of boiling water; stir in 2 cups of cold water. Add blueberries, reserving a few for the top. Spoon over white layer. Chill until set. {3-4 hours} Garnish with cool whip and the reserved berries.

*Note, I like to start this recipe 1-2 days before I plan to serve it allow enough chill time for each layer. That way I'm not chained to the kitchen for hours waiting for each layer to chill. For example: I planned to serve this Saturday afternoon this year, so I started it Thursday night by doing the first layer. I then did the second layer Friday morning and the 3rd layer Friday night. Then on Saturday I garnished the top.

Source: <http://www.craftaholicsanonymous.net/4th-of-july-jello>

Simple Sweet Potato and Pomegranate Salad

You've never had a salad that tasted so good. I'm serious. Not only is this salad healthy, it is also incredibly delicious and can be served as a side dish or eaten completely on its own. Sweet potatoes are a healthy way to consume carbohydrates and pomegranates are super good for your heart!

Recipe makes: about 6 servings

Ingredients:

4 large sweet potatoes, peeled and cut into 1-inch cubes
1 tablespoon olive oil
Salt and pepper
1 cup of pomegranate seeds
1/2 cup pumpkin seeds
1/2 cup feta cheese

For the dressing:

2 tablespoons pomegranate juice
2 tablespoons red wine vinegar
1 tablespoon honey
2 tablespoons olive oil
Salt and freshly ground pepper

Begin by preheating the oven to 400 degrees F (204 degrees C). Place the sweet potatoes on a large baking sheet covered with parchment paper or foil. Drizzle the sweet potatoes with olive oil and toss them until they are well coated. Season them with salt and pepper to your taste. You can also add a dash of dried rosemary if you'd like. Roast the potatoes for about 20-30 minutes, stirring them occasionally until they are tender. Remove from the oven and let them cool.

Once the potatoes have cooled, place them in a large bowl with the pomegranate seeds, pumpkin seeds and feta cheese (you can leave out the cheese or use another cheese of your choosing).

To make the dressing, whisk together the pomegranate juice, red wine vinegar, honey, olive oil, salt and pepper in a small bowl. Before serving, drizzle the dressing over the salad and gently toss.

Pineapple Boat Fruit Salad

1 pineapple
1 pint fresh sliced strawberries
2 bananas sliced
2 kiwi fruits peeled and sliced
1 11-oz. can mandarin oranges, reserve juice
One quarter cup honey
Juice of 1 lime
Coconut flakes
Fresh mint leaves

Cut pineapple in half lengthwise. Dice pineapple and discard hard core that runs through the center of pineapple. Combine pineapple, strawberries, bananas, kiwi and mandarin oranges together in a large bowl. To make dressing combine juice drained from mandarin oranges, about one half cup, honey and lime juice together, shake well. Pour over fruit and toss. Place in pineapple shells and sprinkle with coconut and garnish with mint leaves.

The Skinny: Leave out the coconut flakes, which are actually pretty high in fat.

Source: Arcamax.com

Fettuccine with Shrimp Sauce

One half pound fettuccine noodles
1 and one half cup chicken broth
One quarter cup dry white wine
One half tsp. dried marjoram
1 pound shrimp, peeled and deveined
1 Tbsp. cornstarch
1 cup milk
One third cup Swiss cheese, shredded

Combine chicken broth, wine and marjoram in a saucepan and bring to a boil. Add shrimp and cook for about a minute until shrimp starts to turn pink. Remove shrimp from pan and set aside. Bring broth mixture to a boil and allow it to boil for about 15 minutes until it is reduced to

with pink. Remove shrimp from pan and set aside. Bring broth mixture to a boil and allow it to boil for about 15 minutes until it is reduced to about one-half cup. Meanwhile cook fettuccine according to package directions. Combine cornstarch and milk, pour into broth mixture, and then stir until mixture becomes thick. Add cheese and stir until cheese melts. Add shrimp and heat through. Serve over cooked fettuccine noodles.

The Skinny: We made this over the weekend and it was great. We used low fat chicken broth, milk and cheese.

Source: Arcamax.com

Fennel Salad

1 tsp. ground fennel seeds
One quarter cup lemon juice
1 Tbsp. olive oil
2 Tbsp. Kalamata green olives, pitted and minced
Salt and pepper to taste
2 fennel bulbs, sliced
2 Granny Smith apples, cored and sliced
One quarter cup fresh grated Parmesan cheese

Combine ground fennel, lemon juice, olive oil, olives and salt and pepper and whisk with a wire whisk. Combine fennel and apples. Pour dressing over fennel and apples and toss to coat. Sprinkle with cheese and serve.

The Skinny: This recipe is fine as is.

Source: Arcamax.com

Glazed Corned Beef on a Bed of Caramelized Cabbage with Root Vegetables

Serves 4 to 6

1 (4) pound corned beef

Caramelized Leeks and Cabbage:

2 tablespoons olive oil
1 tablespoon unsalted butter
2 leeks light green and white part, cleaned and thinly sliced
1 medium cabbage, cored removed and thinly shredded
Salt and freshly ground black pepper

Glaze:

1/4 cup whole grainy Dijon mustard
1/4 cup apricot preserves
1/2 teaspoon light soy sauce

Root Vegetables:

6 medium carrots, peeled and cut into 2-inch pieces
2 parsnips, peeled and cut into 2-inch pieces
8 to 10 small unpeeled white or red potatoes
2 tablespoons finely chopped Italian parsley

1. Place the corned beef, along with the pickling spices, in a pot and cover with cold water. Bring to a boil and then reduce the heat to a low simmer and cook for about four hours or until fork tender. (Think about one hour for each pound.) Remove from the pot, drain and place on a baking sheet. Reserve the broth.
2. Meanwhile, heat the oil and butter in a large skillet on medium heat. Add the leeks and saute about 7 to 10 minutes, or until nicely softened and lightly browned. Add the cabbage and toss with the leeks, cover and cook for about 10 more minutes or until starting to soften.
3. Remove the cover, turn up the heat to medium-high and continue cooking until the cabbage is wilted and beginning to caramelize. Add salt and pepper, about 1/2 cup of the corned beef broth and cook until the cabbage is moist but no liquid remains. Season to taste. Reserve.
4. Preheat the oven to 375 F. Make the glaze: Combine the glaze ingredients in a small bowl and spoon evenly over the cooked corned beef. Bake until the glaze is bubbling and brown, about 20 minutes. Place on a carving board; let rest 10 minutes. Slice the corned beef across the grain into 1/4-inch slices.
5. While the corned beef is in the oven, add the vegetables to the broth and bring to a boil on heat; reduce the heat to medium and simmer for about 15 minutes or until the vegetables are tender when pierced with a fork.
6. To serve: Spoon the braised cabbage on a rectangular platter. Arrange the drained vegetables around the side. Arrange the corned beef slices on top of the cabbage. Spoon a bit of the broth on top, garnish with parsley and serve immediately. (You can also serve on individual plates.)

Advance Prep: This can be made through Step 3 up to six hours ahead. Cover and refrigerate the corned beef until continuing. Cover the cabbage and gently reheat just before serving. Remember to reserve the broth.

Source: Diane Rossen Worthington, an authority on new American cooking.

Preparation Time: 30 min/Cook Time: 55 min
Serves: 12

Toasting the oats for this hearty muffin enhances their nutty flavor; orange zest contributes a citrus fragrance that plays well with the sweet dates.

1 cup plus 2 tablespoons old-fashioned oats
1/3 cup chopped walnuts, (optional)
1 cup whole-wheat flour
3/4 cup all-purpose flour
1/3 cup whole flaxseeds, ground (see Ingredient notes)
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
2 large eggs
2/3 cup packed light brown sugar
3/4 cup buttermilk, (see Tip)
1/2 cup orange juice
1/4 cup canola oil
2 tablespoons freshly grated orange zest
1 teaspoon vanilla extract
3/4 cup chopped pitted dates, (see Ingredient notes)

Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.

Spread 1 cup oats and the walnuts, if using, in 2 separate small baking pans.

Bake, stirring once or twice, until light golden and fragrant, 4 to 6 minutes for the nuts and 8 to 10 minutes for the oats. Transfer to a plate to cool.

Meanwhile, whisk whole-wheat flour, all-purpose flour, flaxseeds, baking powder, baking soda and salt in a medium bowl.

Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in buttermilk, orange juice, oil, orange zest and vanilla. Add to the dry ingredients and mix with a rubber spatula just until moistened. Fold in dates, the toasted oats and nuts, if using. Scoop batter into the prepared muffin cups (they'll be quite full). Sprinkle the tops with the remaining 2 tablespoons oats.

Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving.

Tips: Ingredient Notes: Flaxseeds are one of the best plant sources of omega-3 fatty acids. They provide both soluble fiber, linked to reduced risk of heart disease, and insoluble fiber, which provides valuable roughage. Flaxseeds are perishable, so purchase whole seeds (instead of ground flaxmeal), store in the refrigerator and grind in a clean coffee grinder or dry blender just before using. Look for packages of chopped pitted dates in the dried fruit section of your supermarket. Whole dates are sticky and cumbersome to chop.

Tip: You can use buttermilk powder in place of fresh buttermilk. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

Nutritional Information Per muffin: Calories 255 cal; Carbohydrates 42 g; Dietary Fiber 5 g; Fat 9 g; Saturated Fat 1 g; Protein 7 g; Potassium 233 mg; Sodium 198 mg; Cholesterol 36 mg

Source: EatingWell.com

Lemon-Pepper Shrimp Pasta with Fresh Thyme

Yields 4 servings.

12 ounces tricolor rotini (see Note)
1 tablespoon unsalted butter
2 tablespoons extra-virgin olive oil
6 slender green onions (white and green parts), cut diagonally into 1-inch segments
1 clove garlic, minced
2 teaspoons finely grated lemon zest
3 tablespoons freshly squeezed lemon juice, divided
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/3 cup heavy cream
1 (4 ounce) can small shrimp, rinsed and drained
1/4 cup freshly grated Parmesan cheese
Leaves stripped from 4 small sprigs thyme

In a large pot of boiling salted water, cook rotini over high heat for about 12 minutes, until tender to the bite (al dente). Scoop out about 1/2 cup cooking water and set aside. Carefully drain pasta.

Meanwhile, in a 12-inch skillet over medium heat, melt butter with oil. Add green onions and cook, stirring, for 1 minute, until softened. Remove from heat.

Stir in garlic for 20 seconds. Stir in lemon zest, 2 tablespoons lemon juice, salt and pepper. Stir in cream, then shrimp. Return skillet to medium-low heat and bring just to a simmer.

Add rotini and toss to coat. If pasta seems dry or difficult to toss evenly with sauce, add enough reserved cooking water to loosen it. Taste and, if desired, add remaining 1 tablespoon lemon juice and more salt to taste, if necessary.

Carefully transfer the pasta to warmed serving bowls. Sprinkle Parmesan over top and then thyme leaves.

Note: Tricolor rotini is a mixture of white, spinach and tomato pastas. If you prefer, use plain or whole-wheat rotini.

Source: "200 Best Canned Fish and Seafood Recipes" by Susan Sampson.

Lobster Bisque

Yields 6 servings.

3 (11 ounce) cans frozen lobster meat (see Note)
1 stick butter
3/4 cup all-purpose or cake flour
1/2 teaspoon cayenne pepper
4 cups milk
4 cups heavy cream
1/4 cup dry sherry
1 1/2 teaspoons (preferably sea) salt, or to taste
Freshly ground pepper, to taste

Thaw lobster meat in the can in the refrigerator. Reserve the refrigerated liquid in the can for use in the bisque.

Coarsely chop the lobster meat.

In a large heavy stockpot, melt the butter over medium heat. Stir in the chopped lobster and reserved liquid. Cover, reduce heat to lowest setting, and cook 10 minutes, stirring often.

Stir in flour and cayenne pepper and continue to simmer over low heat an additional 10 minutes.

Turn off heat. Pour in milk, cream and then sherry. Turn heat back on and heat to a simmer (do not boil), and then remove from heat.

Season to taste with salt and freshly ground pepper, using the amounts given as an approximate guide.

Note: Frozen canned lobster meat is available at some supermarkets, as well as online at places like Westmorlandfisheries.ca. The author notes that this recipe works best with thawed frozen canned lobster meat rather than fresh lobster. You can also substitute canned crab.

Source: Cooks.com

Banana-Kiwi Salad

Preparation Time: 25 min
Cook Time: 25 min
Serves: 4

Put away any preconceived notions of Grandma's fruit salad. This unusual combination of tropical fruit in a savory shallot vinaigrette will have you dreaming of the tropics.

2 tablespoons lime juice
1 tablespoon canola oil
1 tablespoon minced shallot
2 teaspoons rice vinegar
1 teaspoon honey
1/4 teaspoon salt
Pinch of cayenne pepper, or to taste
4 kiwis, peeled and diced
2 firm ripe bananas, cut diagonally into 1/2-inch-thick slices
1/2 cup diced red bell pepper
2 tablespoons thinly sliced fresh mint
2 tablespoons chopped cashews, toasted (see Tip)

Whisk lime juice, oil, shallot, vinegar, honey, salt and cayenne in a medium bowl. Add kiwis, bananas, bell pepper and mint; toss to coat. Serve sprinkled with cashews.

Tip: To toast nuts & seeds on the stovetop: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.

Nutritional Information Per serving: Calories 171 cal; Carbohydrates 30 g; Dietary Fiber 5 g; Fat 6 g; Saturated Fat 1 g; Protein 3 g; Potassium 544 mg; Sodium 151 mg;

Nutritional Bonus Per serving: Vitamin C (190% daily value), Fiber (20% dv), Potassium & Vitamin A (15% dv).

Source: EatingWell.com

Carrot Frittelle with Feta Cheese

Carrot Fritters with Feta Cheese

Makes 32 to 36 frittelle

5 large carrots
Kosher salt and freshly ground black pepper
4 large eggs, beaten
1/2 cup panko bread crumbs
1/4 cup rye flour
3 tablespoons grated caciotta cheese or Pecorino Romano
1/4 cup extra virgin olive oil
8 ounces goat's milk feta cheese or regular feta, coarsely grated
1 lemon, cut into wedges

Shred the carrots in your food processor using the finest grating disk, or on the finest holes of a box grater. Place the shredded carrots in a large bowl and season with salt and pepper. Add the eggs, panko bread crumbs, rye flour and caciotta; stir to combine.

In a 10- to 12-inch nonstick saute pan, heat the oil. Add the carrot mixture, 1 tablespoon at a time, and cook until each fritter is golden brown on both sides. Transfer the fritters to serving platter and repeat until you have used all the carrot mixture. Sprinkle with feta and serve with lemon wedges on the side.

Source: Mario Batali

Herb and Onion Frittata

Prep Time: 5 mins
Cook Time: 10 mins
Total Time: 15 mins
Contains Dairy, Contains Egg, Vegetarian

1 cup(s) onion(s)
1/4 cup(s) water
1 tablespoon water
1 teaspoon oil, olive, extra-virgin
1/2 cup(s) egg substitute
2 teaspoon fresh herbs
1/8 teaspoon salt
1/8 teaspoon pepper, black ground
2 tablespoon cheese, farmer

Preparation

1. Bring onion and 1/4 cup water to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes.
2. Uncover and continue cooking until the water has evaporated, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion is beginning to brown, 1 to 2 minutes more.
3. Pour in egg substitute, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
4. Reduce heat to low. Sprinkle herbs, salt and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
5. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

Nutritional Info (Per serving): Calories: 192, Saturated Fat: 2g, Sodium: 529mg, Dietary Fiber: 3g, Total Fat: 7g, Carbs: 16g, Cholesterol: 10mg, Protein: 15g Carb Choices: 1

Source: everydayhealth.com

Chef Richard's Hearty New England Clam Chowder

Serves 5
Prep Time: 15 minutes
Cook Time: 45 minutes

1 large head of cauliflower
1/4 teaspoon kosher salt
10 large quahog clams
2 tablespoons shallots, chopped fine
2 springs of fresh thyme
1 & 1/2 quarts low sodium vegetable stock
1 tablespoon extra-virgin olive oil
1 cup onion, chopped
2 cups fingerling potatoes, sliced in 1/2-inch rounds
1 cup carrot, sliced

1 cup celery, sliced
3 garlic cloves, chopped fine
1 bay leaf
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
3 cups unsweetened and unflavored soy milk
1/2 cup flat leaf parsley, chopped
1 teaspoon fresh dill
2 tablespoons scallions, chopped

Cook the cauliflower for the chowder: Place the cauliflower into a large pot filled with water. Season with salt, and bring the water to a boil. Cook the cauliflower until it is tender, about 5 minutes. Remove the cauliflower from the pot and strain it of any excess liquid.

Puree the cauliflower: Using a food processor, puree the cauliflower until smooth. Set aside for later use. The cauliflower puree will be the thickener for the chowder.

Cook the clams in a medium pot: Place the clams, shallot, thyme and a ½ quart of the low sodium vegetable stock into a medium sized pot. Bring the liquid to a simmer, and allow the clams to cook for about 6 minutes. When the clams are fully cooked the clam shells will open. Discard any clams that fail to open.

Reserve the clam cooking liquid: Once the clams are cooked, remove them from pot, and reserve the cooking liquid.

Remove the clams from their shells and reserve: Allow the clams to cool slightly. Once cooled, remove them from their shells and chop them for later use.

Sauté the onions, potatoes, carrot and celery: On medium heat, add the olive oil to a large pot. To the oil, add the onions, potatoes, carrot and celery. Cook the vegetables until softened, about 5 minutes.

Add the spices to the softened vegetables: Stir in the garlic cloves, bay leaf, kosher salt and black pepper.

Add the liquids and cauliflower puree to the chowder: Add the reserved liquid from the clams, the remaining vegetable stock, soymilk, and the cauliflower puree.

Bring the chowder to a boil, and simmer: Bring the soup to a boil, and then reduce the heat to low and simmer until the vegetables are tender, about 15 minutes or until the soup has thickened.

Add the cooked clams and fresh herbs to the chowder: Stir in the reserved clam meat, parsley, dill, and green onions. Continue to simmer for 10 minutes, stirring often.

Serve the clam chowder hot!

Nutritional information (Per serving - 1/5 of recipe): Calories: 387, Total Fat: 6 g, Saturated Fat: 1 g, Cholesterol: 13.6 mg, Protein: 19 g, Carbohydrate: 63.5 g, Dietary Fiber: 13 g, Total Sugars: 14 g, Calcium: 235 mg, Magnesium: 125 mg, Potassium: 2287 mg, Sodium: 663mg

Source: Chef Richard Rosendale

Rigatoni with Beef and Eggplant Ragù

Makes 4 servings

Active Time: 25 minutes

Total Time: 35 minutes

8 ounces whole-wheat rigatoni, rotini or penne
8 ounces 92 percent-lean ground beef
4 cloves garlic, chopped
1/2 teaspoon fennel seed
3 cups diced eggplant, (about 1/2 medium)
2 teaspoons extra-virgin olive oil
2 8-ounce cans no-salt-added tomato sauce
1 cup red wine
1 tablespoon chopped fresh oregano, or 1 teaspoon dried
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 teaspoons pine nuts, toasted (see tip)
1/2 cup crumbled feta, (optional)

Bring a large pot of water to a boil. Cook pasta until tender, 8 to 10 minutes or according to package directions.

Meanwhile, cook beef, garlic and fennel seeds in a large nonstick skillet over medium heat until the beef is browned, about 3 minutes. Add eggplant and oil; cook, stirring occasionally, until the eggplant browns, about 5 minutes. Add tomato sauce and wine; cook, stirring occasionally, until the sauce thickens, about 10 minutes. Stir in oregano, salt and pepper.

Drain the pasta; serve topped with the sauce and sprinkled with pine nuts and feta, if using.

Tips and notes: Prepare the sauce (Step 2); cover and refrigerate for up to 2 days. To toast pine nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Recipe nutrition: Per serving: 399 calories; 7 g fat (1 g sat, 3 g mono); 30 mg cholesterol; 57 g carbohydrates; 0 g added sugars; 22 g protein; 11 g fiber; 345 mg sodium; 788 mg potassium.

Nutrition bonus: Vitamin C (30 percent daily value), Zinc (26 percent dv), Vitamin A (25 percent dv), Potassium (21 percent dv), Iron (20 percent dv)

Carbohydrate servings: 3

Exchanges: 3 starch, 2 vegetable, 2 very lean meat, 1 fat

Source: EatingWell

www.eatingwell.com.

MARILYN'S RECIPES

Simple Brownie Cheesecake

1 pkg. (19 to 21 oz) Brownie mix (13 X 9 inch pan size)
4 pkg. (8 oz. each) Cream Cheese, softened
1 cup sugar
1 teaspoon vanilla extract
1/2 cup sour cream
3 eggs
2 squares Baker's Semi-Sweet Chocolate, melted in microwave for drizzle

Heat oven to 325 degrees. Spray 13x9 pan with cooking spray; set aside.

Prepare brownie batter as directed on package; pour into 13 x 9 inch prepared pan. Bake 25 minutes or until top is shiny and center is almost set.

Meanwhile, beat cream cheese, sugar and vanilla in large bowl with mixer until well blended. Add sour cream; mix well.

Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over brownie layer in pan. It will almost fill your pan.

Bake 40 minutes or until center is almost set.

Run knife or metal spatula around rim of pan to loosen sides; cool.

Refrigerate 4 hours. Drizzle top with chocolate topping.

Hawaiian Pineapple Coconut Fluff

1/2 cup chopped macadamia nuts, toasted and cooled
2 (3.4 oz) package instant coconut cream pudding mix
1 (20 oz) can crushed pineapple, with juice
1 (8 oz) can crushed pineapple, with juice
1 (14 oz) can sweetened condensed milk
1 (16 oz) jar maraschino cherries, well drained
3 cups mini marshmallows
1 (16 oz) frozen whipped topping, thawed

Preheat the oven to 350°F. Spread the chopped macadamia nuts in a single layer on a baking sheet. Toast for 4-6 minutes. Cool completely. In a medium mixing bowl, mix together the dry pudding mix, crushed pineapple, and condensed milk. Stir until the instant pudding has dissolved. (Do not drain the crushed pineapple) Fold in the maraschino cherries, marshmallows, whipped topping and toasted macadamia nuts until fully combined. Reserve about 1/2 cup whipped cream and 1 Tbsp of nuts for garnishing. Cover and chill for at least 4 hours before serving. Garnish with additional whipped cream, reserved nuts and maraschino cherries, if desired. Serves: 12

Cherry Coffee Cake with Crumb Topping

2 cups all purpose flour
2 teaspoons baking powder
1/2 cup butter, melted
1/2 cup milk
3/4 cup sugar (if you prefer less sugar use 1/2 cup)
1/2 tsp. salt
2 eggs, slightly beaten
1 can cherry pie filling or flavor of your choice
(Optional 1/4 cup finely crushed nuts for the topping)

Preheat oven to 325 degrees. Grease a 9x13 baking pan with shortening; set aside.

Place flour, sugar, baking powder, salt and melted butter in a large mixing bowl; stir together with a fork until crumbly.

If you have large clumps get your hands in there and break them apart. Your hands are your best kitchen tool.

Take 1/2 cup of the crumbs out of the bowl. If you're using nuts in the topping, add 1/4 cup of finely crushed nuts now, set aside.

In a small bowl whisk the slightly beaten eggs and milk together, add milk mixture to the large bowl of crumbs and stir until incorporated. There will be small lumps in the batter.

Pour the batter into your prepared 9×13 inch baking pan. Spread the cherry pie filling over the cake.

Sprinkle the reserved crumb topping over the pie filling.

Bake at 325 degrees for 40 to 45 minutes. Start checking cake at 35 minutes.

Remove from oven, place on a cooling rack.

Coconut Balls

14 ounces sweetened condensed milk
1 stick (1/2 cup) butter
14 ounces coconut
2 cups chopped nuts
2 lbs. powdered sugar
Ghirardelli Chocolate Candy Making Block (or your choice) (I only melt half at a time)

Mix ingredients together, except chocolate. Chill and roll into balls. Let stand 1 hour in refrigerator - after rolling into balls. Dip each candy into melted chocolate! Let set on waxed paper to harden!

Go-to Chicken (Shrimp) Salad

3 pounds skinned and boned chicken breasts
1 (49 1/2-oz) can chicken broth
1 cup finely chopped celery
1/2 cup finely chopped water chestnuts, rinsed and drained
1/2 cup finely chopped red bell pepper
1/2 cup finely chopped yellow bell pepper
1/2 cup finely chopped red onion
3 cups mayonnaise
1 teaspoon ground red pepper
1/2 teaspoon salt
1/2 teaspoon white pepper

Place chicken breasts in a large skillet; add chicken broth. Cover and bring to a boil over high heat.

Reduce heat to medium low, and simmer, covered, 30 minutes or until chicken is done.

Remove chicken from skillet, and let stand 15 minutes or until cool to touch. Shred chicken.

Combine shredded chicken, celery, water chestnuts, and next 3 ingredients in a large bowl.

Stir together mayonnaise, ground red pepper, salt, and white pepper until well blended; spoon over shredded chicken mixture, stirring to coat.

Cover and chill at least 4 hours.

Shrimp Salad: Substitute 3 pounds chopped cooked shrimp for chicken breasts and broth. Do not cook.

Reduce mayonnaise to 2 cups and salt to 1/4 teaspoon. Proceed with recipe as directed.

Parmesan Shortbread Biscuits

PREP TIME 10 mins
COOK TIME 15 mins
TOTAL TIME 25 mins

These buttery biscuits have the texture of shortbread with the kick of parmesan cheese flavor. The biscuits are buttery and have a "soft crumble" when you bite into them. **IMPORTANT:** Please ensure you measure the ingredients by weight. Cup sizes measure between countries and so for accuracy reasons, I have written the recipe by weight rather than cups because this recipe requires accurate measurement of ingredients to achieve the desired result.

3.5 oz / 100g salted butter, chopped (Note 1)
3.5 oz / 100g parmesan cheese, grated (Note 2)
3.3 oz / 95g plain flour

For rosemary flavoured biscuits

1 Tbsp rosemary leaves, roughly chopped (or 2 1/2 tsp. dried rosemary)

Two Ways To Make The Dough

Process the butter, flour and parmesan in a food processor until a wet crumbly dough; OR Alternative method: Place the flour and butter into a bowl and use your fingers to rub the butter into the flour until a crumble dough forms. Then add the parmesan cheese and use your fingers to rub it into the mixture. If you are making rosemary biscuits, add the rosemary at the same time as the parmesan cheese.

Make the biscuits

Lightly flour a surface and turn the dough out onto it. Knead to bring together, then shape into two logs with a diameter of around 3 cm / 1.2" and about 15 cm/6" in length.

Wrap with cling wrap and refrigerate for 1 hour or until firm. (Note 2)

Preheat oven to 180°C/350 F. Line 1 large baking tray or 2 ordinary baking trays with baking paper (parchment paper).

Remove the log from the fridge and use a sharp knife to cut the log into 7 mm/ 1/3" thick rounds.

Place the biscuits onto the baking tray at least 2 cm / 1" apart.

Bake biscuits for 12 minutes or until light golden.

Stand on trays for 5 minutes then transfer to a wire rack to cool. Serves: 25-30

NOTES

1. If you don't use SALTED butter, please add 1/2 tsp. salt.

2. To make this super easy, I use store bought grated parmesan cheese. The fresh kind from the refrigerator section, not the fake parmesan in the pasta aisle! 100 g/3.5 oz parmesan cheese is approximately 3/4 cup BUT it is important to weight it rather than measure it by cup because the weight by volume of grated parmesan cheese varies greatly between brands, freshly grated vs- store bought grated.

3. Sometimes, you will end up with a small ridge around the rim of the biscuit. You can see it a bit in the photos but sometimes they are even more prominent. If you want a perfect, evenly golden surface with no ridge, use a flat bottom glass and lightly press on the surface of each biscuit on the baking tray.

Source: Adapted this recipe from www.Taste.com.au

Egg Drop Soup

1 1/2 Tbsp. Argo cornstarch
4 cups College Inn chicken broth
1/2 teaspoon McCormick ground ginger
1/4 teaspoon garlic salt
2 large Eggland's Best eggs, slightly beaten
1 teaspoon Heinz white vinegar
1/2 teaspoon dark sesame oil
1/2 cup thinly sliced mushrooms
2 Tbsp. thinly sliced green onion

In a large saucepan, stir together cornstarch, broth, ginger, and garlic salt.

Bring to a boil; cook 1 minute. Reduce heat to medium-low.

Slowly pour eggs into broth mixture, stirring with fork, until eggs are cooked, approximately 1 minute.

Stir in vinegar and sesame oil. Top with mushrooms and green onion.

Quick Tip: Serve chopped green onions with this soup as a garnishment.

Chocolaty S'Mores Bars

1/4 cup butter, cubed
1 package (10 oz) large marshmallows
1 package (12 oz) Golden Grahams
1/3 cup milk chocolate chips, melted

In a large saucepan, melt butter over low heat. Add marshmallows; cook and stir until blended. Remove from heat. Stir in cereal until coated. Using a buttered spatula, press evenly into a greased 13x9-in. pan. Drizzle with melted chocolate chips. Cool completely. Cut into bars. Store in an airtight container. Yield: 1-1/2 dozen.

Easy Lemon Butter Chicken

1 lb. boneless skinless chicken breasts
kosher salt
lemon pepper
1/2 stick butter
3 cloves garlic, minced
Juice of 2 lemons
Zest of 1 lemon
1/4 cup. heavy cream
1 pint cherry tomatoes (preferably small)
1/4 cup shredded fresh basil
1 lemon, sliced into half moons
Cooked rice, for serving

Season chicken all over with salt and lemon pepper. In a large skillet over medium-high heat, heat oil. Add chicken and sear until golden and cooked through, 10 minutes per side. Transfer chicken to a plate and make pan sauce.

Add butter to pan drippings and let melt. Add garlic and stir until fragrant, 1 minute, then add lemon juice and zest and cream. Bring to a simmer, then add cherry tomatoes, basil, and lemon slices. Simmer until thick, 5 minutes, then add back chicken to skillet.

Serve chicken over rice with pan sauce.

Pineapple Gelatin Salad

My family enjoys this lovely layered salad in the summer with grilled hamburgers. Although I haven't used the recipe long, it's quickly become a favorite. A good friend shared it with me, and every time I make it, I think of her.

1 can (20 oz) crushed pineapple
1 package (6 oz) lemon gelatin
3 cups boiling water
1 package (8 oz) cream cheese, softened
1 carton (16 oz) frozen whipped topping, thawed
3/4 cup sugar
3 Tbsp. lemon juice
3 Tbsp. water
2 Tbsp. all-purpose flour
2 egg yolks, lightly beaten

Drain pineapple, reserving juice. Dissolve gelatin in water; add pineapple. Pour into a 13-in. x 9-in. dish; chill until almost set, about 45 minutes.

In a bowl, beat cream cheese and whipped topping until smooth. Carefully spread over gelatin; chill for 30 minutes.

Meanwhile, in a saucepan over medium heat, combine sugar, lemon juice, water, flour, egg yolks and reserved pineapple juice; bring to a boil, stirring constantly.

Cook 1 minute or until thickened. Cool. Carefully spread over cream cheese layer.

Chill for at least 1 hour. Yield: 12-16 servings.

Chocolate Cherry Bars

1 pkg. Devils Food cake mix
1 can cherry pie filling
1 tsp. almond extract
2 eggs, beaten

Preheat oven 350. Grease/flour 13x9 pan; set aside Mix cake ingredients together; pour into pan. Bake 20-30 minutes, checking with toothpick

Frosting:
2 cups sugar
3 Tbsp. butter
1/2 cup milk
1 1/4 cups chocolate chips

Boil sugar, butter and milk together; stir in chocolate chips. Spread over warm bars.

Melt-in-your-Mouth Chicken

Absolutely Delish! And it's Healthy too. So much better than fried!!!

1/2 cup parmesan cheese
1 cup Greek yogurt, plain
1 tsp. garlic powder
1 1/2 tsp. seasoning salt
1/2 tsp. pepper

Spread mixture over chicken breasts, Bake at 375 degrees for 45 minutes

Easy No-Bake Double Chocolate Toffee Icebox Cake

3 cups milk, can use 2% if desired
1 package (5.9 oz) instant chocolate pudding mix
1-1/2 cups heavy whipping cream
2 packages (9 oz each) chocolate wafers*
2 Heath candy bars (1.4 oz each), crushed

In a large bowl, whisk milk and pudding mix 2 minutes. Let stand 2 minutes or until soft-set.

In a large bowl, beat cream until stiff peaks form.

Arrange 20 cookies on bottom of an 8-in.-square baking dish.

Spread a fourth of the chocolate pudding and a fourth of the whipped cream over cookies.

Repeat layers three times. Sprinkle with crushed candy bars.

Refrigerate overnight.

Yield: 8 servings.

*Note: Sometimes I use chocolate graham crackers and stack up the layers in a 9x9 pan.

Jell-O Lemon Bars

1 package yellow cake mix
1 (3 oz) package lemon Jell-O gelatin, dry
4 eggs
3/4 cup water
3/4 cup vegetable oil

Icing:

2 cups powdered sugar
2 lemons, juiced (about 6 Tbsp)
2 Tbsp. melted butter

Preheat your oven to 350 degrees.

Mix together cake mix, dry Jell-O, eggs, water and oil. Make sure it is mixed well.

Spray a 9x13 glass pan with non-stick spray and pour your batter into it.

Bake for 35 to 40 minutes or until a toothpick comes out clean.

Mix together your butter, powdered sugar and lemon juice.

When your cake is done cooking, poke holes all over the cake. (I used the back of my wooden spoon)

Pour frosting over cake while it is still hot from the oven. That way the frosting will seep into the cake.

You can serve it warm or cold.

Yield: Serves 12

Currant Tea Bread

1/4 cup butter, softened
1 cup sugar
2 eggs
1 1/2 cups milk
1 1/2 teaspoons grated lemon peel
2 cups all-purpose flour
1/2 teaspoon baking powder
1 cup dried currants (raisins or dried cranberries can be substituted)

In a large bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Beat in the milk and lemon peel.

Combine flour and baking powder; gradually add to the creamed mixture and mix well. Stir in currants. Transfer to a greased 9x5 inch loaf pan.

Bake at 350 degrees for 55-60 minutes or until a toothpick inserted near the center comes out clean.

Cool for 10 minutes before removing from pan to a wire rack. Enjoy! Now, cut yourself a slice, pour a cup of tea, and sit down with a good book.

Source: Taste of Home

MY RECIPES

Banana Toffee Pie

1 can sweetened condensed milk
3 bananas
1 graham cracker pie crust

1 cup whipping cream
1/4 cup confectioners' sugar
Chopped pecans
1 Heath English toffee candy bar

Pour milk into an 8-inch glass pie pan. Cover with foil.

Fill a 2 quart shallow casserole with 1/4-inch hot water; place covered pie pan in casserole. Bake for 45 minutes at 375 degrees F or until condensed milk is thick and caramel colored, adding hot water to casserole as needed.

Cut bananas crosswise into 1/8-inch slices and place in bottom of graham cracker crust. Spread caramelized milk over the banana layer. Cool for 30 minutes.

Combine whipping cream and sugar, beating until stiff. Spread over caramel layer. Sprinkle with the crumbled Heath candy bar. Chill for 3 hours or overnight before serving.

Bourbon Balls

1/2 cup butter
3 pounds confectioners' sugar
1 1/2 cups whiskey
Nuts
1 stick paraffin
1 large Hershey milk chocolate candy bar

Soak nuts in whiskey for several hours.

Mix together butter, sugar and whiskey. Form into small balls. Put a nut in the center. Melt paraffin and candy bar together. Put a wooden pick into each ball and dip into chocolate mixture. Place on wax paper.

Apricot Gelatin Salad

6 oz. pkg. apricot gelatin
2 cups boiling water
20 oz. can crushed pineapple
8 oz. cream cheese, softened
15 oz. canned apricots, drained and chopped
1/2 cup chopped walnuts
8 oz. tub Cool Whip, thawed
Additional chopped walnuts, optional

In a bowl, dissolve gelatin in water. Drain pineapple, reserving juice. Add pineapple to gelatin and set aside. In mixing bowl, beat cream cheese and pineapple juice until smooth. Stir in gelatin mixture. Chill until partially set, stirring occasionally. Stir in apricots and walnuts. Fold in Cool Whip. Pour into 9x13 dish. Sprinkle with walnuts if desired. Chill until firm.

Source: Taste of Home Feb/Mar 97

Speedy Egg & Cheese Stack

6 eggs, beaten
6 flour tortillas (6-inch)
1 cup Kraft Mexican style finely shredded Four cheese
2 tomatoes, thinly sliced

Heat oven to 375. Cook eggs in nonstick skillet sprayed with cooking spray on medium heat 5 minutes or until set, stirring occasionally. Remove from heat. Place 2 tortillas in 9-inch pie plate, overlapping as necessary to cover bottom; top with half the eggs and 1/3 each of the cheese and tomatoes. Repeat layers. Top with remaining tortillas, cheese and tomatoes. Bake 10 minutes or until ingredients are heated through and cheese is melted.

Source: www.kraftrecipes.com

Cool Ranch Hot Dish

3 cups broken "Cool Ranch" Doritos chips
1 lb. ground beef
1 small onion, chopped
1/4 cup green pepper, chopped
1 (1-1/4 oz.) package taco seasoning mix
3/4 cup water
1/2 cup chunky taco sauce, or salsa
2/3 of a 15 oz. can whole kernel corn, drained
8 oz. (2 cups) shredded mozzarella cheese

Heat oven to 350. Cover the bottom of a greased 8x8 pan with half of the broken chips. Brown the ground beef with the onion and green pepper; drain grease. Stir in taco seasoning and water; cook according to taco seasoning package directions. Stir in the corn and taco sauce or salsa. Spread meat mixture evenly over chips. Sprinkle cheese evenly over the meat mixture, and top with remaining chips. Bake for 30-

35 minutes or until bubbly.

Homestyle Scalloped Potatoes

1/3 cup diced onion
5 Tbs. butter or margarine (butter is better)
5 Tbs. flour
1-1/4 tsp. salt
1/2 tsp. black pepper
5 cups milk
6 cups thinly sliced potatoes

In a large saucepan, saute onion in butter until tender. Stir in flour, salt, and pepper until blended. Gradually add milk. Bring to a boil. Cook and stir for 2 minutes or until sauce is thickened. Place half of potatoes in a greased 3 quart baking dish. Pour half of sauce over potatoes. Repeat layers. Bake, uncovered, at 350 for 60-70 minutes or until potatoes are tender and top is lightly browned. Serve immediately.

Source: Taste of Home Dec/Jan 2004

Baked Potato Soup

4 large baking potatoes (about 2-3/4 lbs.)
2/3 cup butter
2/3 cup flour
3/4 tsp. salt
1/4 tsp. white pepper
6 cups milk
1 cup (8 oz.) sour cream
1/4 cup thinly sliced green onions
10 bacon strips, cooked and crumbled
1 cup (4 oz.) shredded cheddar cheese

Bake potatoes at 350 for 65-75 minutes or until tender; cool completely. Peel and cube potatoes.

In a large saucepan, melt butter; stir in flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; whisk in sour cream. Add potatoes and green onions. Garnish with bacon and cheese.

Yield: 10 servings.

Lemon Cheesecake Dessert

1-1/2 cups graham cracker crumbs
1/3 cup finely chopped pecans
1/3 cup sugar
1/3 cup butter or margarine melted
2 (8 oz.) pkgs. cream cheese, softened
14 oz. can sweetened condensed milk
2 eggs
1/2 cup lemon juice

1. In a bowl, combine the cracker crumbs, pecans and sugar. Add butter; mix well. Set aside 1/2 cup. Press the remaining crumb mixture into a greased 13x9 baking dish. Bake at 325 for 8 minutes.

2. Meanwhile, in a small mixing bowl, beat the cream cheese until smooth. Add the milk, eggs and lemon juice; beat until smooth. Spoon over crust. Sprinkle with the reserved crumb mixture. Bake for 30 minutes or until center is almost set. Cool on a wire rack. Store in the refrigerator. 16 servings.

Macaroni Tuna Salad

2 (16 oz.) pkgs. elbow macaroni
8 oz. sour cream
1 pkg. ranch salad dressing mix
1/2 tsp. salt
1/2 tsp. black pepper
2 (14-1/2 oz.) cans diced tomatoes with basil, garlic & oregano, undrained
1 cucumber, chopped
1 green pepper, chopped
1/4 cup chopped onion
2 (6 oz.) cans tuna packed in water, well drained

Cook macaroni. Rinse in cold water and drain well. In large bowl combine sour cream, spices, tomatoes and vegetables; gently fold in tuna. Add macaroni; gently toss until well coated. Cover, chill 2-24 hours. Serves 16.

Country Fried Steak with Biscuits and Gravy

STEAK AND GRAVY:

1-1/2 cups + 2 Tbs. flour
1/2 tsp. freshly ground black pepper
8 (4-oz.) tenderized beef round steak (have butcher run them through cubing machine)
1 tsp. House Seasoning, recipe follows
1 tsp. seasoning salt
2 cups buttermilk
2/3 cup vegetable oil
1-1/2 tsp. salt
1 quart whole milk
1/2 tsp. monosodium glutamate (recommended: Ac'cent), optional
1 bunch green onions, or 1 medium yellow onion, sliced

BASIC BISCUITS:

1 pkg. yeast
1/2 cup lukewarm water
5 cups flour
1 tsp. baking soda
1/2 tsp. salt
1 Tbs. baking powder
2 Tbs. sugar
3/4 cup solid shortening (recommended: Crisco)
2 cups buttermilk

Steak and Gravy: Combine 1-1/2 cups flour and 1/4 teaspoon of pepper in a small bowl. Sprinkle 1 side of the meat with the House Seasoning and the other side with the seasoning salt, and then dredge the meat in buttermilk and then flour. Heat 1/2 cup oil in a heavy skillet over medium-high heat. Add 2 or 4 of the steaks to the hot oil and fry until browned, about 5 to 6 minutes per side. Remove each steak to a paper towel-lined plate to drain. Repeat with the remaining steaks, adding up to 1/4 cup more oil, as needed.

Make the gravy by adding the 2 tablespoons remaining flour to the pan drippings, scraping the bottom with a wooden spoon. Stir in the remaining 1/4 teaspoon pepper, and the salt. Reduce the heat to medium and cook, stirring frequently, until the flour is medium brown and the mixture is bubbly. Slowly add the whole milk and the Ac'cent, if using stirring constantly. Return the steaks to the skillet and bring to a boil over medium-high heat. Reduce the heat to low, and place the onions on top of the steaks. Cover the pan, and let simmer for 30 minutes.

Biscuits: Heat oven to 400. Dissolve yeast in warm water; set aside. Mix dry ingredients together. Cut in shortening. Add yeast and buttermilk and mix well. Turn dough onto lightly floured surface and roll out to desired thickness. Cut with small biscuit cutter and place on greased baking sheet. Bake for 12 minutes or until golden brown.

Split biscuits in half and top with country fried steak and drizzle with gravy.

House Seasoning:

1 cup salt
1/4 cup black pepper
1/4 cup garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.

Show: Paula's Home Cooking, Episode: On the Road

Mushroom Casserole

1 lb. fresh mushrooms
4 chicken bouillon cubes
1/2 cup hot water
4 Tbs. flour
1/2 tsp. pepper
2 tsp. Parmesan cheese (I use more because I love it!)
1 cup sour cream
2 cups Pepperidge Farm dressing mix
1 stick of margarine

Slice mushrooms and put in 1-1/2 quart casserole dish. Melt bouillon cubes in hot water. Cool and add flour, pepper, Parmesan cheese and sour cream. Pour over mushrooms. Top with dressing mix. Melt margarine and drizzle over top. Bake at 350 for 35 minutes covered, then uncover and bake another 10 minutes or until brown.

Truly Terrific Taters

5 lbs. baking potatoes
8 oz. cream cheese, softened
8 oz. sour cream, at room temperature
3 Tbs. butter (or margarine)
2 tsp. onion salt
1/4 tsp. to 1/2 tsp. garlic salt, to taste
1/4 tsp. black pepper
1/2 cup milk, approximately

Peel potatoes and cut into cubes. Cover with water and bring to a boil. Reduce heat, and simmer until tender. Remove to a large bowl, and mash well. Add remaining ingredients, except milk; blend thoroughly. Add the milk, mixing thoroughly and adjusting the consistency of the

potatoes to your taste by using less than or more than the 1/2 cup called for.

Potatoes may be served at once; or they may be covered tightly and stored in the refrigerator for up to 2 weeks.

They can be re-heated and served as needed. Great to have on hand as an "emergency" side dish; but also wonderful for large holiday meals or potlucks.

Cherry Bars

4 eggs
1 cup margarine
1-3/4 cups sugar
1 tsp vanilla
3 cups flour
1-1/2 tsp, baking powder
2 cans cherry pie filling (or other fruit flavors)

Mix all ingredients together except for the pie filling. Grease a jelly roll pan (11 x 17), and spread 3/4ths of the batter in the pan. Spread the pie filling over the batter, arranging fruit as necessary. Drop the remaining batter over the top of the pie filling by teaspoonfuls and spread slightly. Bake at 350 for 40-45 minutes. Top with Powdered Sugar Icing.

Powdered Sugar Icing
1 cup powdered sugar
1/4 tsp. vanilla Milk

Mix powdered sugar, vanilla and 1 Tbs. of milk. Continue adding milk, one teaspoon at a time, until drizzling consistency is reached.

Source: "Miracle Recipes", Beehive Federal Credit Union (a fundraiser for the Children's Miracle Network)

Pork 'n' Potato Skillet

Round out the meal with steamed vegetables or a rustic green salad.

4 boneless pork loin chops (1 inch thick and 4 oz. each)
1/4 tsp. pepper
1 Tbs. Crisco pure olive oil
4 medium red potatoes, thinly sliced
1 medium onion, sliced
1 tsp. dried oregano
1 cup chicken broth
1/2 cup diced roasted sweet red peppers

1. Sprinkle pork chops with pepper. In a large skillet, brown chops in oil on both sides; drain. Remove and keep warm.
2. In the same skillet, saute the potatoes, onion and oregano for 6-8 minutes or until potatoes are tender and a meat thermometer reads 160F, stirring occasionally. Yield: 4 servings.

Source: Taste of Home

Hawaiian Ham Sandwiches

8 submarine or hoagie buns (8-inches)
8 slices Swiss cheese, halved
1/2 medium sweet red pepper, julienned
1/2 medium green pepper, julienned
6 to 8 green onions, sliced
2 tsp. canolla oil
1 lb. sliced fully cooked ham, julienned
20 oz. can pineapple tidbits, drained
1 cup (4 oz.) shredded part-skim mozzarella cheese

1. Cut thin slices off tops of rolls. Hollow out bread in the center, leaving 1/4-inch shells; set aside tops and discard hollowed-out bread (or save for another use). Place rolls on baking sheet; line the inside of each with Swiss cheese.
2. In a large skillet, saute peppers and onions in oil for 3 minutes. Add ham; cook for 3 minutes. Add pineapple. Remove from the heat; drain.
3. Spoon into rolls. Bake at 450 for 5 minutes. Sprinkle with mozzarella cheese; return to the oven until cheese is melted, about 1 minute. Replace roll tops. Serve immediately. Yield: 8 servings.