


FOOD
CLUB



DECEMBER 2001

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MEAT

Chili Like You WISH Momma Used to Make

Chicken Enchiladas with Some Kick

Acorn Squash with Italian Sausage & Rigatoni

PASTA

Garlic and Shallot Pasta

SIDES

Curried Cauliflower

Chicken or Beef Satay

Sauteed Spinach with Pine Nuts and Raisins

Sweet Potato Souffle

BRUNCH

Homemade Applesauce

Orange Whole Wheat Pancakes

Sour Cherry Oatmeal Scones

Good Old Fashioned Pancakes

SOUP

Summer Corn Chowder

FAT

Apple Crisp

Baked Chocolate Tart

Pan-Seared Banana & Vanilla Ice Cream

Pears in Red Wine Sauce

ENJOY

Happy Holidays

Mardie

MEAT

CHILI LIKE YOU WISH

MOMMA USED TO MAKE

2 tablespoons olive oil
2 pounds sirloin steak cut in 1 inch cubes
1/2 pound lean ground beef
12 ounces chorizo, casing removed, cut into 1/2 inch pieces (the more solid the better)
1 large yellow onion coarsely chopped
1/4 cup chili powder
1 tablespoon garlic salt
2 teaspoons cumin
1 teaspoon dried basil
2 cans (14 1/2 ounces each) beef broth
2 cans (14 1/2 ounces each) peeled, whole tomatoes, undrained
1 cup chopped cilantro
1 cinnamon stick
3 bay leaves
2 green jalapeños, slit lengthwise 3 times each
1 tablespoon yellow cornmeal
Salt and pepper to taste

Grated Cheddar cheese and sour cream (for garnish), optional

Place oil in a large, heavy pot over medium heat. Brown the sirloin in batches. Remove to a bowl with a slotted spoon. Add ground beef, chorizo and onions to the pot to brown, breaking up the meat. Return sirloin to the pot.



Before serving, discard cinnamon stick, bay leaves, and jalapeños.

Serve garnished with grated cheese and a dollop of sour cream, if desired.

Serves 8 hungry people and goes best with Dwight Yoakum playing.

MEAT

CHICKEN ENCHIILADAS WITH SOME KICK

- 3 tablespoons vegetable oil
- 1 1/2 pounds skinless boneless chicken breast
- Salt and pepper, to taste
- 2 teaspoons cumin powder
- 2 teaspoons garlic powder
- 1 teaspoon Mexican Spice Blend
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 cup frozen corn, thawed
- 5 whole green chilies, canned
- 4 chipotle chilies, canned
- 1 (28-ounce) can stewed tomatoes
- 1 cup Cheddar and Jack Cheeses, shredded
- 16 corn tortillas (or flour)
- 1 1/2 cups enchilada sauce, canned

Garnish: chopped cilantro, chopped scallions,
sour cream, chopped tomatoes



Coat large saute pan with oil. Season chicken with salt and pepper. Brown chicken over medium heat, allow 7 minutes each side or until no longer pink. Sprinkle chicken with cumin, garlic powder and Mexican spices before turning. Remove chicken to a platter, allow to cool.

Saute onion and garlic in chicken drippings until tender. Add corn and chiles. Stir well to combine. Add canned tomatoes, saute 1 minute.

Turn page for the rest of the recipe. Otherwise this would be a really strange dish to serve.

MEAT

Chicken Enchiladas continued...

Pull chicken breasts apart by hand into shredded strips. Add shredded chicken to saute pan, combine with vegetables. Dust the mixture with flour to help set.



Microwave tortillas on high for 30 seconds. This softens them and makes them more pliable. Coat the bottom of 2 (13 by 9-inch) pans with a ladle of enchilada sauce. Using a large shallow bowl, dip each tortilla in enchilada sauce to lightly coat. Spoon 1/4 cup chicken mixture in each tortilla. Fold over filling, place 8 enchiladas in each pan with seam side down. Top with remaining enchilada sauce and cheese.

Bake for 15 minutes in a preheated 350 degree oven until cheese melts. Garnish with cilantro, scallion, sour cream and chopped tomatoes before serving. Serve with Spanish rice and beans.

Acorn Squash Stuffed with Italian Sausage & Rigatoni

4 medium acorn squash, halved and cleaned

Olive oil

Salt

Freshly ground black pepper

1 pound Italian sausage, casing removed and cut into 1/2-inch pieces

1 cup sliced red onion

4 cups basic tomato sauce, recipe follows

1/2 pound rigatoni or spiral pasta, cooked until tender, tossed in olive oil and cooled

1/2 pound mozzarella, cut into 1/2-inch cubes

1 tablespoon finely chopped fresh parsley leaves



MEAT

Acorn Squash continued...

Preheat the oven to 350 degrees F.

Season the squash with olive oil, salt and pepper. Place on a baking sheet, flesh side up and add 1/2 cup water to the pan. Cover with aluminum foil and bake until tender, about 1 hour. Remove from the oven and cool completely. In a large saute pan, over medium heat, brown the sausage and onions, about 6 to 8 minutes.

In a large mixing bowl, toss the sausage and onions with the tomato sauce, pasta, and cheese. Season with salt and pepper. Mix well.

Spoon the pasta mixture into the cavity of each squash. Place the filled squashes on a baking sheet and place in the oven. Bake until the squash is heated through and the cheese melts, about 20 minutes. Place the filled squash in the center of each plate. Garnish with parsley and serve.

TOMATO SAUCE:

1 tablespoon olive oil

1/2 cup chopped onion

2 tablespoons finely chopped garlic

2 teaspoons salt

1/2 teaspoon white pepper

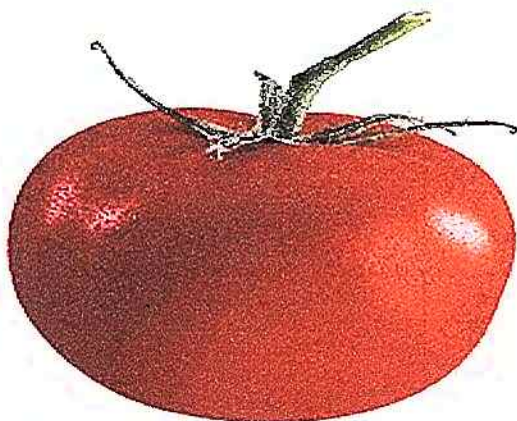
2 1/2 cups chopped, peeled tomatoes with juice

1/4 cup chopped fresh basil

1/2 cup chicken stock

Black pepper

Pinch sugar



Heat oil in a large skillet and saute onions, garlic, salt, and white pepper 3 minutes. Add tomatoes and basil; cook, stirring, 3 minutes. Stir in stock and 18 turns black pepper; simmer 2 minutes. Season with sugar if acidic and cook 1 minute.

PASTA

Garlic and Shallot Pasta

Caramelizing the garlic mellows and sweetens its flavor, so you can use more than you would think. It will still keep the vampires away. This also is easy to improvise into a single serving.

- 2 tablespoons unsalted butter
- 1 1/2 pounds (about 15 medium) shallots, sliced crosswise into 1/4-inch rings
- 1 cup peeled garlic cloves (about 3 heads), large cloves halved lengthwise
- 2 teaspoons sugar
- 1 1/2 teaspoons salt, plus more for water
- 1/4 teaspoon freshly ground black pepper
- 2 cups Homemade Chicken or Vegetable Stock, or low-sodium canned broth, skimmed of fat
- 13 ounces ruffle-shaped pasta
- Fresh basil leaves, for garnish
- Parmigiano-Reggiano cheese, for garnish



Heat butter in a large skillet over medium-low heat. Sprinkle with sugar, 1 teaspoon salt, and the pepper, and stir to combine. Cook until very soft and golden, about 1 hour, adding water 2 tablespoons at a time if the pan seems dry.

Using a slotted spoon, transfer garlic and shallots to a bowl, and set aside. Add chicken stock, and bring to a boil, using a wooden spoon to scrape up any browned bits from the pan. Cook, stirring occasionally, until the mixture is reduced by one quarter, 2 to 4 minutes. Remove from heat, return garlic and shallots to pan, and keep warm while cooking pasta.

Bring a large saucepan of salted water to a boil. Add pasta, and cook until al dente, about 8 minutes. Drain pasta, and return to saucepan. Stir in remaining 1/2 teaspoon salt, reserved garlic and shallots, and sauce. Cut basil leaves into thin strips. Divide the pasta and sauce among six serving bowls, and serve immediately garnished with basil and shaved Parmigiano-Reggiano.



SIDES

Curried Cauliflower

This dish serves 4-6 people

½ cup vegetable oil

½ tsp black mustard seeds

½ tsp cumin seeds

tablespoon chopped ginger root

½ cup finely chopped onions

1 tsp salt

½ tsp turmeric

2 lbs cauliflower, washed trimmed, cut and thoroughly dried

1 small fresh ripe tomato, washed cored and chopped finely

1 fresh hot green chili (3 inches – seeded and finely chopped)

½ tsp ground cumin

½ tsp sugar

2 tablespoon fresh cilantro, chopped

Tablespoon butter melted



In a 4-5 quart casserole, heat the vegetable oil over heat until hazy, stir in mustard seeds and immediately add cumin seeds, ginger and onions. Cook for 1 minute, add salt and turmeric and continue stirring and cooking for 3-4 minutes. Drop in cauliflower and stir until yellow. Add tomato, chili ground cumin, sugar and 1 tablespoon of cilantro. Reduce heat to low, stirring, over moderate heat until cauliflower is tender. Sprinkle with remaining cilantro.



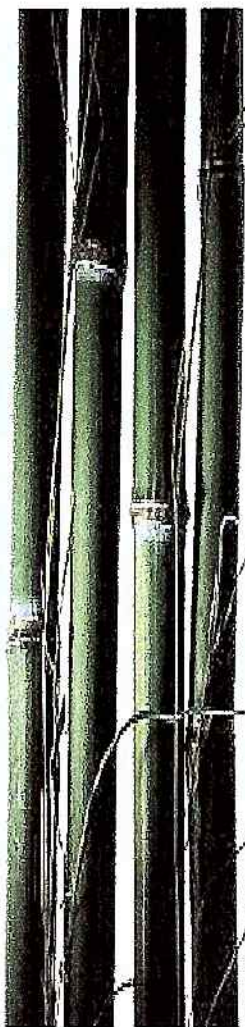
SIDES

Chicken or Beef Satay

This recipe makes 40 to 50 pieces. To make satays, you'll need bamboo skewers; soak them in water for two to three hours so they don't burn on the grill.

- 4 whole chicken breasts or 1 1/2 pounds beef
- 1 tablespoon chopped fresh ginger
- 1 onion, cut into chunks
- 4 cloves garlic
- 1 cup low-sodium soy sauce
- 1 teaspoon sambal (Indonesian chile paste) or 1 hot red chile
- Juice of 1 lemon
- 2 tablespoons sugar
- 1/2 teaspoon ground cumin
- 2 tablespoons toasted sesame oil

Use peanut sauce for dipping



Trim fat from beef or chicken. Cut into strips about 3 inches long and 1/2 inch thick. Refrigerate until needed.

Combine remaining ingredients in blender, and purée until smooth. Pour over meat, and mix to coat evenly. Marinate at least 1 hour or overnight.

Preheat grill or grill pan until hot. Thread a piece of meat lengthwise on each skewer, and grill until done, 2 to 3 minutes on each side. Baste occasionally with marinade during cooking. Serve immediately with peanut sauce.

ENJOY!

SIDES

Sweet Potato Souffle

Courtesy of Leslie Neblett

Souffle:

3-4 large sweet potatoes
1/2 to 1 cup sugar
Vanilla extract
Ground cinnamon
Ground nutmeg
Milk



Topping:

1/2 cup butter, softened
1 cup brown sugar
1 cup chopped pecans

Preheat oven to 350 degrees. Boil the sweet potatoes with the skins on until soft. Let them cool and then skin them. Don't boil them already peeled to save time because the flavor will seep out into the cooking water and leave behind a blander potato. Whip the potatoes with a masher or mixer. Add sugar, the egg, vanilla, cinnamon, nutmeg. Add mix as needed until mixable. Spread into a 9" casserole.

In a bowl mix the softened butter, pecans and brown sugar with a fork until it becomes a crumbled consistency. Sprinkle on top of the souffle. Bake at 350 degrees until lightly browned, approximately 30 minutes.

Sauteed Spinach with Raisins and Pine Nuts

1/2 cup golden raisins
2 bunches spinach (1-1/2 pound bag baby spinach works well too)
1 tablespoon olive oil
2 cloves garlic, thinly sliced
1/4 cup pine nuts
Coarse salt and freshly ground pepper

Place raisins into a small bowl and cover with 3/4 cup warm water. Set aside. Wash spinach thoroughly and remove any tough stems. Place a wide 6-quart saucepan over medium high heat, and add olive oil. Add garlic and saute for 1 minute. Add pine nuts. Cook, stirring constantly until golden brown. Drain the raisins and add them to pan. Add the spinach, season with salt and pepper. Cook, stirring occasionally just until the spinach has wilted, about 3-4 minutes.

BRUNCH

Homemade Applesauce

5 pounds fresh apples (a mix of red, green and yellow) washed, quartered, cored but not peeled.

4 cups spring water

2 teaspoons cinnamon

1 teaspoon nutmeg

2-4 tablespoons brown sugar



Place apples in a non-reactive pot with spring water, cinnamon and nutmeg. Bring water to a boil; lower heat and simmer, stirring often for approximately 1 1/2 hours, or until apples are softened to the desired consistency. Sweeten to taste with brown sugar.

For a more refined sauce, run it through a colander or vegetable mill with large holes to remove skins.

Orange Whole Wheat Pancakes

2 eggs, beaten

1/4 cup oil

1 teaspoon vanilla extract

1/2 almond extract

2 1/2 cups orange juice

2 cups whole wheat flour

1/2 teaspoon salt

1 teaspoon baking powder

Optional: berries, banana slices, granola, apple



In a medium bowl combine the eggs, oil, vanilla, and almond extracts. Add 2 cups of orange juice. In a separate bowl sift together the flour, salt, and baking soda. Slowly blend the dry ingredients into the liquid ingredients, and the remaining orange juice until the mixture is the desired consistency. Blend just until the mixture is moistened. Fold in the fruit or granola if desired.

BRUNCH

Sour Cherry Oatmeal Scones

- 1 1/4 cups whole-wheat flour
- 2 cups all-purpose flour
- 3/4 cup sugar, plus more for sprinkling
- 3/4 teaspoon salt
- 1 teaspoon baking soda
- 2 1/2 teaspoons baking powder
- 2 1/2 cups old-fashioned oats
- 1 cup dried sour cherries, roughly chopped (or use dried cranberries)
- 10 ounces (2 1/2 sticks) chilled unsalted butter, cut into 1/2-inch pieces
- 2/3 cup buttermilk
- 1 tablespoon heavy cream

Line an 11-by-17-inch baking sheet with parchment paper. Combine all dry ingredient with cherries, if using, in the bowl of an electric mixer fitted with a paddle attachment. If you don't have a paddle attachment you can mix it by hand with a fork. This takes a while but you can skip your next workout! Add butter, and mix on medium-low speed until mixture resembles coarse meal. Add buttermilk, and mix until combined.

Turn out mixture onto a clean work surface. With hands, quickly pat mixture into a 16-by-3 1/2-inch rectangle that is 1 1/2 inches high. Score rectangle into ten triangles. Cover with plastic wrap, and transfer to the freezer for at least 2 hours.

Heat oven to 350°. Remove dough from the freezer, and cut into triangles with a sharp knife. Place scones 2 inches apart on the prepared baking sheet. Brush scones with heavy cream, and sprinkle with sugar. Bake until lightly golden, about 30 minutes.



Don't worry! It's not THAT sour.

BRUNCH

Old Fashioned Pancakes

(sooo much better than from a box)

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 3 tablespoons sugar
- 2 large eggs, lightly beaten
- 3 cups buttermilk
- 4 tablespoons unsalted butter, melted, plus 1/2 teaspoon for griddle



Heat griddle to 375°. Whisk together flour, baking powder, baking soda, salt, and sugar in a medium bowl. Add eggs, buttermilk, and 4 tablespoons butter; whisk to combine. Batter should have small to medium lumps.

Heat oven to 175°. Test griddle by sprinkling a few drops of water on it. If water bounces and spatters off griddle, it is hot enough. Using a pastry brush, brush remaining 1/2 teaspoon of butter or reserved bacon fat onto griddle. Wipe off excess.

Using a 4-ounce ladle, about 1/2 cup, pour pancake batter in pools 2 inches away from each other. When pancakes have bubbles on top and are slightly dry around edges, about 2 1/2 minutes, flip over. Cook until golden on bottom, about 1 minute.

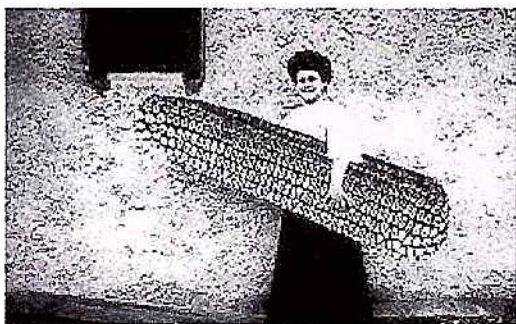
Repeat with remaining batter, keeping finished pancakes on a heat-proof plate in oven. Serve warm.

SOUP

Summer Corn Chowder

Serves 4

- 4 ounces bacon, cut into 1/4-inch dice
- 1 small onion, peeled and cut into 1/4-inch dice (1 cup)
- 2 ribs celery, strings removed, cut into 1/2-inch dice (3/4 cup)
- 8 sprigs fresh thyme
- Salt and freshly ground black pepper
- 3 cups Homemade Chicken Stock, or canned low-sodium chicken broth, skimmed of fat
- 3 ears yellow corn, kernels removed (about 2 1/2 cups)
- 5 ounces small fingerling potatoes, cut into 1/2-inch-thick slices
- 1 poblano chile, seeded and cut into 1/2-inch dice
- 1 1/2 cups half-and-half



Place bacon in a small stockpot over medium-high heat. Cook bacon, stirring occasionally, until it is deep golden brown and all the fat has been rendered, about 4 minutes. Remove bacon with a slotted spoon, then transfer to paper towels to drain, and set aside. Discard all but 2 tablespoons bacon fat.

Add diced onion, celery, thyme, and salt and pepper to taste to stockpot; cook over medium-low heat until translucent, about 8 minutes. Add stock; bring to a boil. Reduce heat to medium, and simmer 15 minutes.

Add corn, potato slices, and poblano chile; cook until potatoes are tender, 8 to 10 minutes. Remove from heat. Using a slotted spoon, remove and discard thyme. Add half-and-half, and simmer until soup is hot. Taste and adjust seasoning with salt and pepper. Ladle soup into soup bowls, and garnish with bacon. Serve immediately.

FAT

Apple Crisp

Filling:

15 to 20 apples, in a variety of brands, peeled and sliced

1/2 cup cinnamon and sugar mixture

1/2 to 1 cup apple cider or orange juice



Topping:

2 cups bleached flour

2 cups sugar

2 sticks cold margarine

Preheat oven to 400 degrees F.

Layer sliced apples into an ungreased 13 by 9 by 2-inch pan. Sprinkle cinnamon and sugar mixture in between each layer. Use enough cinnamon and sugar to cover each layer. Once apples are to the top of the pan, cover with final layer of cinnamon and sugar and then pour either your apple cider or orange juice over the entire mixture. Mix the 3 toppings ingredients together with a mixer until it is crumbly. Cover the apples with the topping. Bake for 45 minutes. Cool and serve.

Baked Chocolate Tart

5 ounces unsalted butter

5 1/2 ounces semisweet chocolate

8 tablespoons unsweetened cocoa powder, sifted

Small pinch salt

4 eggs

7 ounces granulated sugar

3 tablespoons maple syrup

3 medium heaping tablespoons sour cream

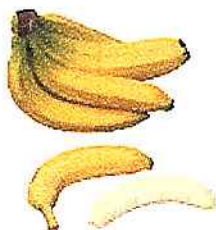
10 inch flan or tart shell, baked blind

Place the butter, chocolate, cocoa powder and salt in a bowl over a pan of simmering water and allow to melt slowly, stirring occasionally until well mixed. In a separate bowl beat the eggs and sugar together until light and well creamed, and then add the syrup and sour cream. Stir the chocolate mixture into this mixture, scraping all the chocolate out with a spatula. Once you've mixed it well, pour it into the pastry shell. Place into a preheated 300 degree oven for 40 to 45 minutes. During cooking a beautiful crust will form on top. Carefully remove the tart from the oven and allow to cool on a rack for at least 45 minutes, during which time the skin will crack and the filling will shrink slightly.

FAT

Pan-Seared Cinnamon Bananas & Vanilla Ice Cream

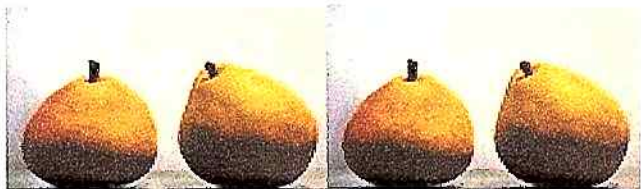
4 tablespoons butter
1/2 cup light brown sugar
2 tablespoons dark rum
1 teaspoon cinnamon
4 bananas sliced into
half inch rounds
Vanilla ice cream
Mint sprigs for garnish



In a large saute pan over medium heat, add butter and melt. Add brown sugar and stir until melted. Remove pan from heat and add rum. Return pan to the heat and stir until a light caramel forms. Add the bananas and toss to coat. Serve over vanilla ice cream and garnish with a sprig of mint.

Pears in Red Wine Sauce

3 large pears such as Bosc or Bartlett, peeled and chunked
3 cups Rioja wine
1/2 cup sugar
1 cinnamon stick
1/2 cup raisins
2 tablespoons raspberry or strawberry preserves
1 tablespoon lemon juice



Place pears in a saucepan. Add the wine, sugar, cinnamon stick and raisins. Bring to a boil, reduce and let simmer for 5 to 10 minutes until pears are at the desired tenderness. Remove pears and raisins from the syrup. Discard the cinnamon stick. Add the preserves and lemon juice. Bring the syrup to a boil. Let boil for 3 to 5 minutes to melt preserves. Pour sauce over pears and serve.

MAY ALL YOUR WISHES COME TRUE * MARDIE