

MARCH 2010

Food Holidays

MARCH IS:

- National Celery Month
- National Flour Month
- National Frozen Food Month
- National Nutrition Month
- National Noodle Month
- National Peanut Month
- National Sauce Month
- National Caffeine Awareness Month
- **Chocolate Chip Cookie Week** is the second week of the month
- **American Chocolate Week** is the third week.

RECIPE CARDS INCLUDED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Peanut Butter Lover's Day	2 Banana Crème Pie Day	3 Cold Cuts Day	4 Mulled Wine Day	5 Cheese Doodle Day	6 White Chocolate Cheesecake Day
7 Crown Roast of Pork Day	8 Peanut Cluster Day	9 Crabmeat Day	10 Blueberry Popover Day	11 Oatmeal-Nut Waffles Day	12 Baked Scallops Day	13 Coconut Torte Day
14 Potato Chip Day	15 Pears Helene Day	16 Artichoke Hearts Day	17 Corned Beef and Cabbage Day	18 Oatmeal Cookie Day	19 Poultry Day	20 Maple Syrup Day
21 French Bread Day	22 Coq Au Vin Day	23 Chip and Dip Day	24 Chocolate Covered Raisins Day	25 Lobster Newburg Day	26 Make Up Your Own Holiday Day	27 Spanish Paella Day
28 Something on a Stick Day	29 Black Forest Cake Day	30 Turkey Neck Soup Day	31 Clams on the Half Shell Day			

Some recipes to try...

Banana Crème Pie

2/3 c. sugar
1/2 tsp. salt
3 tbsp. cornstarch
1 tbsp. flour
3 c. milk

3 eggs, slightly beaten
1 tbsp. butter
1 1/2 tsp. vanilla
2 sliced bananas

Mix sugar, salt, cornstarch, and flour in saucepan. Stir in milk. Cook over moderate heat stirring constantly until mixture thickens and boils.

Boil 1 minute and remove from heat. Stir mixture into slightly beaten eggs. Boil 1 minute more. Blend in 1 tablespoon butter and 1 1/2 teaspoons vanilla.

Slice bananas into bottom of baked pie shell. Top with meringue and brown or cover with whipped cream.

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Real Home Cooking

Corned Beef and Cabbage

4-5 lb corned beef brisket
2 carrots, peeled and sliced
2 onions, peeled and sliced

1 head cabbage, cut in wedges
water
salt & pepper

Place brisket in dutch oven and cover with cold water. Bring to boil, then simmer 3-4 hours, until meat is fork tender.

Add carrots, onions, and cabbage. Salt and pepper to taste. Simmer about 30 more minutes, until vegetables are tender.

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Real Home Cooking

Baked Scallops

1 lb scallops
2 cups fresh bread crumbs
1 stick melted butter

3 cloves garlic, minced
Salt & pepper
1/2 cup white wine

Mix all ingredients and place in a 9 inch baking dish. Bake at 400° for about 20 minutes, stirring once or twice. (Optional: brown under broiler for about 1 minute at end of baking time.)

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Blueberry Popovers

1 cup nonfat powdered milk
1/2 tablespoon vanilla extract
2 tablespoons melted butter
1/8 teaspoon nutmeg
1/4 teaspoon cinnamon

1/4 teaspoon salt
1 cup flour
1/2 cup egg substitute
2 cups blueberries
Topping: 1 TBSP sugar & 1/4 TSP cinnamon

Preheat oven to 350°.

Mix powdered milk, vanilla, butter, and spices in large mixing bowl. Stir in flour and egg substitute only till combined (do not over stir). Gently fold blueberries into batter.

Pour batter into six lined muffin cups and sprinkle with topping. Bake 15-20 minutes, until golden brown and firm to touch.

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Some recipes to try...

Lobster Newburg

2 cups lobster meat, cut in large pieces 1/2 cup milk
2 tablespoons butter 1/2 cup cream
1 tablespoon flour 1 teaspoon vinegar
1/2 teaspoon salt 1 tablespoon lemon juice
Few grains of Cayenne pepper 2 egg yolks

In a saucepan, melt butter. Add the flour and the lobster meat. Add the salt, pepper, milk, and cream. Cook together until thick, and then pour in the vinegar and lemon juice.

Beat the egg yolks and stir them into the cooked mixture, using care to prevent them from curdling. When the mixture has thickened, remove from the stove and serve over toast.

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Home Style Potato Chips

4 medium potatoes – sliced paper thin
3 tablespoons salt
1 quart of oil for deep frying

Place potato slices into a large bowl of cold water as you slice. Drain, and rinse, then refill the bowl with water, and add the salt. Let the potatoes soak in the salty water for at least 30 minutes. Drain, then rinse and drain again.

Heat oil in a deep-fryer to 365°. Fry potato slices in small batches. Once they start turning golden, remove and drain on paper towels. Continue until all of the slices are fried. Season with additional salt or other spices as desired.

This also works well with sweet potatoes!

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Real Home Cooking

Chocolate Chip Cookies

1 cup shortening 2-1/4 cups flour
2 eggs 1 teaspoon salt
3/4 cup brown sugar 1/2 teaspoon baking soda
3/4 cup sugar semi-sweet chocolate chips
2 teaspoons vanilla

Preheat oven to 375°.

Mix together shortening, eggs, sugars, and vanilla. Add in flour, salt, and baking soda. Stir in chocolate chips.

Bake on lightly greased or parchment paper lined cookie sheet 8-10 minutes at 375°.

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Real Home Cooking

Spinach Baked Clams on the Half Shell

1 dozen extra large clams 1 stick butter, melted
1/2 lb. fresh spinach, stems removed 1/4 teaspoon white pepper
1 cup seasoned bread crumbs 4 teaspoon clam juice
1/4 cup parsley Tabasco sauce (optional)
2 cloves garlic, finely minced Lemon wedges (optional)

Scrub clams thoroughly and place in large saucepan with enough water to cover. Cover and steam, 5 to 10 minutes, or until shells open. Drain clams and juice and reserve broth. Remove clams from shells and coarsely chop. Place clams in large bowl.

In small saucepan, combine spinach and enough water to steam. Cook about 5 minutes, remove from heat, drain, and pat dry, and chop coarsely. Add to bowl with clams. Add bread crumbs, parsley, garlic, butter, pepper, and clam juice; mix well.

Mold a heaping portion of stuffing on each half clam shell (you will not use them all). Arrange on lightly greased baking sheet and bake in preheated 375° oven 25 minutes. Serve hot and garnish with fresh lemon wedges and/or Tabasco sauce.

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Real Home Cooking

Some recipes to try...

Coq Au Vin (Chicken with Wine)

4 chicken leg quarters	8 ounces baby carrots
6 slices bacon – cut into 2 inch pieces	3 large potatoes, sliced
1 lb. sliced mushrooms	1 can chicken broth
6 cloves garlic, crushed	Salt and pepper
1 large onion, peeled, sliced	3 cups Merlot or other hearty red wine
1 stalk celery, sliced	1/3 cup flour

Saute bacon pieces in about 1 tablespoon olive oil over low heat in Dutch oven. When bacon is crisp, remove from pan and reserve. Brown chicken in bacon drippings, set aside.

Saute mushrooms, carrots, and onion in drippings until they begin to take on color. Add garlic, potatoes, and celery. Sprinkle flour over vegetables; stir. Pour wine over; stir. Stir in broth.

Return chicken and bacon to pot. Simmer, uncovered, for 45 minutes or until vegetables and chicken are tender. Add salt and pepper to taste.

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Real Home Cooking

White Chocolate Cheesecake

1 pkg. (8 oz.) cream cheese, softened
2 cups cold milk, divided
2 pkg. (4-serving size each) white chocolate flavor instant pudding mix
1 tub (8 oz.) frozen whipped topping, thawed
1 graham pie crust (6 oz.)

Beat cream cheese and 1/2 cup of the milk in large bowl with wire whisk until well blended.

Add remaining 1-1/2 cups milk and pudding mixes. Beat with wire whisk 1 minute. Gently stir in whipped topping until well blended. Spoon into crust.

Refrigerate 4 hours or until set. Garnish with chocolate curls made with white baking chocolate. Store leftover pie in refrigerator. Top with your favorite topping, if desired.

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Oatmeal Cookies

3/4 cup shortening	1 teaspoon vanilla extract
1 cup brown sugar	1 cup flour
1/2 cup sugar	1 teaspoon salt
1 egg	1/2 teaspoon baking soda
1/4 cup water	3 cups oats

Preheat oven to 350°.

Mix thoroughly shortening, sugars, egg, water, and vanilla. Sift in flour, salt and baking soda. Mix well. Blend in oats. Drop by teaspoonful onto greased or parchment lined sheet.

Bake 12-15 minutes. Makes 5 dozen.

Optional: add nuts, raisins, or chocolate chips with oats.

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Sweet & Sour Skewered Shrimp

1/2 cup barbecue sauce	1/2 teaspoon ground ginger
1/4 cup lemon juice	30 large shrimp, peeled and deveined
1/4 cup pineapple preserves	1 large green pepper, 1-inch pieces
4 teaspoons soy sauce	1/2 pound fresh mushrooms, halved

In a small saucepan, combine the barbecue sauce, lemon juice, preserves, soy sauce, and ginger; bring to a boil over medium heat, stirring frequently. Remove from heat; cool. Reserve 1/2 cup for basting. Marinate shrimp in remaining sauce; refrigerate for 30 minutes.

Drain and discard marinade. Thread the shrimp, green peppers and mushrooms alternately on six metal or soaked wooden skewers. Grill, uncovered, over medium-hot heat for 2 minutes on each side. Turn and brush with reserved sauce. Continue grilling for 4-8 minutes or until shrimp turn pink, turning and basting several times.

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