

Crock Pot Indian Chicken: Peter Pearson

I invented this!

- 4 chicken breasts**
- 2 cans of cream of chicken soup**
- 3 sweet potatoes**
- 1 large yellow onion**
- 3–4 tablespoons curry powder**
- 2–3 garlic cloves (chopped)**
- 1 cup milk**
- Parsley**
- Flour**
- Black pepper**

1. Cut the chicken breasts in half and dredge in flour.
2. Peel and chop the sweet potatoes and onion.
3. Layer the sweet potato, onion, and flour coated chicken breasts in your crock pot.
4. Pour the mixture of soup, milk, garlic and curry powder over the whole mess.
5. Add parsley and pepper and cook on low for 6 to 8 hours or on high for 3-5 hours.
6. Enjoy!

Pumpkin Curry Soup: Christine Comer*

**and the Beach Ladies in Northern Virginia*

- 1 can pumpkin**
- 4 apples**
- 4 cups chicken broth (or vegetable broth)**
- 1 cup water**
- 1 tablespoon butter**
- 1 finely chopped onion**
- 2 cloves crushed garlic**
- 1 tablespoon curry powder**
- 1 teaspoon ground cumin**

Saute onion and garlic in butter (or olive oil), add apples, pumpkin, broth, water and spices and bring to a boil. Then cover and turn down to a simmer for 25 minutes, stirring often.

Cranberry Walnut Muffins: Cathy Kerr

- ¾ cup cranberries**
- ¼ cup sugar**
- ¼ cup walnuts**
- 1 cup milk**
- 1 egg**
- 2 tablespoons vegetable oil**
- 2 tablespoons sugar**
- 1 teaspoon salt**
- 2 cups sifted all-purpose flour**
- 3 teaspoons baking powder**

1. Chop cranberries, sugar, and walnuts together in food processor.
2. Add to mixing bowl with milk, egg, oil, sugar, and salt; mix well.
3. Sift together in a large mixing bowl the flour and baking powder. Pour in the liquid mixture and stir just until the dry ingredients are moistened.
4. Fill greased muffin pans 2/3 full. Bake at 425 for 15 to 20 minutes.

Sally's Stick Buns

This is the recipe that Peter's mom brought to the Thanksgiving service.

2 loaves frozen bread (just thawed)
walnuts on bottom of pan

Break bread into pieces and roll into balls about the size of a large walnut; place into pan size 9x13.

1 cup brown sugar
2–3 oz. vanilla pudding (cook & serve)
1 stick margarine
2 tsp. cinnamon
2 tbsp. milk

Heat together; pour over bread. Cover with plastic wrap and refrigerate until ready to bake (at least 6 to 8 hrs.).

Bake 30 min. at 350 degrees.

Invert onto a covered cookie sheet as soon as they are out of the oven.

Enjoy!

Overnight French Toast: Lakey Tamney

- Spray 9"x13" pan with cooking oil
- 5 tablespoons melted butter (pour into pan)
- 1/2 cup brown sugar (sprinkle over butter)
- Sprinkle with cinnamon
- 16 slices of raisin bread without crusts in two layers
- Beat 7 eggs
1-2/4 cup milk
1 teaspoon vanilla
Pour this mix over the bread and cover, refrigerate overnight
- Add chopped pecans and bake at 350 degrees for 35 minutes till almost dry to the touch
- Serve with hot syrup

Black Bean + Cabbage + Curry Soup: Peter Pearson

First featured at a Lenten Wednesday Soup 'n' Service.

- In a large sauce pan, sauté 1–2 teaspoons chopped garlic in 1 tablespoon oil.
- Add one chopped onion and sauté till translucent.
- Add half a chopped head of cabbage and sauté.
- Add one or two teaspoons of curry powder and a pinch of black pepper.
- Add one can of black beans.
- Add vegetable stock or miso stock or V8 Juice and simmer for several hours, stirring regularly. (If you need to thin the soup later, consider adding a can of beer or NA beer for a rich flavor boost.)
- Add chopped Cilantro or Parsley to finish and salt to taste.

This is great with crusty bread and sometimes comes out more like a vegetable stew. Good Lenten fare.

Simple Shrimp with Bok Choy: Jeanne Whaley

- 1 lb fresh or frozen cooked shrimp**
- 1 bunch of bok choy chopped**
- 1 large sweet onion sliced into long strips**
- ¼ cup sweet n' sour sauce (Duck sauce)**
- 2 tbsp soy sauce**
- 2 tbsp oil (your favorite kind)**

Stir fry or saute in oil bok choy and onion until just tender crisp.

Add Duck sauce and soy sauce.

Add shrimp.

Serve immediately.

Shaker Lemon Pie: Kathleen Berry

Serves 6

- 2 large lemons**
- 2 cups sugar plus additional to sprinkle***
- 4 eggs**
- pastry for two pie crusts (uncooked)**
- condensed milk to brush on top**

1. Preheat oven to 450° F.
2. Slice the lemons as “thin as paper,” rind and all.
3. Make your best pastry (use lard if possible). Line the pie tin with this bottom pastry, making sure there are no cracks and high sides.
4. Beat eggs together well. Arrange lemons in layers in the shell, with the sugar/juice between each layer. Pour beaten eggs over the lemons after they are arranged.
5. Add the top crust, sealing and crimping the edge well. Add small vents. (I cut a center vent/hole about the size of a nickel.) Brush the top with condensed milk.
6. Place in a hot oven (450°) for 15 minutes.
7. Reduce heat to 375–400° and bake until tip of a knife inserted into the custard comes out clean, about 20 minutes.

Notes:

- The secret in making this pie is to have the lemons slices as thin as possible. The lemon/sugar mix should really stand overnight for best results.
- If desired, additional sugar should be sprinkled over the lemon mix when arranging each layer in the pie crust. This will make the pie juicy. Also, you can mix eggs with lemons before arranging in pie pan.
- You may need to make a “test” run pie to see how your oven regulates and to get the lemons thin.
- Also, bought pie crusts do not work.

Pudding: Jane King

- 2- $\frac{1}{2}$ cups reconstituted powdered milk**
- $\frac{1}{2}$ to $\frac{1}{3}$ cups sugar**
- 2 eggs, beaten**
- 3 tablespoons cornstarch, mixed with 2 tablespoons milk**

1. Put milk on stove to heat.
2. Sprinkle sugar into milk so it can dissolve on its way down.
3. Stir beaten eggs into milk.
4. Mix cornstarch mixture into milk.
5. Keep stirring; watch heat so pan doesn't burn.
6. When it starts to bubble, turn off heat, pour into dish and let it cool.
7. Sprinkle nutmeg on top "for nice."

Notes: Add a little vanilla if you wish. If it's watery after it cools, either pour off water or drink it. If pan burns, boil about 1 cup of water and $\frac{1}{4}$ cup of baking soda for quite a while—black will float off, most of the time.

Pineapple Pie: Ruth Adams, Submitted by Jane King

- 8 oz. crushed pineapple**
- 8 oz. sour cream**
- 1 pkg. instant vanilla pudding, plus 2 T. from another pkg.**
- Whipped topping or whipped cream**
- Commercial graham cracker crust**

Mix pineapple, sour cream and vanilla pudding. Spoon into pie crust. Chill in refrigerator.

Two hours before serving, cover with whipped topping and refrigerate.

Leftovers Re-Envisioned: Peter Pearson

Okay, I was out running errands this morning and realized that I hadn't eaten yet. I considered going to a local Chinese place for takeout and even allowed my eyes to dance across the golden arches for a moment. But I realized that there was a ton of leftovers and vegetables in my refrigerator that would make for a tasty meal. So, I'm going to share what I did (and it was delicious) so that you might look into your fridge to see what you might create.

Here's what I found:

- **Half of a store bought roasted chicken**
- **A container of cooked pasta (elbows)**
- **A small tomato**
- **An orange pepper**
- **A container with a few olives from the olive bar at our local deli**
- **Some chopped garlic**
- **Some grated cheese (white?)**
- **A small container of leftover gravy**
- **Butter (actually that margarine made from olive oil)**
- **Chopped parsley**
- **Some dried pepper flakes from Chimayo, New Mexico**

Here's what I did:

- I put about three tablespoons of the butter/margarine in a pan to melt (medium to medium high heat) and added about a tablespoon of the chopped garlic to sauté
- I chopped the tomato, olives, and the pepper, adding them to the pan to sauté
- I shredded about a cup of the chicken and added that to the vegetable mixture to warm up
- Then I added about one or two tablespoons of the gravy to juice it up a bit
- After that I added the pasta to the pan, tossed the mix and added about a quarter cup of water, covering the pan for a few minutes to steam the pasta
- Finally I added the parsley, the pepper flakes, and some of the cheese (half a cup?) while tossing the mix so the cheese melted nicely
- It turned out to be a delicious, quick and fun way to prepare a meal

This could be a great way to make an easy meal for unexpected guests or as a substitute for all the bread and milk we eat around here whenever it snows. Whatever the case, I was surprised at what I could make from the leftovers that were going to be tossed out in a day or two.