

Onion Beer Bread

Sara Moulton, *Toledo Blade*, February 20, 2018

Serves: 12

Notes:

Submitted by Carl Ruetz

1 stick	Butter
2 cups	Onion, rings, sliced thin (about 1 medium onion)
2 tsp	Minced garlic
3 cups	Flour, unbleached
1 Tbls	Sugar
1 Tbls	Baking powder
1 tsp	Salt
12 oz	Beer (1 can/bottle – your choice of beer)
2 Tbls	Chopped, rosemary, fresh (optional)

Preheat oven to 350°. Place rack in upper third of oven.

1. Place **butter, onion, and garlic** in a 13”X9”X2” baking dish and set the pan in the preheating oven. (Don’t let butter get too brown)
2. In a bowl, stir together the **flour, sugar, baking powder, and salt**. Add the **beer** and stir just until it is mixed. The dough will be sticky and heavy.
3. When the butter is melted, pour the butter, onion rings, and garlic into another bowl, leaving about 1 Tbls of butter in the baking dish. Coat the bottom and sides of the baking dish evenly with the melted butter.
4. Spoon the bread dough into the pan and spread it evenly with an off-set or rubber spatula coated with some of the melted butter. Divide the onions over the top of the dough and drizzle the melted butter and garlic over the onions. If using, sprinkle the **rosemary** evenly over the dough.
5. Bake the bread in the upper third of the oven for 20 – 25 minutes or until a skewer inserted comes out clean. Cut the bread into 24 squares and serve right away. (Still tastes good at room temperature)

LENTIL-TOMATO SALAD (PREPARED BY SHARLA COOK)

1 cup dried lentils

1 qt. water

1 tsp salt

½ cup salad oil

¼ c tarragon vinegar

1 tsp salt

½ tsp dry mustard

½ tsp paprika

¼ tsp pepper

½ c sweet pickle relish

½ c sliced green onions

¼ c finely chopped shallots

3 medium tomatoes

Garnish with parsley and chives

Rinse lentils under cold water and drain.

In medium saucepan, bring water, lentils, and salt to a boil. Simmer, covered, for 20-30 minutes until tender; drain.

In a large bowl, combine oil, vinegar, salt, mustard, paprika, and pepper; mix well. Add relish, green onions, shallots and hot drained lentils. Toss until lentils are well coated.

Cover and refrigerate to marinate (at least 2 hours).

Add 2 chopped tomatoes, removing most of the seeds. Garnish with parsley, chives, and tomato wedges.

Serves 8 (Recipes of Note – Toledo Symphony League Members cookbook.)

ALL AROUND THE WORLD by Sheila Lukins

THE GRAND TOUR



THE AIR

Chicken and Date TAGINE (Moroccan)

- 1 chicken (about 3½ pounds), cut into 10 serving pieces, trimmed of wing tips
- 1 cup chopped onion
- 6 cloves garlic, minced
- 1 cup chopped flat-leaf parsley *Add to serve*
- ½ cup plus 3 tablespoons coarsely chopped fresh mint leaves
- 1 teaspoon ground cardamom
- ¼ teaspoon crumbled saffron threads
- ¼ cup extra virgin olive oil
- ¼ cup fresh lemon juice

marinade 8 hrs

Add to above. Simmer 30 min

- 1 cinnamon stick (3 inches long)
- Strips of peel from 1 orange, pith removed - *use sharp peeler*
- 2½ cups defatted Chicken Broth (page 127)
- Salt and freshly ground black pepper, to taste
- 1 can (15½ ounces) chickpeas (garbanzo beans), drained and rinsed
- 8 ounces pitted large dates, halved - about 12 Medjool
- 6 ripe plum tomatoes, seeded and cut into ½-inch dice
- 4 to 5 cups cooked couscous
- Top w/ mint →

Add. Simmer 30 min

optional - ¼ c broth + 1 ½ T. cornstarch to thicken

1. Rinse the chicken pieces well, removing any excess fat, and pat dry. Place the chicken in a large bowl. Add the onion, garlic, parsley, ½ cup mint, cardamom, and saffron, then the oil and lemon juice, and toss well to coat and combine. Cover and refrigerate 8 hours or overnight. Turn the pieces occasionally.

2. To cook the tagine, place the chicken with the marinade in a large heavy pot. Add the cinnamon stick, orange peel, broth, and salt and pepper. Slowly bring to a boil over medium-high heat, reduce the heat to medium low, and simmer, partially covered, for 30 minutes. Stir in the chickpeas, dates, and tomatoes; simmer, partially covered, for another 30 minutes.

3. To serve, remove the cinnamon stick and peel. Divide the couscous among 6 shallow bowls. Spoon the chicken and sauce atop and sprinkle with the 3 tablespoons chopped fresh mint.

Serves 6

RD.
373

Howie and Leslie,

Downtown Marrakech, where everyone travels on bike or foot. Can't wait to get close to those rugs. Gorgeous!

Bismama,
Sheila



provided by
Joinda Hoffman

Roasted Poblano and Sweet Potato Enchiladas with Black Beans and Sweet Fruit Salsa

Posted by Peggy on May 15, 2012



Recipe: Roasted Poblano and Sweet Potato Enchiladas with Black Beans and Sweet Fruit Salsa

Ingredients

- 1 large poblano pepper
- 2 medium-sized sweet potatoes, peeled and cut into 3/4-inch dice (2 cups)
- Vegetable or canola oil or cooking oil spray, as needed
- 4-5 large garlic cloves, papery skin removed
- 4 ounces cream cheese
- 1 (15-ounce) can black beans, rinsed, drained
- 2 tablespoons freshly squeezed lime juice
- 1-2 teaspoons ground cumin
- 1-2 teaspoons chili powder
- 1/4-1 teaspoon cayenne
- 2-3 tablespoons chopped cilantro, plus extra for garnish
- 6 (8-9 -inch) tortillas*
- 2 cups shredded, melting cheese, such as Cheddar, Jack or Colby - *I used a combination*
- Fresh Fruit Salsa as desired

Instructions

1. Preheat oven to 400 degrees.
2. Place sweet potatoes and whole pepper on a foil-lined sheet pan. Rub pepper with oil and coat sweet potatoes with oil or cooking oil spray. Place on middle rack of oven and roast 10 minutes. Remove from oven, turn poblano pepper over, and place garlic cloves on pan. Continue roasting five to 10 minutes or until poblano is blistered and sweet potatoes and garlic are tender.

3. Finely chop garlic and toss garlic and warm sweet potatoes with cream cheese; stir until incorporated, then stir in black beans. Wearing plastic gloves, remove skin, stem and membranes from pepper. Dice and stir into sweet potato mixture. Combine lime juice, 1 teaspoon cumin, 1 teaspoon chili powder, 1/4 teaspoon cayenne and 2 tablespoons cilantro and stir into sweet potato mixture. Season to taste with kosher salt and additional seasonings to taste. (Mixture may be made up to 24 hours in advance at this point, then refrigerated until ready to stuff into softened tortillas.)
4. Reduce oven temperature to 350 degrees, and oil a baking dish large enough to accommodate 6 rolled enchiladas. In a sauté pan large enough to accommodate tortilla, heat 1 teaspoon oil. Heat both sides of one tortilla until softened, about 20 seconds per side.
5. Place the tortilla into the oiled dish. Spoon a heaping half-cup of sweet potato mixture 2 inches away from bottom of warm tortilla and mold into a cigar shape. Roll up the enchilada, seam side down, and place it at the far end of the dish. Repeat warming each tortilla, adding more oil to pan if needed, then stuffing and rolling the remaining tortillas. Evenly blanket enchiladas with cheese.
6. Bake on center rack of oven until enchiladas are bubbling and heated through, 15-20 minutes, or until cheese is melted and golden.
7. Garnish with fresh fruit salsa, chopped cilantro and serve.

*I used 1 (12 ounce) package of sprouted grain tortillas

*I used La Tortilla Factory
low carb whole wheat*

Active Time: 45 minutes

Total Bake Time: 30-40 minutes

Number of servings (yield): 6 (8-9 inch) hefty enchiladas

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SPLENDID
SOUPS

JAMES PETERSON



BANTAM BOOKS
NEW YORK TORONTO LONDON SYDNEY AUCKLAND

▲ Greek Lemon Soup

AVGOLEMONO

One of the things I like about this soup is that I can serve it any time of the year—hot with rice in winter, and cold without the rice in summer. This recipe reflects my own tastes and contains more lemon and parsley than traditional versions. Be sure to chop the parsley within an hour before serving—its freshness is essential to this soup. MAKES 4 SERVINGS

1 quart chicken broth
1/2 cup raw rice or 1-1/2 cups leftover cooked rice (optional)
2 eggs
juice of 3 lemons
5 tablespoons freshly chopped parsley
salt and freshly ground white pepper

If you're using raw rice, bring the broth to a simmer with the rice, partially cover the pot, and simmer until the rice is done, in about 20 minutes. If you're using cooked rice, just bring the broth to a simmer and add the rice a minute or two before serving.

Whisk together the eggs, lemon juice, and parsley. Pour the simmering broth into the egg mixture and stir for a minute or two to make sure the eggs are well combined with the broth. Return to the pot and heat gently without allowing it to boil. If you've included rice, you can whisk the soup, which will break the grains of rice and thicken the soup.

Season the soup with salt and pepper and serve either hot or cold.

Suggestions and Variations: I sometimes make a wonderfully rich winter version of this soup by replacing the 2 eggs with 6 egg yolks and a cup of heavy cream and adding a teaspoon of grated lemon zest to the mixture to accentuate the lemon flavor. Pour the simmering broth into the egg yolk mixture as directed, return the soup to a saucepan, and cook it gently while stirring to thicken it, but don't allow it to boil. (For a full explanation of thickening soup with egg yolks, see page 177.) Then strain the soup through a fine-mesh sieve.

There are several well-known *avgolemono* variations, including an elegant variation by James Villas that includes orzo and oysters. One of my favorite variations is made with lamb broth—I make it when I have leftover roast leg of lamb—a little chopped tomato, and a good pinch of saffron threads. Sometimes I peel little pieces of cooked lamb off the bone and add them to the soup. One Moroccan version flavors this soup with cinnamon and finishes it with chopped cilantro. I haven't heard of it, but a little saffron would also be a typical Moroccan touch.

Submitted by Marty Oakley

REVISED EDITION

The New York Times

COOK
BOOK

Craig Claiborne



1817

HARPER & ROW, PUBLISHERS, NEW YORK

GRAND RAPIDS, PHILADELPHIA, ST. LOUIS, SAN FRANCISCO
LONDON, SINGAPORE, SYDNEY, TOKYO, TORONTO

CUCUMBER SALAD

6 SERVINGS

3/4 cup sour cream
1 tablespoon chopped onion or chives
1/2 teaspoon salt
Freshly ground pepper to taste
1/2 teaspoon ground cumin
2 tablespoons vinegar
2 medium cucumbers, pared, seeded and sliced
thin (about 3 cups)
Lettuce or other greens
Paprika

1 Mix the sour cream, onion, salt, pepper, cumin and vinegar. Add the cucumbers and toss lightly.

2 Serve on lettuce or other greens with a garnish of paprika.

Note: This salad, without greens, may be served as an accompaniment to fish.

Submitted by

Dick Oakley

Chicken and Pasta with Mushroom Sauce

Easy | Do Ahead | Serves: 4

- 1 cup frozen chopped onions, *thawed and drained*
- 3 cups sliced fresh mushrooms
- 1 lb. chicken breast tenderloins, *cubed*
- 3 tbsp. flour
- 1/2 tsp. pepper
- 1 tbsp. instant chicken bouillon granules
- 1 1/2 cups water
 - 1 cup nonfat half and half
 - 3 tbsp. sherry
- 8 oz. uncooked spaghetti, *broken into small pieces*
- 2 tbsp. nonfat Parmesan cheese

Spray inside of slow cooker with cooking spray. Combine onions, mushrooms, chicken, flour, pepper, and bouillon granules in slow cooker and toss to mix. Combine water, half and half, and sherry in medium bowl and mix well. Pour sauce over chicken mixture. Cover and cook on low heat for 6–8 hours or high heat for 3–4 hours. Add broken spaghetti and stir to mix; sprinkle with cheese. Cover and cook on high heat for 15–20 minutes.

Nutrition Facts per serving: 424 cal., 2.2 g total fat, 55 mg chol., 326 mg sodium, 62 g carbo., 1 g fiber, 32 g pro.

Exchanges: 3 Vegetable, 3 Starch, 3 Very Lean Meat

Carb Choices: 4

Shopping List

Produce	Packaged
3/4 lb. mushrooms	8-oz. pkg. spaghetti
Poultry	Baking Goods
1 lb. chicken breast tenderloins	flour
Dairy	Seasonings
8 oz. nonfat half and half nonfat Parmesan cheese	pepper instant chicken bouillon granules
Frozen	Other
12-oz. pkg. frozen chopped onions	sherry

Lisa

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Katie Ranck

Beefy American Goulash

yield: 8 (SCANT 2 CUPS) SERVINGS



INGREDIENTS:

- 2 lbs uncooked 95% lean ground beef
- 2 medium yellow onions, diced
- 3 garlic cloves, minced
- 3 cups water
- 2 (15 oz) cans tomato sauce
- 2 (14.5 oz) cans diced tomatoes
- 2 tablespoons Italian seasoning
- 3 bay leaves
- 3 tablespoons low sodium soy sauce
- 1 tablespoons seasoned salt
- 1 teaspoon paprika
- ½ teaspoon black pepper
- 12 oz uncooked elbow macaroni

DIRECTIONS:

1. Place the ground beef in a large dutch oven and bring over medium heat. Cook, breaking up with a spoon or spatula, until the meat is browned and in small pieces. Drain the grease from the pan. Add the onions and garlic and stir together. Continue to cook for another 5 minutes or until onions are translucent. Add the water, tomato sauce, diced tomatoes, Italian seasoning, bay leaves, soy sauce, seasoned salt, paprika and black pepper and stir together. Bring to a boil and then reduce heat. Cover the pot and simmer for 15-20 minutes.
2. Add the macaroni and stir until well combined. Re-cover the pot and simmer for 20-25 minutes until the macaroni is cooked through. Remove from heat, stir and remove the bay leaves. Allow to sit for 15 minutes before serving.

WEIGHT WATCHERS SMARTPOINTS:

8 per (scant 2 cups) serving (*SP calculated using the recipe builder on weightwatchers.com*)

WEIGHT WATCHERS POINTS PLUS:

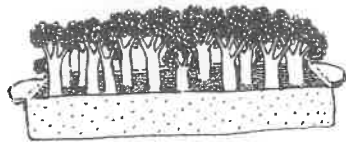
10 per (scant 2 cups) serving (*P+ calculated using the recipe builder on weightwatchers.com*)

NUTRITION INFORMATION PER (SCANT 2 CUPS) SERVING:

379 calories, 49 g carbs, 10 g sugars, 7 g fat, 3 g saturated fat, 33 g protein, 5 g fiber (*from myfitnesspal.com*)*Adapted from [Paula Deen](#)**This delicious recipe brought to you by **Emily Bites****<http://www.emilybites.com/2016/08/beefy-american-goulash.html>*[Back](#) [Click to Print](#)

THE ENCHANTED BROCCOLI FOREST

50 minutes to prepare;
30 minutes more to bake.
Preheat oven to 325°F.



4 servings.

Butter a 10x6-inch pan,
(or its approximate
equivalent)

1 1-lb. bunch of broccoli

Cut off bottom-several-inches of stalk. Shave off the tough outer skin, and cut the broccoli into spears (these will be the Trees).

2 cups (raw) brown rice
3 cups water

Combine in saucepan. Bring to a boil, lower heat, and cover. Cook until just done (20-30 minutes). Fluff with a fork.

Meanwhile:

1 Tbs. butter
1 cup chopped onion
1 large clove crushed garlic
1/2 tsp. salt
1/2 tsp. dill weed
lots of black pepper
1/4 tsp. dried mint
cayenne pepper, to taste

Sauté all of these together over medium heat, stirring, until the onions are soft and translucent (8-10 minutes)

Add to the above Cooked Rice.
Mix well.

3 large eggs
1/4 cup freshly-minced parsley
1/2 packed cups grated cheddar
or Swiss cheese

Beat together well, then beat into the rice mixture. Spread evenly into your buttered 10x6-inch pan.

The above-described Broccoli Trees
Juice from one Lemon } combined.
2 Tbs. melted butter }

Steam the broccoli until bright green and just tender. Rinse immediately in cold water; drain. Arrange these broccoli trees upright in the bed of rice-mixture (as depicted above) and drizzle the trees with lemon-butter.

-Cover gently, but firmly as possible, with foil. Bake 30 minutes.

Christine
Scarlett

MENU · ROASTED ROOT VEGETABLE RAGOUT ·

CREAMY POLENTA ·

PEAR MILK · GINGERSNAPS · SERVES 4

Expensive "company" dish

During the months when the produce aisle seems a bit bare—no locally grown tomatoes or piles of fresh corn in site—take advantage of the ever-growing variety of root vegetables that are showing up everywhere. Rough, rustic, and roasted, the root vegetables featured in this bistro menu are filling and comforting—and nutritious.

Milk and cookies for dessert!

Roasted Root Vegetable Ragout

- 6 cipolline onions
- 4 baby turnips or 2 large, cut in eighths
- 1 small celery root, peeled and cut into wedges
- 1/2 pound whole baby carrots
- 3 new potatoes, halved
- 2 leeks, white part only, cleaned and cut into 1/4-inch rings
- 2 parsnips, peeled and quartered
- 8 Brussels sprouts
- 1 tablespoon extra-virgin olive oil
- 2 sprigs each of fresh thyme, rosemary, and parsley
- 1/2 cup white wine
- 2 cups Vegetable Stock (page 13) or low-sodium canned
- 1 28-ounce can whole tomatoes
- 1 bay leaf
- 2 cups coarsely chopped Swiss chard
- Kosher salt and freshly ground black pepper
- Creamy Polenta (recipe follows)

SERVES 4

Preheat the oven to 475°F.

In a heavy roasting pan, combine the vegetables and olive oil and toss to coat. Roast 20 to 30 minutes, turning every 10 minutes, until the vegetables are nicely browned. Meanwhile, tie the herbs together with kitchen string. Transfer the pan to the top of the stove. Add the wine, stock, tomatoes,

and herbs and cook over high heat for 15 minutes. Stir in the Swiss chard and cook 2 minutes more. Season with salt and pepper. To serve, spoon the vegetables and sauce over the polenta.

Creamy Polenta

- 4 cups Chicken Stock (page 13) or low-sodium canned
- 1 cup polenta
- 1/4 cup skim milk
- Kosher salt and freshly ground black pepper

SERVES 4

In a large saucepan, bring the chicken stock to a rolling boil. Reduce the heat to medium and add the polenta slowly, whisking each addition very briskly. If the polenta is added too quickly, lumps will form. Cover and cook over low heat for 20 minutes or until the polenta is thick and creamy. Add the milk and stir to thoroughly incorporate. Season with salt and pepper and serve.

RIGHT Winter vegetables glisten after a good roast in very high heat, which forces the concentration of their natural sugars.

WHY THIS RECIPE WORKS

Flourless chocolate cake should serve as an ultimate expression of pure chocolate flavor, with a rich, dense texture that still retains some delicacy. Unfortunately, many versions are too heavy, while others are gritty. Yes, this cake should be rich, but it shouldn't be leaden, and it must be smooth and creamy. We found it imperative to whip the eggs in order to lighten the batter. Baking the cake in a water bath created a gentle moist-heat environment that ensured a smooth, creamy result. It's also important to remove the cake from the oven while it is still a little underdone. The cake will continue to cook and firm up as it cools. Good-quality chocolate is very important to the flavor and texture of this cake. You can substitute ¼ cup warm water mixed with 1 teaspoon instant espresso or instant coffee for the strong coffee. If substituting an 8-inch springform pan, increase the baking time to 22 to 25 minutes. This cake is very rich, so small slices are best. For neat, professional-looking slices, clean the knife thoroughly after each cut.

Flourless Chocolate Cake

SERVES 12 TO 14

- 1 pound bittersweet chocolate, chopped
- 16 tablespoons unsalted butter, cut into 16 pieces
- ¼ cup strong coffee
- 8 large eggs, room temperature
- Confectioners' sugar
- 10 ounces (2 cups) raspberries

1. Adjust oven rack to lower-middle position and heat oven to 325 degrees. Grease 9-inch springform pan, then line bottom with parchment paper. Wrap outside of pan with two 18-inch square pieces heavy-duty aluminum foil. Lay dish towel in bottom of roasting pan and place wrapped cake pan on towel. Bring kettle of water to boil.

2. Microwave chocolate, butter, and coffee in large bowl at 50 percent, stirring often, until melted, 1 to 3 minutes; set aside to cool slightly.

3. Using stand mixer fitted with whisk, whip eggs on medium-low speed until frothy, about 1 minute. Increase speed to high and whip until eggs are very thick and pale yellow, 5 to 10 minutes. Gently fold one-third of whipped eggs into chocolate mixture with rubber spatula until few streaks remain. Repeat twice more with remaining whipped eggs and continue to fold batter until no streaks remain.

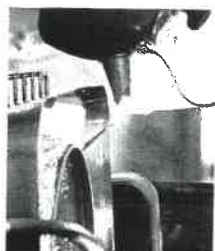
4. Scrape batter into prepared pan and smooth top. Set roasting pan on oven rack and pour boiling water into roasting pan until it reaches about halfway up sides of springform pan. Bake cake until edges are just beginning to set, a thin crust has formed over top, and cake registers 140 degrees about 1 inch from edge, 18 to 20 minutes. (Do not overbake.)

5. Let cake cool in roasting pan for 45 minutes, then transfer to wire rack and let cool until barely warm, 2½ to 3 hours, running knife around edge of cake every hour or so. Wrap pan tightly in plastic wrap and refrigerate until set, at least 12 hours and up to 2 days.

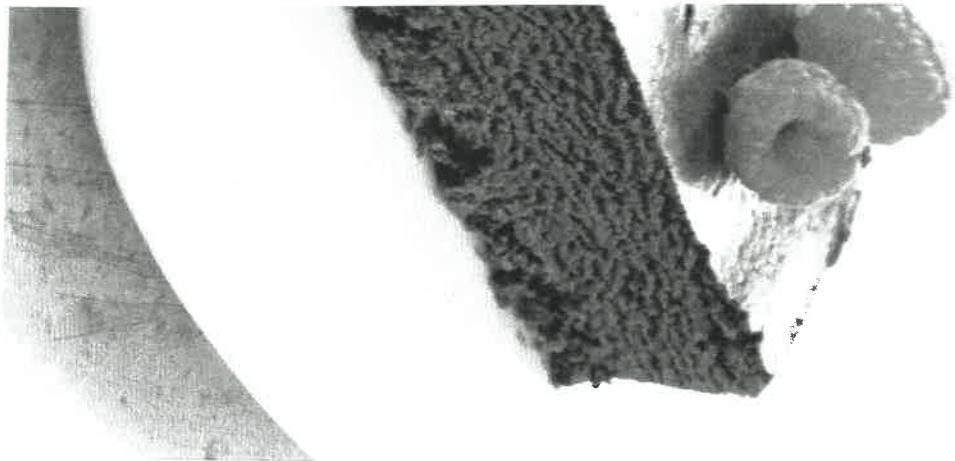
6. About 30 minutes before serving, run knife around edge of cake and remove sides of pan. Carefully slide cake, still on parchment, onto serving platter. Before serving, dust with confectioners' sugar and garnish with raspberries.

TEST KITCHEN TIP Setting Up a Water Bath

Some cakes are baked in a "water bath," which means that the cake pan is partially immersed in water to ensure gentle heating. A water bath reduces the risk of overcooking cheesecakes and other delicate flourless cakes. Wrap the springform pan with two pieces of foil to prevent leaking.



Line roasting pan with dish towel. Place springform pan in roasting pan, fill, place pan in oven, and carefully add boiling water until it reaches halfway up sides of springform pan.



In a gluten-free facility; make sure to read

The New Can Be Gluten Free Cookbook - America's Test Kitchen
Tricia Ellersick



See page 20 for details on this

WHY THIS RECIPE WORKS

Brazilian cheese bread rolls (*pão de queijo*) are small rolls with a crunchy crust and a chewy center. They are typically made with tapioca starch, cheese, milk, oil, and eggs, so they are naturally gluten-free. There are many different approaches to the mixing method. Some recipes heat the batter on the stovetop and transfer it to a stand mixer before adding the eggs (much as you might make the dough for profiteroles or gougeres). But we found that this method could be tricky. The heat made the tapioca starch quite gluey, and the dough became hard to handle. We preferred a simpler (and still traditional) approach that calls for making a looser dough (more like pancake batter) in a blender. Rather than shaping the dough by hand, we poured the resulting fluid batter into a greased mini muffin tin that we slid right into the oven. The high liquid content (from both milk and eggs) in the batter created a lot of steam in the oven that helped the rolls to rise. (There's no yeast or chemical leavener in this recipe.) We tested different types of cheese, and it was clear that these small rolls are best made with something potent, so they would pack a punch. We liked the combination of nutty Parmesan and tangy extra-sharp cheddar. These rolls are a fast snack or an accompaniment to dinner, ready in about 30 minutes (including time to heat the oven). They are best eaten warm, but leftovers can be frozen and reheated (see the instructions in sidebar at right).

Brazilian Cheese Bread Rolls
MAKES 24 SMALL ROLLS

- 8 ounces (2 cups) tapioca starch, *Flour*
- 4 ounces extra-sharp cheddar cheese,
- shredded (1 cup)
- 2 ounces Parmesan cheese, grated (1 cup)
- 3/4 cup whole milk
- 1/2 cup olive oil
- 2 large eggs
- 1 teaspoon salt

from the How Can It Be Gluten Free Cookbook - America's Test Kitchen

Wendell

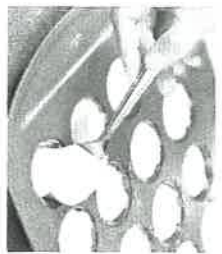
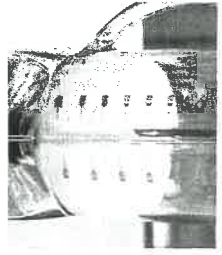
1. Adjust oven rack to middle position and heat oven to 375 degrees. Spray 24-cup mini muffin tin with vegetable oil spray. Process all ingredients together in blender until smooth, about 1 minute, scraping down sides of blender jar as needed.

2. Pour batter (about 2 tablespoons per muffin cup) into prepared muffin tin. (Each muffin cup will be nearly full.) Bake rolls until lightly golden and puffed, 17 to 20 minutes, rotating muffin tin halfway through baking. Let rolls cool in muffin tin on wire rack for 3 minutes, then remove rolls from pan. Serve warm.

TEST KITCHEN TIP

Making Cheese Bread Rolls

The "dough" for these Brazilian rolls is very loose and is easily prepared in a blender. Once combined, the batter is poured into a greased mini muffin tin and baked.



- 1. Process all ingredients in blender until smooth, about 1 minute, scraping down sides of blender jar as needed.
- 2. Pour batter (about 2 tablespoons per muffin cup) into prepared muffin tin.

TEST KITCHEN TIP

Freezing Biscuits, English Muffins, and Cheese Bread Rolls

Let biscuits, English muffins, and cheese bread rolls cool completely, then wrap individually in a double layer of plastic wrap and then a layer of aluminum foil before freezing. Biscuits can be reheated in a 425-degree oven for 10 minutes. A single English muffin, wrapped in a paper towel, can be microwaved for 20 seconds, then split and toasted. Cheese bread rolls can be reheated in a 375-degree oven for 10 minutes.

375°

Tofu stir fry from Bon Appetite Magazine

a 14 oz block of extra firm tofu cut into 1 x 1/4 inch pcs dried pressed between paper towels then toss with 1 1/2 tsp corn starch and pinch of red pepper flakes then add 1 tbsp soy sauce and toss again

one lb mushrooms combined choice of shitake, oyster, crimini, or white button torn into 1 inch pcs if larger

6 scallions cut into 1 inch pcs 2 inch pc fresh ginger peeled and thinly sliced

2 tbsp rice vinegar, 2 tbsp rice wine or mirin (I used mirin) and 2 tbsp soy mixed in small bowl

sautee mushrooms, scallions, and ginger about 5 minutes tossing frequently until tender, add salt and pepper to taste and set aside

add oil (I used sesame and vegetable oil mixed) and fry pieces of tofu on each side until browned 1-2 minutes

add wine mixture and vegetables to pan and toss to coat and thicken sauce

serve on rice and sprinkle with sesame seeds

Shelia B