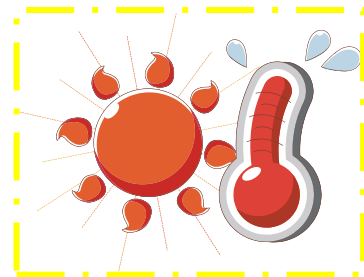


## Food for High Achievers



# DISHIN' WITH DEBBIE!

July Greetings to you all. I hope you aren't too wilted. This heat and humidity are just BRUTAL! I know that some of you are saying to yourselves- I LOVE this weather and to you I say- well GOOD for you. I, on the other hand do NOT LOVE this weather. It makes me grumpy, (and make my hair even curlier) however, I am blessed to have an air conditioned house- so I can still cook up a storm and so can YOU!



I have been to England and it seems like they like to cook their food a little too much- particularly vegetables. And their version of a salad is a leaf of lettuce, topped by a barely red tomato and a big wad of "dressing" which is very similar to heavy, greasy mayonnaise.

The ever faithful Ms. Meyers, with a little prodding, sent me a lovely recipe for a Goat Cheese and Sun Dried Tomato Tart. It had true European measures and descriptions which I had to translate to American. This job is TOUGH! Tracey says the tart chills nicely for a summer picnic but is good served warm any time, too. Her editorial note says that, if you don't like goat cheese, add some more cheddar cheese. I'm thinking it would be easier to make another recipe, but that's just me! ;)

### Goat Cheese & Sun-dried Tomato Tart

#### Ingredients:

- Pillsbury piecrust
- 3/4 cup plus two Tablespoons of heavy cream
- 4 free-range egg yolks (Editor's note: I always use "cage free" eggs. I don't like to think of



those poor chickens shut up in tiny, smelly cages.)

- 3/4 cup shredded cheddar or Gruyere cheese
- sea salt and freshly ground black pepper to taste
- 3/4 cup sun-dried tomatoes, blitzed into a paste in a food processor or blender
- 1 small soft goat's cheese log, broken in chunks
- 1 small bunch chives, trimmed and cut in half

#### Directions:

- 1.) Preheat your oven to 350°F
- 2.) On a clean floured work surface, roll out your pastry to the thickness of a pound coin. (Editor's note: if you don't have a pound (£) coin for reference- but don't we ALL have that?? ;) - a quarter will work.)
- 3.) Carefully line an 8-inch tart shell with the pastry and place in the fridge to chill for at least half an hour.
- 4.) Line the pastry with baking/parchment paper, fill with rice or baking beans and bake for 8-10 minutes.
- 5.) Make a custard by whisking together the cream and egg yolks and then adding the grated cheese, reserving a handful for later.
- 6.) Season with a little salt and pepper, depending on the saltiness of the cheese.
- 7.) Remove the tart from the oven and spoon out the rice or baking beans and lift out the paper. Pop the pastry case back in the oven for 10 minutes until just cooked. Remove and leave to cool slightly.
- 8.) Spread the sun-dried tomatoes over the bottom of the tart shell and pour the custard mixture on top.
- 9.) Distribute the goat's cheese around the tart.
- 10.) Sprinkle the chives and the rest of the Cheddar over the top and bake for 10 minutes.
- 11.) Remove and leave to cool slightly before serving.
- 12.) Enjoy!

Ms. Tina Dorsey shares a recipe she says is "English sounding" (that's good enough for me!). It is from the Moosewood collection and is vegetarian for those of you who eat that way AND it has beer, so it must be good!

### Rarebit Risotto

#### Ingredients:

- 4 cups vegetable broth
- 1 tablespoon olive oil
- 1 1/2 cups Arborio rice
- 12 ounces beer
- 3 cups chopped broccoli florets
- 1 tablespoon Dijon mustard
- 4 ounces sharp cheddar cheese, shredded
- 2 cups chopped fresh tomatoes
- salt and pepper



#### Directions:

- 1.) In a medium saucepan, bring vegetable broth to a gentle simmer.
- 2.) In a medium dutch oven (or large sauce pan), heat olive oil over medium high heat. Add rice and stir till well coated and golden.
- 3.) Add beer and stir till rice has absorbed all the liquid.

- 4.) Ladle in a cup or so of the stock and continue stirring till liquid is absorbed, about 5 minutes. Repeat till all broth has been absorbed, stirring constantly.
- 5.) While risotto is cooking, steam broccoli until bright green and just tender.
- 6.) When the last of the broth is absorbed, add mustard and cheese and stir till cheese is melted and well combined with risotto.
- 7.) Season with salt and pepper to taste.
- 8.) Stir in broccoli and tomatoes and serve immediately.

Ms. Kathryn Sophy is also an awesome cook (as well as being an exceptionally fine newsletter editor) and she sent me a delicious sounding recipe lemon and sage chicken and sausage that she adapted from Nigella Lawson. Another thing sacred to English cooking is sausages- for which they have a bunch of nicknames- bangers, for example. Don't ask me why...

### Lemon and Sage Chicken and Sausage

#### Ingredients:

- 1 large onion or 2 small onions
- 1/2 cup olive oil
- 2 teaspoons English mustard
- 1 tablespoon dried sage
- Freshly ground black pepper
- 1 tablespoon Worcestershire sauce
- 1 lemon
- 4 pounds chicken pieces, with bones & skin
- 3 or 4 pounds sausages, cut into reasonably sized pieces (don't use chicken or turkey sausage)
- 2 tablespoons fresh sage leaves, chopped (if you have it)



#### Directions:

- 1.) Peel and cut the onion into eighths and put into a freezer bag with the oil, mustard, dried sage, a good grinding of pepper, and Worcestershire sauce.
- 2.) Cut lemon in half, squeeze juice into bag and then cut the halves into eighths and add them.
- 3.) Squish everything around to mix (Editor's note: squishing is a highly technical process which requires a great deal of practice! ;). The mustard needs help to combine with the other ingredients.
- 4.) Add the chicken pieces. Leave to marinate in the refrigerator overnight or for up to 2 days. Remove the chicken from the refrigerator early to allow the chicken to come to room temperature in its marinade.
- 5.) Preheat the oven to 425°.
- 6.) Arrange the chicken pieces in a roasting pan skin side up with the marinade, including all the bits and pieces, and tuck the sausages around them.
- 7.) Sprinkle the fresh sage leaves over the chicken and sausages (or give a little dusting of more powdered sage) and then put into the oven (uncovered) to cook for 1 hour and 15 minutes.
- 8.) Turn the sausages over half way through to color them evenly.
- 9.) Enjoy!

And finally, in keeping with my sacred commitment to always provide for dessert, here's a recipe for that most quintessential of English desserts- the Trifle. This one is adapted from AllRecipes.com.

## English Trifle

### Ingredients:

- Prepared angel food cake OR pound cake OR lady fingers (Editor's note: real cooks will make this from scratch, while the rest of us will use a mix, or buy it. It won't matter in the end!)
- 1/2 cup cream sherry or orange juice
- 10 ounce jar of raspberry jam
- 1 1/3 cups white sugar
- 1/2 teaspoon salt
- 2/3 cup all-purpose flour
  
- 4 cups milk
- 10 egg yolks, beaten
- 4 Tablespoons butter
- 2 teaspoons vanilla extract
- 2 cups heavy whipping cream, whipped
- 1 1/2 cups sliced almonds
- 12 maraschino cherries



### Directions:

- 1.) The night before, slice the cake into 1/2 inch slices and sprinkle with sherry or juice. Cover lightly so it won't get stale. Let the cake sit overnight to allow alcohol to evaporate. If you are not using sherry, it's not necessary to do this the night before.
- 2.) To make the pastry cream: Mix sugar, flour and salt together in the top of double boiler. Slowly add milk to form a smooth mixture. Cook over low-medium heat stirring constantly until the mixture begins to thicken. Slowly pour 1/2 the hot milk mixture into a bowl of the beaten egg yolks, stirring constantly. Then pour all the mixture back into the double boiler and stir until thick. Add butter and vanilla. Cover tightly with plastic wrap and chill. (Editor's note: Alert readers may already have noted that you could use instant pudding for this step. Well, yes, of course you COULD, but this is SO much better!)
- 3.) The next day, spread raspberry jam on top of cake layers or ladyfingers.
- 4.) Layer the bottom of a bowl with 1/3 the cake and pour 1/3 of the pastry cream over the top.
- 5.) Sprinkle with nuts.
- 6.) Layer cake, cream and nuts until all of the ingredients have been used.
- 7.) Top the uppermost layer with whipped cream and garnish with maraschino cherries and slivered almonds.
- 8.) Refrigerate 1 to 2 hours before serving.
- 9.) Enjoy!

And finally, last but certainly not least, as promised last month, here is my special scone recipe. If you have ever had a scone, warm from the oven, with clotted cream and good jam, you'll know that this is heaven on earth!

## Scrumptious Scones

### Ingredients:

- 2 cups [all-purpose flour](#)
- 1/4 cup packed brown sugar
- 2 tablespoons baking powder
- 1 teaspoon [baking soda](#)
- 1/2 teaspoon salt
- 1/2 cup cold butter, cubed
- 1 cup [sour cream](#)
- 1 egg
- 1 teaspoon REAL vanilla
- 1/2 cup cream
- 3/4 dried cherries (but you can use raisins, dried cranberries, etc.)
- 1/4 cup large grain sugar for the topping (I use Sugar in the Raw)



### Directions:

- 1.) Preheat oven to 400 degrees F.
- 2.) In a [food processor](#), [pulse](#) flour, sugar, baking powder, baking soda, and salt together. (Editor's Note: if you don't have a food processor, mix the items together and cut in the butter with a pastry blender.)
- 3.) Add the cubed [butter](#) until a coarse meal forms.
- 4.) Pulse in the sour cream, egg and vanilla until just combined.
- 5.) Stir in cherries.
- 6.) Turn the dough out onto a lightly floured surface (it will be sticky) and knead until the dough comes together into a ball.
- 7.) Cover a cookie sheet with parchment paper.
- 8.) Transfer the dough to the cookie sheet and gently pat it into a 3/4 inch thick circle.
- 9.) With a knife score the dough into eight slices like a pizza, but don't cut all the way through.
- 10.) Brush the top of the dough with the cream and sprinkle with large grain sugar.
- 11.) Bake for 12 to 14 minutes until the bottoms of the scones are light brown. Don't overbake.
- 12.) Remove from oven, cool slightly on the [sheet pan](#) and then transfer to a wire rack to cool completely.
- 13.) Enjoy!

That's all for this month! Join me next month when we travel to Russia. **Send me those recipes as soon as you can!**

### **August - From Russia With Love**

September - Canadian Comestibles

October - Oktoberfest in Germany

November - Culinary Adventures from the Land Down Under (Australia/New Zealand)

December - South American Treasures



*Please send recipes to [dereihart@pa.gov](mailto:dereihart@pa.gov). Hurry up and do it now so you*

***UNTIL NEXT MONTH- KEEP ON DISHIN'!***

***- Debbie***

---