



DISHIN' WITH DEBBIE!

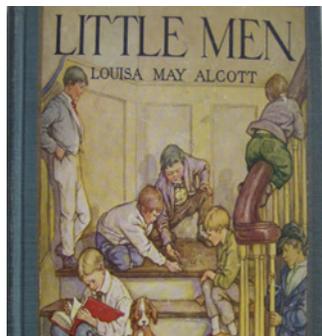
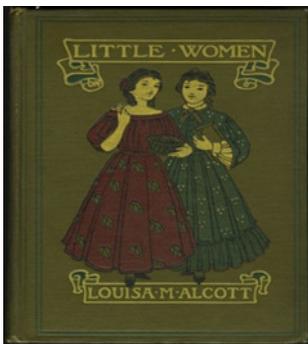
FOOD FOR HIGH ACHIEVING INDIVIDUALS



Welcome to the June version of Dishin' with Debbie and welcome (almost) to summer! June has no real holidays, but maybe some of you are celebrating graduations (my daughter, Hannah, my youngest,



graduated from Cedar Cliff High School in Camp Hill last week. I am not sure how that happened since it was just the week before that I held her little hand walking into her first day of Kindergarten. When I was a young mother, I would hear people say things like that and think they were strange. Now look who's strange- OMG!



This month's focal books are Little Women (published in 1868) or Little Men (published in 1871) by Louisa May Alcott. I read both of these books as a kid. I am not sure why I read Little Men, but I remember thinking how boys were just SO yucky! Some of you may know that Louisa was a native



of Philadelphia, Pennsylvania, but moved to Massachusetts.

Mandy Book tirelessly scoured the Internet for recipes related to Little Women and the first one she sent me, a recipe for pickled limes from the Ladies in Waiting Book Club, had been taken down. Now, that wasn't very nice of them, and, since I knew you would all be bitterly disappointed if I didn't produce a pickled lime recipe, I went to trusty Google and found another one. No need to thank me, just buy my book when it comes out! ;) Note that this is not a quicky recipe. It needs to be started the night before you want to eat these little gems because the limes have to be salted to extract their bitterness. Who knew? Not only that, but you have to keep it for an ENTIRE month before eating it. Hmm... delaying gratification has never been my strong suit. I think I'll let someone else test this one!

Pickled Limes

Ingredients:

- 12-14 fresh limes
- 5 teaspoons salt
- 4 ounces water
- 1 $\frac{1}{4}$ cups sugar
- 12 whole cloves
- 12 whole black peppercorns



Directions:

- 1.) Slice off and discard the ends of six of the limes.
- 2.) Cut the limes into slices (skin and all) about 1/8 inch thick.
- 3.) Spread a layer of paper towel all over a non-metallic tray and lay the slices of lime on it in a single layer with no overlapping.
- 4.) Sprinkle half the salt over the limes. Leave them like that for a few hours.
- 5.) Turn the limes over and sprinkle the rest of the salt over the other side.
- 6.) Cover loosely with another layer of paper towel and leave in the fridge overnight.

- 7.) Next day, rinse the lime slices in a colander, turning them under a cold running tap until all traces of salt have been washed away.
- 8.) Transfer them to a saucepan with just enough water to cover and simmer very gently for about 30-45 minutes or until the slices are very tender (watch this carefully after 30 minutes are up, otherwise it's possible that they can overcook and turn to mush: the slices need to be tender but still intact).
- 9.) Now squeeze the juice from the remaining limes. You need 7 fluid ounces in all so this may require between six and eight limes.
- 10.) Place the juice in a saucepan along with 4 fluid ounces of water, the sugar and spices.
- 11.) Stir over a gentle heat until the sugar has dissolved completely.
- 12.) Simmer very gently for 25 minutes without a lid. The liquid will reduce slightly, but keep an eye on it so it doesn't boil.
- 13.) Remove the syrup from the heat and take out the spices using a draining spoon.
- 14.) Add the drained lime slices to the syrup and pour into a sterilized jar.
- 15.) Seal it and keep cold for a month before eating.

Luckily, I had better luck with Mandy's second offering, Apple Slump. According to the website, slump can also be called "grunt" or "pandowdie". Apparently, it got the name "Grunt" because the fruit makes "grunting" noises as it cooks down. How very appetizing! I have the same issue with a recipe I have for Dump Cake. Huh?? It's delicious, the name just leaves a LOT to be desired. But I digress...

Louis May Alcott's Apple Slump

Ingredients:

Apple Base:

- 5 to 6 tart apples; pared, cored and sliced (Editor's note: *Granny Smith is usually my "go to" cooking apple, but, according to Bon Appetite, the three best tartish cooking apples are Honeycrisp, Crispin and Pink Lady.*)
- Juice of 1/2 lemon
- 1/2 teaspoon vanilla extract (or bourbon) (Editor's note: *Maybe you could pour a little of this for yourself while you're at it? Just sayin'. It could be a very happy baking session!*)
- 1/2 cup firmly packed light brown sugar
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt



Topping:

- 1 1/2 cups flour
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg, beaten
- 1/2 cup milk
- 6 tablespoons butter, melted
- 1/2 cup chopped walnuts

Directions:

- 1.) Preheat oven to 350°F.
- 2.) Grease the inside of a 9 x 13 baking dish.
- 3.) In a large bowl, gently mix apple slices, lemon juice, and vanilla (or bourbon).
- 4.) In a small bowl, mix brown sugar, nutmeg, cinnamon, and salt.
- 5.) Add the sugar mixture to the apple mixture and toss until coated.
- 6.) Spread apple base evenly in prepared pan and bake until soft, about 20 minutes.
- 7.) While the apples are baking, sift together flour, sugar, baking powder, and salt.
- 8.) Add egg, milk, and melted butter. Stir gently.

- 9.) Pour flour mixture over baked apples and sprinkle walnuts evenly over the top.
- 10.) Continue baking 25 minutes, or until the top is brown and crusty.
- 11.) Cool 5 minutes and serve with your favorite ice cream (**Editor's Note: or perhaps you could try it with the pickled limes???**)

Both the little women and the little men LOVE blancmange. It sounds every so much better in French, than in English where it translates to "white eating". Uh, yum? It's essentially a very simple vanilla pudding.

Blancmange

Ingredients:

- 3 tablespoons cornstarch
- 4 tablespoons granulated sugar
- 1/8 teaspoon salt
- 2 cups milk
- 1 teaspoon vanilla
- Fresh fruit or berries



Directions:

- 1.) Mix the cornstarch, sugar, and salt with 1/4 cup of cold milk.
- 2.) In a small pot, heat the remaining milk over low heat (Do not boil!).
- 3.) While whisking, slowly add the cold milk mixture to the heated milk, stirring constantly, in a heavy bottomed pan or a double boiler.
- 4.) Continue to cook over low heat, whisking constantly, for 15 minutes until it thickens. (Do not boil!). It will thicken all at once at the end of the cooking time.
- 5.) Let cool, then add the vanilla.
- 6.) Cover and chill.
- 7.) When you are ready to eat- top with fruit and enjoy!

That's all for this month, but start thinking about what culinary delights are conjured up in your mind by The Da Vinci Code by Dan Brown. Let's focus on the cuisines of the countries where the book is set, not some of the more- shall we say- unsavory parts of the book. Those of you who read the book will know just what I mean! Enjoy your summer, All.

So you can be ready for the rest of the year:

- August - The Life of Pi - Yann Martell
- September - The Book Thief - Markus Zusak
- October - It - Stephen King
- November - The Hunger Games - Suzanne Collins
- December - Water for Elephants, Sara Gruen

Send me those recipes as soon as you can! I will be forever grateful to you to not have to come up with them all on my own.



Please send recipes to dereihart@pa.gov. Hurry up and do it now so you
Debbie

UNTIL NEXT MONTH- KEEP ON DISHIN'!