
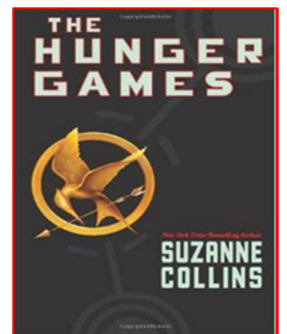




Welcome to the November version of **Dishin' with Debbie**. This month is all about being grateful and giving thanks - for brave active duty military or veterans who work every day to keep us all safe - for the bounty of foodstuffs that we have available to us (AND the plethora of recipes we can use to prepare said foodstuffs!) and, if you are so inclined, for irresistible deals on (dare I say it) **Christmas gifts**  on the day after giving Thanks. Isn't life grand!

This month we are looking at recipes that may fit in with the novel *The Hunger Games* (any of the series) by Suzanne Collins. This was originally meant to be a "young adult" book, but I, and lots of other not so young adults, found it incredibly compelling. The title of the book, as well as the subject matter - unless you happen to live in the Capitol - doesn't exactly inspire visions of hedonistic gustatory delight, but I did get a few brave and generous souls who sent me recipes, which I gratefully accept.



Melanie Percha, a Senior Project Manager in PennDOT's District 10 sent a recipe for Rabbit or Pheasant Stew, which she says can be made with chicken. This is a lot more accessible for those of us who hunt at the grocery store! ;) This recipe is made in a crock pot, so you can fix it up in the morning and then when you get home from a hard day's work, you'll have a hot meal waiting. The only thing better would be to have a chef on your payroll!

Rabbit Or Pheasant Stew

Ingredients:

- 1-2 rabbits or pheasants- cut up (or 1 cut-up chicken)
- Salt, freshly-ground black pepper and paprika -- to taste
- 1 cup sour cream
- 1 can cream of mushroom soup-do not add water
- 1/4 teaspoon Worcestershire sauce
- 2 tablespoons instant onions or instant onion soup mix

Directions:

- 1.) Season the meat with the salt, pepper and paprika and place in the crock pot.
- 2.) Mix sour cream, soup, Worcestershire sauce and onions in a bowl.
- 3.) Pour mixture over the meat.
- 4.) Cook in crock pot for 8 hours on low to medium heat.
- 5.) Serve with fresh bread or over hot noodles.

Mandy Book indicated that an article about recipes related to *The Hunger Games* just wouldn't be authentic without a recipe for lamb stew because, when Katniss (the heroine of the trilogy of books, for the uninitiated) is in the Capitol, she tells Caesar the best part is the lamb stew.

Katniss' Favorite Lamb Stew with Dried Plums

Ingredients:

- 3 pounds [lamb meat](#), cubed
- 3 Tablespoons [cooking oil](#)
- 1 Tablespoon [sugar](#)
- 3 Tablespoons [flour](#)
- 2 cans [beef broth](#)
- 1 cup [tomato pulp or 3 Tablespoons tomato paste](#)
- 1 sprig [rosemary](#), leaves snipped
- 3 large [carrots](#), peeled and chopped
- 2 medium [potatoes](#), peeled and chopped
- 16-18 [pearl onions](#), peels and halved
- 1 cup [frozen or fresh peas](#)
- 1 handful [dried plums](#) cut in half

Directions:

- 1.) Heat Oven to 475 degrees.
- 2.) Heat oil in a skillet and brown lamb meat.
- 3.) Transfer to dutch oven as pieces are fully cooked.
- 4.) Sprinkle sugar on browned meat.
- 5.) Cook meat for several minutes on medium high heat to caramelize sugar.
- 6.) Toss meat with flour until well coated.
- 7.) Place uncovered pot in oven for 5 minutes.
- 8.) Toss meat around and cook for another 5 minutes.
- 9.) Reduce oven heat to 350 degrees.
- 10.) Add 1 1/2 cans of beef broth, tomato pulp, and rosemary.
- 11.) Cover and cook on bottom third of the oven for 1 hour.
- 12.) Taste and season with salt and pepper as needed.
- 13.) Add carrots, onions, and potatoes and more broth if needed.
- 14.) Cover and return pot to oven for another hour.
- 15.) After 30 minutes, add dried plums.
- 16.) Once done, taste and season as needed.
- 17.) On the stovetop, boil peas for 1-2 minutes.
- 18.) Drain and add to stew just before serving.
- 19.) Serve on wild rice.

That's all for this month and may the odds be EVER in your favor! ;) The DWD staff (that would be me!) gratefully wishes you a blessed **Thanksgiving**. The next book is *Water for Elephants* by Sara Gruen. I will include the recipes in our next publication, and I also will announce a theme for 2015. I know you are ALL waiting with bated breath! ☺

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'!

