



DISHIN' WITH DEBBIE!

FOOD FOR HIGH ACHIEVING INDIVIDUALS



Happy Spring All! I am so happy to see the flowers finally popping up in my garden. I honestly thought this winter would NEVER end!

So, as per our schedule we are exploring foodstuffs one could associate with one of my favorite movies of all time, Monty Python's **The Holy Grail**. If you have not seen this masterpiece, you owe it to yourself to do so. You will know within the first five minutes whether you love it or hate it. I had a discussion with Lara Livergood who confirmed that this is true, in case you thought I was making that up! I WAS looking forward to what you came up with, but there was (wait for it) ... nothing. Now, I must say I am sorely disappointed in my readership. Some of you out there must have a goofy sense of humor, off the wall creativity and like to cook. In fact, I am personally acquainted with such people (not mentioning any names, Tracey!) ;) But since I am the benevolent dictator of this creative space, I will give you all another try. After that, I will have to taunt you a second time (and maybe a third...) with perhaps the best insult of all time, "Your mother is a hamster and your father smelt of elderberries."



One of the foodstuffs actually mentioned in the movie is Spam, but I can't bring myself to include a recipe for that in this sacred space. I make it a point never to eat anything I can't identify and Spam falls into that category! My beloved Nan Nan used to make hash- comprised of fried Spam and potatoes- all the time and it made me gag. But, I guess it was cheap and my sister loved it and since she is the bossy one- we had it a LOT! But I digress...

The first recipe is an easy recipe (also appropriately named to fit the theme).

African Swallows with Shrubbery (a.k.a. Chicken Divan)

Ingredients:

- Four chicken breast halves
- Two medium onions, peeled and chopped in quarters
- Two chicken bouillon cubes
- One large head of broccoli, broken into florets
- One teaspoon of salt
- 2 cans of cream of chicken soup
- One cup of mayonnaise
- One half cup of milk
- Two teaspoons freshly ground pepper
- One teaspoon dill
- One teaspoon garlic powder
- Two cups shredded sharp cheddar cheese
- Rice, for serving

Directions:

- 1.) Place the chicken in a large saucepan with the onions, bouillon cubes and enough water to cover.
- 2.) Bring to a boil and then lower heat to medium and simmer until chicken is cooked through- about 10 -15 minutes. Remove from the heat and allow to cool.

- 3.) While the chicken is cooking, place the broccoli in another pot with the salt and enough water to cover.
- 4.) Bring to a boil and then lower heat to medium and cook until broccoli is crisp/tender, about five minutes.
- 5.) Immediately remove broccoli from heat and drain through a colander. Run cold water over to stop the cooking.
- 6.) In a bowl, whisk together the soup, mayonnaise, milk, pepper, dill and garlic powder to form the sauce.
- 7.) When chicken is cool enough to handle, remove chicken from bones and cut into bite size pieces. (Editor's note: You can skip this step if you buy boneless chicken. Just remember to adjust the cooking time downwards accordingly.)
- 8.) Spray cooking spray on a 9 x 13 pan.
- 9.) Layer the chicken on the bottom of the pan, top with the shrubberies, I mean broccoli, and then pour the sauce evenly over all.
- 10.) Sprinkle cheese evenly over the top of the casserole.
- 11.) Bake in 350 degree oven for about 30 minutes or until bubbly.
- 12.) Serve over rice.

Our next recipe is NOT for the faint of heart. There are some scary parts to the HG movie, including a big SCARY KILLER RABBIT. Here's a picture of him. Isn't that terrifying? Notice the human bones lying all about- this is one bunny NOT to be trifled with! ;)



Killer Rabbit Stew

Ingredients:

- 1 large rabbit
- 3 garlic cloves
- 1 large onion
- 8 ounces bacon, in one piece
- bouquet garni (10 sprigs parsley, 10 sprigs thyme, 1 bay leaf)
- 3 tablespoons olive oil
- 1 cup red wine
- 1 cup small onions
- 1 tablespoon sugar
- 1 tablespoon butter
- 12 new potatoes
- fresh chervil (Editor's note: I have never heard of this herb, so I googled it. Turns out it is also called French parsley. I still have never heard of it! ;)
- 1 teaspoon salt
- 1 teaspoon pepper

Directions:

- 1.) Chop rabbit into 12 pieces, discard the head and feet. (OK- now this is just gross. If I were you, I'd buy a headless, footless rabbit!)
- 2.) Chop the onion and garlic finely.
- 3.) Slice and dice the bacon. (OK- so I am wondering why they tell you to have the bacon all in one piece if you are going to slice and dice it anyway? Hmm...)
- 4.) Make a bouquet garni by tying together the parsley, thyme and bay leaf with string.
- 5.) Sear the rabbit pieces in olive oil until lightly browned. Remove from pan.
- 6.) In the same pan, fry the garlic and onion.
- 7.) Add the bacon and allow to color lightly.
- 8.) Pour off excess fat.
- 9.) Return rabbit to pan and deglaze with the red wine. (Editor's note: the Reluctant Gourmet calls "deglazing" a "fancy and intimidating word that means to pour some cold liquid into a very hot pan to get up all the brown bits (called "fond" which means "bottom" in French) stuck to the bottom of the pan.")
- 10.) Add 3 cups water, add bouquet garni, cover and cook for 1 hour 45 minutes.
- 11.) Peel small onions, remove root ends and rinse well.
- 12.) Put the onions in a pan with water to cover and add sugar, butter, salt and pepper.
- 13.) Cook until all water has evaporated and the sauce is caramelized.
- 14.) Peel and cut potatoes into narrow rectangles.
- 15.) Add potatoes to rabbit stew after the stew has been cooking for 90 minutes.
- 16.) Remove bouquet garni and serve stew with caramelized onions and garnish with chopped chervil.

And, last but certainly not least, no dinner party related to HG would be complete without something made with coconut. You'll have to watch the movie to know why...

Coconut Custard Pie

Ingredients:

- 4 eggs
- 6 tablespoons butter
- $\frac{1}{2}$ cup Bisquik
- 2 cups milk
- 1 teaspoon REAL vanilla
- 1 cup sweetened flaked coconut
- $\frac{3}{4}$ cup sugar



Directions:

- 1.) Preheat oven to 350 degrees.
- 2.) Spray a 10 inch pie plate with cooking spray and then dust with flour (or Bisquik).
- 3.) In a blender place everything but the coconut.
- 4.) Mix until it is blended.
- 5.) Add the coconut and blend for a few seconds or until it is all mixed.
- 6.) Pour it into the pie plate and bake for 50-60 minutes.

I hope you have enjoyed this culinary stroll down through this movie with bizarre English humor. Join us next month when we will be exploring recipes that you may associate with the movie **Amadeus**. For those of you "not in the know," this is a movie about Wolfgang Amadeus Mozart who, along with being a brilliant composer, was also a bit of a goofball.

And for the rest of the year...

June- **Moonstruck**

July- **True Grit** (either the original with John Wayne or the remake with Jeff Bridges- they were both great).

August- **Forest Gump**

September -**The Green Mile**

October - **The Exorcist**

November - **The Pianist**

December - **A Christmas Story**

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'!

