



DISHIN' WITH DEBBIE!

FOOD FOR HIGH ACHIEVING INDIVIDUALS



Look! Mr. Groundhog is giving you his heart. Isn't that adorable??

**HAPPY
VALENTINE'S DAY
ALL!**

(Albeit a bit belated..)

Ahhh...Love is a many splendored thing, isn't it? Did you know that Saint Valentine was a real person? In fact, the Catholic Church recognizes three saints with this name and all of them were martyred. YIKES! And, if you happen to be single at this couples time of year - February 14 also happens to be Singles Awareness Day (SAD). Finally - a holiday for everyone!



Since we are celebrating the movie Dr. Zhivago, we will be exploring the wonders of Russian food. Did you now that part of Russia is in Europe, but most of it (over 75%) is Asia? You didn't know you were going to get a geography lesson, did you? Another fun fact is that LDI grad Lara Livergood was named after Lara in this movie? How romantic!

The ever faithful Mandy Book sent me a recipe for Borscht (or Beet Soup) which is actually called...

Dr. Zhivago Borscht

Ingredients:

- 10 cups water
- 2 Tablespoons grapeseed oil
- 1 large onion, finely chopped
- 1 bay leaves
- 3 medium sized beets
- 2 medium sized carrots
- 1 large potato
- 1 celery stalk, cut into thin moons
- 1/4 bunch fresh dill, minced
- 1/2-1 whole lemon, juiced
- 2-3 teaspoons salt
- dash freshly ground pepper
- 12 whole juniper berries (optional) (Editor's note: not sure where you would get these-off the bushes in your front yard??)
- 1-2 cloves of garlic (Editor's note: more garlic is always better and besides it might cover up the taste of the beets! # Hate beets!)
- 1 tablespoon sour cream (per bowl)



Directions:

- 1.) Set your pot of water on low heat.
- 2.) Add 1 tablespoon of oil, chopped onion, bay leaf and juniper berries.
- 3.) Peel the beets and cut them into halves or thirds so they are roughly the same size. Drop them gently into the water as you continue working on the rest of the vegetables.
- 4.) Peel and cut the carrots into rounds.

- 5.) Cut the potatoes into 1/2inch size cubes or small chunks. (I prefer my vegetables small as I find they distribute a lot better into individual bowls.)
- 6.) Add the vegetables to the pot as they're ready.
- 7.) Add the celery and the juice of 1/2 of a fresh lemon.
- 8.) Increase the heat and cook the soup until a fork easily pierces through one of the larger beet pieces- about 15 minutes on medium heat.
- 9.) Skim the soup of some of the foam that will form. By doing this, you will inevitably be taking out some of the oil along with it. Once you've skimmed it, put in an additional 1/2 tablespoon of oil.
- 10.) When the beets are tender, scoop them out of the soup and let them cool for two minutes so you can handle them more easily.
- 11.) Turn the pot to low heat.
- 12.) Using the large holes on your grater, shred the beets. (Wear gloves so you don't have to take beet stains off your hands.) Once you've grated all the chunks, carefully put all the shredded beets back into the soup pot and let this cook for an additional ten minutes.
- 13.) Add in the dill and taste the soup to adjust flavors accordingly. Add salt, a tad of pepper, and if the soup is still too sweet for you, another tablespoon or two of fresh lemon juice.
- 14.) Serve hot or cold, with sour cream or not, but eat this with black bread. If you want to make the soup a bit spicier, add thin slices of garlic to the soup before serving. If you want just a hint of garlic, then rub a cut clove over the crust of your bread.

That's all we have time for this month, but join us next month when we head down south. Don't forget to send me lots of southern recipes for next month's celebration of **Gone with the Wind!**

And for the rest of the year...

April- **Monty Python's The Holy Grail** (OK- so this isn't an Oscar contender, by any stretch of the imagination, but it made me laugh and laugh and laugh! Be thankful I didn't pick **Rocky Horror Picture Show!**)

May- **Amadeus**

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'!

