



DISHIN' WITH DEBBIE!

FOOD FOR HIGH ACHIEVING INDIVIDUALS

Fall is coming. Hooray! Every year at this time I am tired of the heat and the humidity and, this year, the dryness. I have to water my garden nearly every day. Such toil! I hope you all had a pleasant summer and Labor Day.



The tints of autumn...a mighty flower garden blossoming under the spell of the enchanter, frost.

— John Greenleaf Whittier

(Isn't it interesting that a man with "Greenleaf" as a middle name penned a poem about Fall?)

Let's get right to the business at hand. Since we took a summer hiatus in August, we will consider two movies in this month's installation of the beloved DWD- **Forest Gump and The Green Mile.**

Forest Gump came out in 1994 and is obviously a classic movie which earned Tom Hanks one of his Oscars. It is based on the book by Winston Groom (which I did not read.) Forest spouts all sorts of wisdom in the film which he learned from his mother, including such classics as "stupid is as stupid does" and "life is like a box of chocolates". Who can argue with that last one? How many times has life been wonderful and sweet, just like a creamy, gooey caramel, only to be overtaken by one of those nasty jelly filled types? ;)

When I was little, my Dad would buy my Mom a huge red Valentine's heart filled with lots of different chocolate covered tidbits. And this was one of the ones

without the map. Tell me- what would you have a box of chocolates without a map? In any case, I got around that little problem by turning the chocolates over on the bottom and scraping away some of the chocolate to see what was inside and no-one was the wiser.



I can't say for certain I was terribly vigilant about washing my hands at that time- but a little dirt never hurt anyone!

So, in honor of Forest's Mom, here's a chocolate recipe.



Forrest Gump's Chocolate Peanut Butter Balls

Ingredients:

- 1 1/2 cups graham cracker crumbs
 - 1 1/2 cups flaked coconut
 - 1 1/2 cups chopped pecans, fine
 - 1 cup melted butter
 - 1 16 ounce package powdered sugar
 - 1 12 ounce jar chunky peanut butter
 - 2 teaspoons vanilla extract
 - 2 tablespoons shortening
 - 12 ounce packages chocolate chips
- (Editor's note: use a good quality chocolate- Ghirardelli is a good one. You can use dark chocolate, semi-sweet or milk chocolate or white "chocolate"- or use them all and have a smorgasbord!)

Directions:

- 1) Combine everything except chocolate chips and shortening, stirring well. Shape mixture into 1-inch balls and refrigerate for an hour.
- 2) Combine morsels and shortening over low heat and stir until chocolate melts.
- 3) Remove from heat.
- 4) Dip each ball into chocolate mixture and place on wax paper to cool.
- 5) Store in refrigerator.



And in honor of Forrest's Vietnam War buddy, Bubba, and the Bubba Gump Shrimp Company they found together, here's an easy but delicious recipe for Shrimp Scampi.

Shrimp Scampi

Ingredients:

4 garlic cloves, peeled and minced
(Editor's note: More is better!)
1/4 cup butter
1/4 cup olive oil
1 pound uncooked medium shrimp,
peeled and deveined
1/4 cup fresh lemon juice
1 teaspoon salt
1 teaspoon fresh ground pepper
1 teaspoon dried oregano
1 cup grated Parmesan cheese
1/4 cup dry bread crumbs
1/4 cup minced fresh parsley
Angel hair pasta, cooked

Directions:

- 1) In an ovenproof skillet, heat butter and oil on medium high heat.
- 2) Add garlic and sauté until lightly browned, stirring constantly.
- 3) Add the shrimp, lemon juice, salt, pepper and oregano.
- 4) Cook, stirring constantly, until shrimp turn pink. (Editor's note: Don't overcook these babies or they get tough!)
- 5) Remove skillet from the heat and sprinkle with cheese, bread crumbs and parsley.
- 6) Preheat broiler.
- 7) Broil 6 inches from the heat until topping is lightly browned.
- 8) Serve over pasta



While I didn't realize it when picking movies at the beginning of the year, both of them we are featuring this month starred Tom Hanks! **The Green Mile** is a serialized novel written by my first favorite author, Stephen King. When it was first released, the book came out in 1996 in six short installments. I can remember waiting feverishly for the next installment to

be released. Mr. King is an exceedingly prolific writer who has written some seriously deranged stories, but this is one that isn't in the horror genre. Tom Hanks plays a prison guard on death row (called the "green row" because of the green tile floor) in the 1930's. A convicted murderer is brought in - John Coffey- played with incredible dignity by Michael Clarke Duncan. It turns out that this somewhat simple minded has the ability to heal in his hands. He has been framed for the murderer for which he was convicted to die and is, in fact, innocent. This is a very poignant movie with themes of good and evil. It will probably invoke tears!

One of the healings he performs is for Paul (Hanks) who has a urinary tract infection. To thank Coffey for this, Paul's wife makes him corn bread. In honor of that thank you gift, here's a recipe for honey corn bread. Delicious!



Honey Corn Bread

Ingredients:

1 cup all-purpose flour
1 cup yellow cornmeal
1/4 cup brown sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 cup half and half
1/4 cup melted butter
1/4 cup honey
2 large eggs, slightly beaten

Directions:

- 1) Heat oven to 400°F.
- 2) Combine flour, cornmeal, sugar, baking powder and salt in bowl.
- 3) Combine remaining ingredients in another bowl.
- 4) Pour wet ingredients into the dry ingredients.
- 5) Stir until just until moistened. (Editor's note: it may be a little lumpy. That's OK.)
- 6) Pour into greased 9 inch square baking pan.
- 7) Bake 18-22 minutes or until toothpick inserted in center comes out clean.

In October, of course we had to do something scary, Halloween related and one of the scariest movies I have ever seen is the original **The Exorcist** with Linda Blair. Who can forget the scene where she rotates her head around 180 degrees and spews thick green pea soup looking stuff from her mouth? My son projectile vomited once when he was an infant and I actually expected his head to start rotating...

And for the rest of the year...
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'!
