



Kitchen Chatter

by Nancy Winfrey

Quick and Easy Summer Recipes...

Gazpacho

A great, easy-to-prepare and a healthy soup - enjoy?

6 large ripe tomatoes, peeled and chopped
2 tablespoons white vinegar
1 cup white bread crumbs
3 cloves garlic, minced
1 teaspoon salt
4 tablespoons olive oil

Combine the vinegar, garlic, salt and olive oil and blend until a paste forms. Place the mixture, along with the chopped tomatoes, in an electric blender and process until smooth, adding a bit of ice water if mixture seems too thick. Chill until very cold and just before serving add:

1 large ripe tomato, peeled and cut into small cubes
1 large cucumber, peeled and coarsely chopped
2 small onions, chopped
2 large green peppers, chopped

Combine all the vegetables, blend, and spoon over the soup mixture and sprinkle with croutons.

Tomatoes Stuffed With Crabmeat

4 medium ripe tomatoes
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 cup half-and-half cream
1 pound fresh crabmeat, drained and flaked
1/2 cup fresh mushrooms, chopped
2 tablespoons sherry or chicken broth
1/2 teaspoon salt
1/4 teaspoon pepper
Garlic salt
Pinch of sugar
3/4 cup grated sharp Cheddar cheese

Cut each tomato in fourths but do not cut all the way through. Open up each and sprinkle with a bit of salt, pepper and garlic salt - set aside. In a heavy saucepan melt the butter over low heat and add the flour and cook and stir until smooth - about 1 minute. Gradually add the half-and-half cream and cook and stir over medium heat until sauce is thickened and bubbly. Add the crabmeat, chopped mushrooms, sherry or chicken broth, salt, pepper and sugar and blend well. Fill each of the tomatoes with the crab mixture and place in a 9x13x2-inch baking dish and bake in 350 degree oven for 10 minutes ñ remove from oven, sprinkle each with the cheese and bake 5 minutes longer.

Fresh Crabmeat Soup

1 can (10-3/4-oz.) cream of mushrooms soup, undiluted
1 can (10-3/4-oz.) cream of asparagus soup, undiluted
1 cup chicken broth
1 cup milk
1/2 cup whipping cream
1 container (6-oz.) fresh crabmeat, drained and flaked

Combine the soups, chicken broth and milk in a saucepan and cook and stir over medium heat until thoroughly heated. Stir in the whipping cream and crabmeat and heat thoroughly. Makes 5-1/2 cups.

Squash Medley

2 tablespoons butter or margarine
1 medium onion, thinly sliced
1 large zucchini, thinly slices
4 medium yellow squash, thinly sliced
1 medium green pepper, cut into thin strips
3 medium tomatoes, peeled and quartered
1 teaspoon salt
1/8 teaspoon pepper
1 cup freshly grated Parmesan cheese

Melt the butter in a wok or large skillet, coating sides and bottom and allow to heat to a medium high temperature. Add the onions and stir fry for several seconds and then stir in the zucchini, yellow squash and green peppers. Cook and stir for about 3 or 4 minutes or until crisp-tender. Add the tomatoes, salt and pepper and stir well. Sprinkle cheese over the vegetables, toss gently until cheese melts, and serve immediately. Serves 6.

Green Beans And Zucchini

1 pound fresh green beans, cut into 2-inch pieces and cooked until crisp-tender
1/2 cup finely chopped onions
1/4 cup butter or margarine
2 medium zucchini, cut into ½-inch slices
4 slices bacon, cooked and crumbled
3/4 teaspoon salt
Dash of pepper

In a large skillet, add the butter and sauté the onions for about 2 or 3 minutes and then add the zucchini and cook and stir over medium-high heat for about 4 minutes. Stir in the green beans, bacon, salt and pepper and cook and stir for 2 to 3 minutes longer. Serves 6.

Curried Shrimp Eggs

8 hard-cooked eggs
1/3 cup mayonnaise
1/4 teaspoon salt
1/2 teaspoon paprika
1/4 teaspoon curry powder
1/4 teaspoon dry mustard
1/2 pound shrimp, cleaned, cooked, drained and chopped
2 tablespoons butter
2 tablespoons all-purpose flour
1 can (10-1/2-oz.) cream of celery soup, undiluted
3/4 cup milk
1/2 cup grated sharp Cheddar cheese
1/4 teaspoon curry powder
1 cup soft breadcrumbs
1 tablespoons butter or margarine, melted

Slice the eggs in half lengthwise and remove the yolks. Mash the yolks and stir in the mayonnaise, salt, paprika, curry powder and dry mustard and blend well. Stuff egg mixture into the egg whites and arrange in a lightly greased 10x6x2-inch baking dish - set aside. Melt the 2 tablespoons butter in a large saucepan and add the flour, stirring until smooth. Cook and stir for 1 minute. Gradually stir in the soup and milk and cook over medium heat, stirring constantly, until mixture is bubbly. Add the cheese and the 1/4 teaspoon curry powder and stir until cheese melts. Stir in the chopped shrimp, blend, and pour over the stuffed eggs. Combine the breadcrumbs and the 1 tablespoon melted butter, mix well, and sprinkle over the shrimp mixture. Bake in 350 degree oven for 15 to 20 minutes. Serves 8.

Fresh Green Bean Casserole

4 cups cut fresh green beans, cooked and well drained
1 can (10-3/4-oz.) cream of mushroom soup, undiluted
1/2 cup milk
1/2 cup grated sharp Cheddar cheese
1 tablespoon butter or margarine, melted
1/2 teaspoon Worcestershire sauce
1/2 teaspoon garlic salt
1/4 cup slivered almonds, toasted
1/4 cup sliced water chestnuts
2 tablespoons chopped pimiento
1/2 cup buttered breadcrumbs

Combine the mushroom soup, milk, grated cheese, 1 tablespoon butter, Worcestershire sauce and garlic salt and blend well. Add the green beans, almonds, water chestnuts and pimiento and blend thoroughly. Spoon mixture into a lightly buttered baking dish and top with the buttered breadcrumbs. Bake in 350 degree oven for 25 minutes or until bubbly. Serves 6.

Chicken Stuffed Crescents

1 package (3-oz.) cream cheese, softened
2 tablespoons milk
2 cups finely chopped cooked chicken
1/2 teaspoon salt
1/4 teaspoon pepper
2 cans (8-oz. each) refrigerated crescent dinner rolls
1/4 cup plus 2 tablespoons butter, melted
1-1/2 cups crushed croutons

Combine the cream cheese and milk and beat until mixture is smooth. Stir in the chicken, salt and pepper. Separate crescents into triangles. Place 2 or 3 tablespoons chicken mixture in each of the triangles and roll up beginning at the wide end. Dip each sandwich in butter and coat with crushed croutons. Place on lightly greased baking sheet and bake in 350 degree oven for 20 or 25 minutes or until lightly browned. Serves 8.

Share Your Recipes

Have a favorite recipe or your own version of one of Miss Nancy Winfrey's?

Send it to us at frontdesk@thepamliconews.com so we can share it with our readers. Include all ingredients, quantities and detailed instructions.

Cowboy Pocket Sandwiches

Ingredients

Your favorite bread dough
3 pounds hamburger
2 onions, chopped
1 head cabbage, chopped

Brown hamburger and drain. Add onion and cabbage. Simmer 15 minutes; cool.

Pinch off a piece of dough and roll into a 6-inch square. Place scoop of filling into center. Bring corners together and pinch shut (do not get any grease on edges or they will not stick together). Turn pinched side down on greased cookie sheet. Bake for 20 minutes at 375 degrees.

Note: I substitute ham/beef/chicken/turkey/cheese/chopped cooked vegetables/any combination for filling. These all freeze well.

Your Ol' Pardner Mike Thigpen



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