

March 2006 Cuisine Club - Winter Fare

Fruit and Spiced Dip Appetizer Recipe

<http://losangeles.about.com/od/appetizers/r/fruitspicedip.htm>, Courtney Gable

Make a quick and easy Fruit and Spiced Dip Appetizer Recipe. Serve a platter of cut up fresh fruit along with a bowl of quick and easy creamy dip, spiced up with a taste of curry.

Ingredients:

- 1 cup each of several fresh fruits such as: pineapple chunks, apple wedges, pear slices, and orange sections
- Dip Ingredients:
- 1 cup miracle whip [or mayonnaise - Miracle Whip is more tangy]
- 1 cup sour cream
- 2 teaspoons curry powder
- For less calories and carbs substitute non-fat mayonnaise and sour cream

Preparation:

1. Create the spiced curry fruit dip. In a bowl mix the miracle whip, sour cream and curry powder until blended.
2. Place toothpicks and/or wooden skewers on a platter of fresh fruit such as pineapple chunks, grapes, strawberries, apple wedges, pear slices, and orange sections.

Winter Salad

<http://www.recipesource.com/text/fgv/salads/winter1.txt>, Exported from MasterCook

Serving Size: 6

Ingredients:

- 6 c Spinach, fresh, washed
- 2 c Radicchio
- 4 oz Bacon, cooked, diced
- 1 md Red onion, chopped
- 8 oz Mushrooms, sliced
- ½ c Toasted pine nuts
- CREAMY DILL/GARLIC DRESSING-----
- 2 Garlic cloves, fine chop
- ¼ c Buttermilk
- ¾ c Light sour cream
- 2 tb Lemon juice
- 2 tb Fresh dill, chopped
- Pn Sugar
- Salt

Pepper, fresh ground

Preparation:

The salad tastes fresh and summery although it is made with winter greens. To toast pine nuts, place on a cookie sheet and bake at 375F(!)C) for 5 minutes. The dressing is low calorie and it will keep for a week.

Strip spinach from its ribs and tear into bite sized pieces. Place in large salad bowl. Tear radicchio into bite sized pieces and add to spinach.

To make dressing, whisk together all ingredients in a bowl. Taste for seasoning adding more lemon juice and dill to taste. Use about $\frac{3}{4}$ cup(175ml) dressing for salad and reserve the remainder to use as a dip or to dress another salad.

Whipping Cream Biscuits

http://www.americanprofile.com/issues/20031214/20031214_3566.asp, rlotte A. Bryant, Greensburg, Ky.

Ingredients:

- 2 cups flour
- 1 $\frac{1}{3}$ tablespoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon sugar
- $\frac{1}{4}$ cup unsalted butter
- 1 cup whipping cream, plus 1 tablespoon
- 1 $\frac{1}{2}$ teaspoons flour (to dust rolling surface)

Preparation:

Preheat oven to 425 degrees. Combine first four ingredients in a mixing bowl. Cut in butter, using a pastry blender, until texture resembles cornmeal. Add whipping cream and stir until dry ingredients are moist. Shape into a ball. Dust flat surface with extra flour. Knead dough five or six times. Roll out dough until it is $\frac{1}{2}$ -inch thick. Cut with a 2 $\frac{1}{2}$ -inch round biscuit cutter. Place on a lightly greased baking sheet and bake for 10 to 12 minutes, or until golden. Makes 10 biscuits.

Tips From Our Test Kitchen: These biscuits are ideal for breakfast, served with stews and soups, and to show off homemade preserves.

Winter Stew Delight – Rose and Mark

http://www.americanprofile.com/issues/20031214/20031214_3566.asp, Lee R. Sauers, Mifflinburg, Pa.

Ingredients:

- 1 small head cabbage, chopped
- 4 medium onions, diced
- 4 medium potatoes, diced
- 1 28-ounce can tomatoes, diced

- 1 pound carrots, peeled and sliced
- 2 pounds Italian sausage, fried and drained
- 4 cups beef or chicken broth
- 1 cup tomato juice
- 1 15-ounce can beans (kidney, black, or pinto)
- Salt to taste

Preparation:

Preheat oven to 350 degrees. Combine all ingredients in a large, oven-proof stew pot. Cover and bake 1 1/2 to 2 hours until tender, stirring occasionally. If necessary, add more broth or tomato juice. Serve with homemade bread or biscuits. Drizzle with vinegar if desired.

Tips From Our Test Kitchen: Season with chopped basil, sage, or chives. This recipe yields several gallons of delicious stew, which freezes beautifully.

Green Beans With Dried Cranberry-Balsamic Glaze

<http://www.recipezaar.com/144474>

I would think by now the French's Company would be sweating bullets over this particular recipe. Brussel sprouts for the green beans is another option. From deliciouslivingmag.com.

8 servings

30 minutes 15 mins prep

Ingredients:

2 lbs [fresh green beans](#), trimmed (can use frozen beans that have been thawed to room temperature)
 2 tablespoons [butter](#)
 1 [sweet onion](#), sliced (such as Walla Walla, Vidalia, etc.)
 4 tablespoons [dried cranberries](#)
 1 medium orange, juice and zest of
 2 tablespoons balsamic vinegar
 3 tablespoons tangerine- [pomegranate juice](#) (such as PomWonderful, or a blend of cranberry and orange juices, read *NOTE)

Preparation:

*NOTE: I used 1 tablespoon freshly squeezed tangerine juice, 1 tablespoon pomegranate syrup and 1 teaspoon sugar in place of the PomWonderful.

1. In a pot, steam green beans until fork-tender, 5 minutes for small green beans; but, as long as 15 minutes for larger green beans.
2. In a large skillet, melt butter; add sliced onions and cook over a low heat until translucent. Turn up heat slightly and caramelize onions until golden, stirring occasionally, about 10 minutes.

3. Add dried cranberries, orange zest, orange juice, balsamic vinegar, and tangerine-pomegranate juice (or substitution). Simmer until liquid is reduced by half. Just before serving, add green beans; toss to coat and heat through.

Easiest Ever Pear and Apple Crisp

<http://www.recipezaar.com/141732>

Wow, this sounds so easy and wonderful. No chopping required! I found this recipe on the Good Housekeeping website.

8 servings

40 minutes 10 mins prep

Ingredients:

4 (15 ounce) cans sliced pears in light syrup, drained
1 (21 ounce) can apple pie filling
1 cup oats (either old-fashioned or quick-cooking, uncooked)
1/2 cup all-purpose flour
1/3 cup brown sugar (packed)
1/2 teaspoon ground cinnamon
1/2 cup butter or margarine, cut up (1 stick)
whipped cream (optional) or softened ice cream (optional)

Preparation:

1. Preheat oven to 425 degrees F. In shallow, 2-quart baking dish, combine pear slices and pie filling.
2. In medium bowl, with fork, stir together oats, flour, sugar and cinnamon. With fingertips, mix in butter until mixture resembles coarse crumbs. Crumble topping over fruit.
3. Place baking dish on cookie sheet and bake crisp 30 to 35 minutes or until topping is lightly browned and filling is hot and bubbling. Cool crisp slightly on wire rack to serve warm. Serve with whipped cream or ice cream if you like.