

Lifestyles & Community



KITCHEN SENSE

tips and recipes from our house to yours

By DIANE EATON

Rains County Leader staff

Did anyone try the "culinary trip" recipes from last week? I made the Alabama Breakfast Souffle. WOW, what a hit at my house!

For this week (courtesy of Recipe4Living.com) we will be going to the C and D states and yummo.

Be sure to let us know if you try any of these.

California

California Turkey Wraps

Avocado, sweetened with lime juice, is layered with fresh smoked turkey, tomato, and red onion.

Servings: 4
4 10-inch flour tortillas
8 to 12 trimmed leaves of green leaf lettuce, washed & dried

12 oz. thick-sliced deli smoked turkey breast

1 large tomato, cored and thinly sliced

1 ripe avocado, peeled and thinly sliced

2 tsp lime juice

1 small red onion, thinly sliced

salt and pepper to taste

1 c. arugula, washed and dried

3/4 c. Ranch dressing

Toss avocados with 2 teaspoons lime juice.

Wrap tortillas in barely damp, doubled layers of paper towels and microwave on high for 45 to 60 seconds. Or, heat the tortillas individually in an un-greased large skillet over medium heat. Lay the tortillas on a cutting board and start to layer the ingredients.

Fan the leaf lettuce on the top three-quarters of each tortilla then lay the turkey slices on top, followed by the tomato, avocado and red onion.

Season with salt and pepper to taste. Top with the arugula and some of the dressing.

Fold up the bottom quarter

of the tortilla and then start to roll each sandwich into a cone shape. Secure the tortilla with a toothpick. Serve immediately.

Colorado

Mountain Mama

A pecan crust holds three layers of chocolate and creamy goodness.

Crust:

1 3/4 c. flour
8 oz. pecans, finely chopped

2 sticks margarine

First layer:

1 c. powdered sugar
1 small tub Cool Whip

8 oz. cream cheese, softened

Second layer:

6 oz. instant chocolate pudding mix

6 oz. instant vanilla pudding mix

3 c. cold milk

Third layer:

1 large tub Cool Whip

Chocolate shavings

Mix and spread crust in a 9x13 pan.

Mix and spread first layer on cooled crust. Put in fridge until set.

Mix the second layer and spread on first layer. Return to fridge till pudding mix is set.

Bake 10 minutes at 350 degrees.

Cool completely. Spread Cool Whip on top for final layer and top with chocolate shavings. Store in fridge.

Connecticut

Connecticut Beef Supper

A full meal in itself, this dish has a little bit of everything.

2 lb. stew beef, cubed

Salt and pepper to taste

2 large onions

2 Tbsp. olive or vegetable oil

1 4-1/2 oz. jar mushrooms

4 medium potatoes, thinly sliced

1 c. cream of mushroom soup

3/4 c. milk

3/4 c. sour cream

2 c. shredded cheddar cheese

1 tsp. salt

1/4 tsp. pepper

Cracker crumbs, corn flakes or bread

Season meat with salt and pepper. Cook meat and onion in oil in a large skillet over medium heat until browned and onion tender. Drain off oil.

Drain mushrooms, saving liquid and add enough water to make 1 cup. Stir liquid and mushrooms into meat and onions. Heat to boiling and then reduce heat and cover. Simmer 2 hours.

Preheat oven to 350 degrees.

Pour meat mixture into 13x9 baking dish. Arrange thinly sliced potatoes over the top.

Mix the soup, milk, sour cream, salt and pepper and pour over the potatoes. Sprinkle the grated cheese over all and bake 1 hour. Sprinkle breadcrumbs on top and continue baking 20 minutes or until the potatoes are tender.

Delaware

Crab Stew

With this stew recipe you can use fresh or canned crabmeat.

I'd recommend fresh; however, if you're short on time, canned is probably easier. If you're not a fan of crab, substitute chicken or shrimp.

Servings: 4

1/4 c. margarine or butter

1/2 small onion, chopped

1/2 stem celery, chopped

1/2 c. frozen sliced carrots (optional)

1 c. fresh crabmeat or one 6-oz. can

2 Tbsp. flour

2-1/2 c. milk

1/2 tsp. salt

dash pepper

Melt margarine in heavy saucepan. Add chopped onion and celery and sauté until tender, but not brown.

Add crabmeat and stir for a minute or two. Sprinkle flour over crabmeat and stir well.

Add milk and carrots. Stir constantly until thickened. Season to taste. Serve in bowls with crisp crackers.

Connecticut

Connecticut Beef Supper

A full meal in itself, this dish has a little bit of everything.

2 lb. stew beef, cubed

Salt and pepper to taste

2 large onions

2 Tbsp. olive or vegetable oil

1 4-1/2 oz. jar mushrooms

4 medium potatoes, thinly sliced

1 c. cream of mushroom soup

3/4 c. milk

3/4 c. sour cream

2 c. shredded cheddar cheese

1 tsp. salt

1/4 tsp. pepper

Cracker crumbs, corn flakes or bread

Season meat with salt and pepper. Cook meat and onion in oil in a large skillet over medium heat until browned and onion tender. Drain off oil.

Drain mushrooms, saving liquid and add enough water to make 1 cup. Stir liquid and mushrooms into meat and onions. Heat to boiling and then reduce heat and cover. Simmer 2 hours.

Preheat oven to 350 degrees.

Pour meat mixture into 13x9 baking dish. Arrange thinly sliced potatoes over the top.

Mix the soup, milk, sour cream, salt and pepper and pour over the potatoes. Sprinkle the grated cheese over all and bake 1 hour. Sprinkle breadcrumbs on top and continue baking 20 minutes or until the potatoes are tender.

Delaware

Crab Stew

With this stew recipe you can use fresh or canned crabmeat.

I'd recommend fresh; however, if you're short on time, canned is probably easier. If you're not a fan of crab, substitute chicken or shrimp.

Servings: 4

1/4 c. margarine or butter

1/2 small onion, chopped

1/2 stem celery, chopped

1/2 c. frozen sliced carrots (optional)

1 c. fresh crabmeat or one 6-oz. can

2 Tbsp. flour

2-1/2 c. milk

1/2 tsp. salt

dash pepper

Melt margarine in heavy saucepan. Add chopped onion and celery and sauté until tender, but not brown.

Add crabmeat and stir for a minute or two. Sprinkle flour over crabmeat and stir well.

Add milk and carrots. Stir constantly until thickened. Season to taste. Serve in bowls with crisp crackers.

Connecticut

Connecticut Beef Supper

A full meal in itself, this dish has a little bit of everything.

2 lb. stew beef, cubed

Salt and pepper to taste

2 large onions

2 Tbsp. olive or vegetable oil

1 4-1/2 oz. jar mushrooms

4 medium potatoes, thinly sliced

1 c. cream of mushroom soup

3/4 c. milk

3/4 c. sour cream

2 c. shredded cheddar cheese

1 tsp. salt

1/4 tsp. pepper

Cracker crumbs, corn flakes or bread

Season meat with salt and pepper. Cook meat and onion in oil in a large skillet over medium heat until browned and onion tender. Drain off oil.

Drain mushrooms, saving liquid and add enough water to make 1 cup. Stir liquid and mushrooms into meat and onions. Heat to boiling and then reduce heat and cover. Simmer 2 hours.

Preheat oven to 350 degrees.

Pour meat mixture into 13x9 baking dish. Arrange thinly sliced potatoes over the top.

Mix the soup, milk, sour cream, salt and pepper and pour over the potatoes. Sprinkle the grated cheese over all and bake 1 hour. Sprinkle breadcrumbs on top and continue baking 20 minutes or until the potatoes are tender.

Delaware

Crab Stew

With this stew recipe you can use fresh or canned crabmeat.

I'd recommend fresh; however, if you're short on time, canned is probably easier. If you're not a fan of crab, substitute chicken or shrimp.

Servings: 4

1/4 c. margarine or butter

1/2 small onion, chopped

1/2 stem celery, chopped

1/2 c. frozen sliced carrots (optional)

1 c. fresh crabmeat or one 6-oz. can

2 Tbsp. flour

2-1/2 c. milk

1/2 tsp. salt

dash pepper

Melt margarine in heavy saucepan. Add chopped onion and celery and sauté until tender, but not brown.

Add crabmeat and stir for a minute or two. Sprinkle flour over crabmeat and stir well.

Add milk and carrots. Stir constantly until thickened. Season to taste. Serve in bowls with crisp crackers.

Connecticut

Connecticut Beef Supper

A full meal in itself, this dish has a little