

Fix-it and Forget-it!

December 2010

Appetizers

Hot Spinach Artichoke Dip
Maple-Glazed Pecans

Salad

Arugula-Orange Salad with Pomegranate-White Wine
Vinaigrette
Frisée Salad with Bacon

Entrées and Sides

Provencial Chicken
Stout Braised Short Ribs

Sides

Mashed Potatoes
Green beans with toasted almonds
Acorn Squash Rings Glazed with Maple and Orange

Dessert

Baked Apples
Chocolate Chip Cookie
Peach Cobbler

Wines

Provencial Chicken: Pinot grigio--Barone Fini
Pino Noir—Bogle

Stout Braised Short Ribs: Zinfandel--Predator

*Present this menu at Apollo for 10% off of the *

Appetizers

Hot Spinach Artichoke Dip

1 10oz pkg of frozen chopped spinach
2 14oz cans artichoke hearts
1/2 cup mayonaisse
1/2 cup sour cream
1 cup grated parmesan cheese
1 cup grated pepper jack cheese

Preheat oven to 350. Grease a casserole dish with nonstick spray. Heat spinach in microwave on high for 5-7 minutes. Squeeze spinach dry and set aside in bowl. Drain artichokes and coarsely chop in a food processor. Combine all ingredients except jack cheese in bowl. Stir well. Scrape into casserole dish and sprinkle with jack cheese. Bake 30 minutes.

Paula Deen--Food Network

Maple-Glazed Pecans

Serving: makes 3 cups to serve 12
Slow Cooker: Medium round or oval

¾ cup pure maple syrup
3 tbs light corn syrup
3 cups (12 oz) pecan halves

Combine the maple syrup and corn syrup in the slow cooker. Cover and set on high for 30 min to warm and thin the sweeteners.

Add the nuts carefully to avoid splashing and stir with a wooden spoon to coat evenly. Cover and cook on HIGH for another 15 min.

Reduce the heat to LOW, uncover and cook, stirring occasionally for 1 ½ to 2 hours.

Transfer nuts to a baking sheet lined with parchment paper or aluminum foil and let cool completely. Store at room temperature in an airtight container for up to 3 days.

Not Your Mother's Slow Cooker, Recipes for Entertaining by Beth Hensperger & Julie Kaufmann

Salad

Arugula-Orange Salad with Pomegranate-White Wine Vinaigrette

Serves: 6

1 pomegranate

1/3 cup extra-virgin olive oil

2 Tbs. white wine vinegar or raspberry vinegar

1 tsp. sugar

1/2 tsp. salt

Freshly ground pepper, to taste

2 large navel oranges

3 bunches arugula, tough stems removed

1 small red onion, sliced crosswise into thin rings

To make the vinaigrette, carefully remove the skin from the pomegranate. Working over a sieve placed over a bowl to catch the juices, peel away the thick membrane from the pomegranate seeds and allow the loosened seeds to collect in the sieve. Measure 1/3 cup of the seeds and reserve for garnish. Press on the remaining seeds with the back of a spoon to release about 2 Tbs. juice. Discard the crushed seeds.

Add the olive oil, vinegar, sugar, salt and pepper to the pomegranate juice. Whisk until blended.

Using a small, sharp knife, cut a slice off the top and bottom of each orange to expose the flesh. Place each orange upright on a cutting board and thickly slice off the peel in strips, following the contour of the orange to expose the flesh. Holding the orange over a large bowl, cut along either side of each section, letting the section drop into the bowl. Add the arugula and red onion, separating the onion slices into rings. Drizzle the dressing over the salad, then toss to coat evenly.

Divide the salad among individual plates, distributing the orange sections evenly. Garnish with the reserved pomegranate seeds. Serve immediately.

Adapted from Williams-Sonoma Lifestyles Series, Holiday Celebrations, by Marie Simmons (Time-Life Books, 1998).

Frisée Salad with Bacon

Serves: 4-6

2 small heads frisée, about 1 lb. total,
cored and cut into bite-size pieces 1 head white or red Belgian endive,
cored
and cut crosswise into strips 1/2 inch wide
1 head radicchio, cored and cut crosswise
into strips 1/2 inch wide
3 shallots, minced
2 Tbs. chopped fresh chives
Salt and freshly ground pepper, to taste
2 to 3 Tbs. extra-virgin olive oil
1/2 to 3/4 lb. French lardons or other cured,
unsmoked bacon, such as pancetta, cut
into 1/4-inch dice
3 Tbs. sherry vinegar

In a large bowl, combine the frisée, endive, radicchio, shallots and chives. Season with salt and pepper and toss with 2 Tbs. of the olive oil. Set aside.

Heat a heavy, nonstick fry pan over medium-high heat. Add the bacon and the remaining 1 Tbs. olive oil only if the bacon is particularly lean, and cook, stirring constantly, until the bacon is browned and has rendered much of its fat, about 2 minutes. Add half of each type of vinegar and cook until syrupy, about 3 minutes.

Immediately pour the hot bacon and vinegar over the greens and toss well. Add the remaining vinegar to taste. Serve immediately.

Adapted from Williams-Sonoma Foods of the World Series, Paris, by Marlena Spieler (Oxmoor House, 2004).

Entrées

Provencial Chicken

Serves: 4-6

$\frac{3}{4}$ cup plus 2 Tbs all-purpose flour
1 tsp salt
1 chicken cut into serving pieces and skinned
 $\frac{1}{4}$ cup olive oil
1 yellow onion finely chopped
1 clove garlic, minced
 $\frac{1}{2}$ cup dry white wine
1 (14 1/2 oz can crushed potatoes)
Fresh ground black pepper
 $\frac{1}{4}$ cup chopped fresh parsley, garnish
 $\frac{1}{4}$ cup fresh basil leaves cut into chiffonade, for garnish
1 cup black nylons or Kalamatl olived for garnish

Combine $\frac{3}{4}$ cup flower, salt and a re-sealable plastic back. Add chicken to the bag, several pieces at a time and shake to coat completely.

Heat a large sauce pan over MEDIUM heat and ad oil. Add the chicken and cool turning once, for 8-10 minutes, until browned on both sides. Using tongs, transfer to paper towels to drain the arrangement in the slow cooker

Set the sauté pan over MED-HIGH heat and add the onion, and the 2 Tbs flour. Saute, stirring frequently, for 10 minutes or until lightly browned. Add the garlic and stir for 2-3 minutes. Add the wine and stir to scrap up the browned bits from the bottom of the pan. Increase the heat to HIGH, and add tomatoes and pepper to taste. Cook, stir frequently for 10-15 min until some of the tomato liquid evaporates.

Pour the onion mixture over the chicken in the slow cooker. Cover and cook on low for 3-8 hours until the chicken is tender. At 3-4 hours and chicken will start a firm and hold is shaped. At 6-8 hours, the meat will be falling off the bone.

Divide the chicken and the dinner plates are garnish with parsley and basil leave, and olives. Serve immediately. The Gourmet Slow Cooker; vol , II
by Lynn Alley

Stout Braised Short Ribs

Serves: 8

4 lb. beef short ribs
Salt and freshly ground pepper, to taste
3 Tbs. canola oil
2 yellow onions, diced
3 carrots, peeled and diced
2 celery stalks, diced
6 garlic cloves, sliced
2 cups stout
8 fresh flat-leaf parsley sprigs (optional)

Season the short ribs generously on all sides with salt and pepper. In a large fry pan over medium-high heat, warm the oil until almost smoking. Working in batches (do not overcrowd), brown the ribs on all sides, 3 to 5 minutes per side. Transfer to a plate.

In the same pan over medium heat, add the onions, carrots, celery and garlic and cook, stirring occasionally, until softened, about 5 minutes. Season with salt and pepper.

Slow Cooker method: Transfer the short ribs and vegetables to a slow cooker and add the stout. Cover and cook according to the manufacturer's instructions until the meat is very tender, about 6 hours.

Oven method: Preheat an oven to 300°F. Transfer the short ribs and vegetables to a Dutch oven and add the stout. Cover the pot with aluminum foil and place the lid on top. Transfer to the oven and bake until the meat is very tender, about 4 hours.

Transfer the ribs to a large bowl and cover with aluminum foil. Skim the fat off the sauce. Using an immersion blender, puree the sauce until smooth.

Transfer the ribs to individual bowls. Spoon the sauce on top and garnish each serving with a parsley sprig. Serve immediately. Williams-Sonoma Kitchen

Sides

Buttermilk Chive Mashed Potatoes

5 lb. russet potatoes, peeled and cut into 2-inch pieces
2 tsp. kosher salt, plus more, to taste

3/4 cup buttermilk

1/2 cup half-and-half

8 Tbs. (1 stick) unsalted butter, cut into small pieces

3/4 cup finely chopped fresh chives

Freshly ground white pepper, to taste

Put the potatoes in a large pot. Add the 2 tsp. salt and enough water to cover the potatoes by 3 inches. Bring to a boil over medium-high heat, reduce the heat to medium-low and simmer until the potatoes are tender when pierced, 15 to 20 minutes. Drain well in a colander.

In a small saucepan over medium heat, combine the buttermilk and half-and-half and heat until just warm. Set aside.

Set a potato ricer or food mill over the pot and pass the potatoes through in batches. Add the butter, then gradually add the buttermilk mixture, stirring constantly with a large wooden spoon until the potatoes are smooth and creamy. Stir in the chives and season with salt and white pepper. Transfer the potatoes to a warmed serving bowl and serve immediately. Williams-Sonoma Kitchen

Green beans with toasted almonds

Serves: 8-10

Coarse salt, to taste

2 lb. slender green beans, trimmed

1/2 cup slivered blanched almonds

2 Tbs. unsalted butter

1 Tbs. olive oil

4 shallots, thinly sliced

Freshly ground pepper, to taste

2 Tbs. chopped fresh flat-leaf parsley

Fill a large pot three-fourths full of lightly salted water and bring to a boil over high heat. Add the green beans and cook until tender, about 5 minutes. Drain in a colander, rinse with cold water and pat dry with paper towels. Set aside. (The beans can be prepared up to this point 1 day in

advance, covered tightly and refrigerated until ready to use.)

In a large fry pan over medium heat, toast the almonds, stirring continuously, until golden brown, about 3 minutes. Transfer to a plate and set aside.

In the same pan over medium heat, melt the butter with the olive oil. Add the shallots and sauté until translucent and beginning to brown, 4 to 5 minutes. Increase the heat to medium-high and stir in the beans. Sauté, stirring continuously, until heated through and beginning to brown, about 4 minutes. Season with salt and pepper and stir in the parsley and almonds. Transfer to a warmed serving bowl and serve immediately.

Adapted from Williams-Sonoma, Entertaining, by George Dolese (Oxmoor House, 2004).

Acorn Squash Rings Glazed with Maple and Orange

Serves: 8

3 acorn squashes, each about 1 1/2 lb.
Kosher salt and freshly ground pepper, to taste
3 Tbs. unsalted butter, melted
1/4 cup plus 1 Tbs. water
1/4 cup fresh orange juice
2 Tbs. finely chopped orange zest
1/4 cup maple syrup
2 Tbs. chopped fresh thyme, plus sprigs
for garnish
1/4 cup chopped dried cranberries

Preheat an oven to 400°F.

Cut the ends off each squash, then cut the squashes crosswise into slices 1/2 inch thick. Using a biscuit cutter larger than the seeded center of each slice, cut out and discard the seeds, leaving a neat circle. Place the squash rings in a large bowl and season generously with salt and pepper. Toss with 2 Tbs. of the melted butter. Arrange the squash rings in a large ovenproof sauté pan.

In a small bowl, whisk together the 1/4 cup water, orange juice and zest. Pour over the squash rings. Set the pan over medium-high heat, cover and cook until the squash rings are almost tender when pierced with a fork, about 15 minutes.

In a small bowl, whisk together the remaining 1 Tbs. melted butter, the 1 Tbs. water, the maple syrup, chopped thyme and cranberries. Pour over the squash rings. Transfer the pan to the oven and bake, uncovered, until the squash rings are tender when pierced with a fork, 15 to 20 minutes.

Transfer the squash rings to a serving bowl, garnish with the thyme sprigs and serve immediately. Williams-Sonoma Kitchen

Desserts

Baked Apples

2 tablespoons golden raisins
1/4 cup dark brown sugar, packed
1 teaspoon lemon zest, grated
6 small baking apples, washed and cored
1 teaspoon ground cinnamon
2 tablespoons butter
1/4 cup orange juice
1/4 cup water
whipped cream, for garnish

Mix together in a small bowl the raisins, sugar and lemon zest

Fill the core of each apple with the raisins and sugar. Place the apples in the crock pot and sprinkle with the cinnamon and dot with butter.

Pour the orange juice and water over the apples. Cover and cook on High for 2½ to 3½ hours or on Low for 7 to 9 hours.

To serve, remove the apples from the sauce and place in individual bowls. Top with the remaining sauce in the crock pot and the whipped cream to garnish. <http://www.crock-pot.com/Recipe.aspx?rid=713>

Chocolate Chip Cookie

Serves: 6-8

Slow cooker

*Note: Center may still be soft at the end of cooking. Turn out onto a plate, then flip over onto a wire rack for cooling so the top is facing upwards again.

1 cup unsalted butter, at room temperature

2 eggs

½ cup firmly packed brown sugar

½ cup granulated sugar

1 tbs pure vanilla extract

2 cups all-purpose flour

½ tsp baking soda

¼ tsp salt

1 cup semisweet chocolate chips

1 cup coarsely chopped walnuts (optional)

Combine ¾ salt and water. Grease the slow cooker with butter. Cut a piece of waxed paper to fit the bottom and grease the paper.

In a bowl, beat butter, eggs, sugars, vanilla together until light and fluffy. In a separate bowl, stir the flour, baking soda, and salt together. Stir dry ingredients into the butter mixture. Stir in the chocolate chips (and walnuts) until blended well.

Spoon dough evenly into slow cooker and smooth the top. Cover and cook on LOW for 3-4 hours, until toothpick inserted into center comes out clean. Set lid ajar for the last 30 minutes.

Turn off the heat and removed the insert from the slow cooker. Allow to cool in the insert for ~30 minutes. Invert onto a wire rack. Cut the cake in half lengthwise, then cut each piece crosswise into slices.

Serve warm or room temp with vanilla ice cream.

The Gourmet Slow Cooker; Simple and Sophisticated Meals from Around the World by Lynn Alley

Peach Cobbler

Serves: 4

6 large peaches (~2 ½ pounds) peeled and sliced

2 Tsp ground cinnamon

¼ cup granulated sugar

¼ cup all-purpose flour

¾ cup rolled oats

½ cup packed brown sugar

6 Tbs unsalted butter

1 cup pecans, coarsely chopped

Combine peaches, cinnamon, and granulated sugar into a large bowl and toss to coat evenly. Transfer to the slow cooker.

Combine the flour, oats, brown sugar and butter in the bowl of a food processor and pulse until mixture is the consistency of coarse cornmeal. Add the peaches and stir in with a spoon. Spread the crumble evenly over the peaches.

Cover and cook on HIGH for about 2 hours, until the peaches are tender, the juices are bubbling around the sides, and the topping is cooked through. The Gourmet Slow Cooker volume II by Lynn Alley