

Mexican Shepherd's Pie

Ingredients:

1 1/2 pounds ground beef
1 onion, finely chopped
garlic powder to taste
salt and pepper to taste
1 (14.5 ounce) can diced tomatoes
1 (1.25 ounce) package taco seasoning
mix

3/4 cup hot water
1 (11 ounce) can whole kernel corn,
drained
1 (8.5 ounce) package corn muffin mix
1 cup shredded Cheddar cheese
(optional)
1 (2.25 ounce) can sliced black olives
(optional)

Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Spray a 9×13 inch baking dish with cooking spray.
2. Place the beef and onion in a skillet over medium heat. Cook until beef is evenly brown and onion is tender. Drain grease. Season with garlic powder, salt, and pepper. Mix in the tomatoes, and cook 5 minutes. Stir in the taco seasoning and water. Bring to a boil, reduce heat to low, and continue cooking 5 minutes, until thickened. Transfer to the prepared baking dish, and top evenly with corn.
3. Prepare the corn muffin mix according to package directions. Spread evenly over the corn layer in the baking dish.
4. Bake 20 minutes in the preheated oven, or until puffed and golden. Garnish with olives and cheese.

Traditional Welsh Cawl (In honor of St. David of Wales Feast Day)

Cawl is the national dish of Wales. Welsh Cawl is a stew and made from bacon, Welsh lamb or beef, cabbage and leeks. Though more traditionally cheaper cuts of lamb are used, be warned Welsh recipes for Cawl vary from region to region and sometimes even season to season. There is no hard and fast rule.

Cawl can be eaten in one bowl, though often the broth will be served first followed by the meat and vegetables.

The flavors in Welsh Cawl do improve for keeping for a day or two, so don't be afraid to make it in advance or save any leftovers for reheating

Ingredients

1 tbsp lard or bacon fat
2 large onions, thickly sliced
1 medium swede, peeled and cut into 1"/2.5 cm cubes
4 large carrots, peeled thickly sliced.
4 leeks, cleaned and sliced
1 lb/ 450g potatoes, peeled and quartered
1 lb/450g brisket of beef
1 lb/ 450g piece of smoked bacon, cut in to 1"/2.5 cm cubes
1 bay leaf
Sprig fresh thyme
Salt and freshly ground pepper.
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Prep Time: 30 minutes

Cook Time: 150 minutes

Total Time: 180 minutes

Yield: Serves 4

Preparation

Melt the lard in a large stock pan over a high heat, take care not to burn the fat. Add all the vegetables except the potatoes, to the hot fat and brown for about 3 minutes, stirring constantly. Remove the vegetables with a slotted spoon and keep to one side.

Raise the heat and add the beef to the pan and brown on all sides. Return the browned vegetables to the pan with the bacon pieces and herbs.

Cover the meat and vegetables with cold water, bring to the boil, then lower the heat to keep the water simmering and cook for 2 hours, or until the beef is tender.

Lift the beef from the pan and keep to one side. Add the potatoes and bring back to the boil and cook for another 20 mins, or until the potatoes are cooked. Meanwhile, once the beef is cool enough to handle, cut into 2"/5cm cubes. Once the potatoes are cooked, add the beef back to the pot and cook for a further 10 minutes.

Season well with salt and pepper and serve while piping hot. The broth from the pot can be served first as a soup, followed by the meat and vegetables, the choice is yours.

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Chicken & Mushrooms (Variation on Mrs. Wenger's Chicken)

4 skin-on chicken breasts

salt & pepper

olive oil

16 oz mushrooms, sliced thickly

3/4 cup chicken stock approx.

3T butter

1T corn starch

3 cloves, minced garlic

1. Preheat oven to 400 degrees F.
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet.
5. Transfer skillet to the preheated oven and cook until chicken is no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read 165 degrees F. Transfer chicken breasts to a plate and loosely tent with foil; set aside.

6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, toss in minced garlic, about 5 minutes. Pour chicken stock into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Make a slurry of corn starch and chicken stock, pour into mixture. Stir. Add butter and stir until melted. Remove from heat. Set chicken and any accumulated juices into mushrooms gravy.
7. Season with salt and pepper. Serve over egg noodles.

NOTES: Think about serving over farro or other whole grain to make healthier.

Potato Casserole with Bacon and Carmelized Onion

3 slices thick-cut bacon, cut into 1/2-inch pieces
1 large onion, halved and sliced thin
1 1/4 teaspoons salt
2 teaspoons chopped fresh thyme
1/2 teaspoon pepper
1 1/4 cups low-sodium chicken broth
1 1/4 cups beef broth
3 pounds Yukon gold potatoes, peeled
2 tablespoons unsalted butter, cut into 4 pieces

Instructions

1. Adjust oven rack to lower-middle position and heat oven to 425 degrees. Grease 13 by 9-inch baking dish.
2. Cook bacon in medium saucepan over medium-low heat until

crisp, 10 to 13 minutes. Using slotted spoon, transfer bacon to paper towel-lined plate. Remove and discard all but 1 tablespoon fat from pot. Return pot to medium heat and add onion and 1/4 teaspoon salt; cook, stirring frequently, until onion is soft and golden brown, about 25 minutes, adjusting heat and adding water 1 tablespoon at a time if onion or bottom of pot becomes too dark. Transfer onion to large bowl; add bacon, thyme, remaining 1 teaspoon salt, and pepper. Add broths to now-empty saucepan and bring to simmer over medium-high heat, scraping bottom of pan to loosen any browned bits.

3. Slice potatoes 1/8 inch thick. Transfer to bowl with onion mixture and toss to combine. Transfer to prepared baking dish. Firmly press down on mixture to compress into even layer. Carefully pour hot broth over top of potatoes. Dot surface evenly with butter.

4. Bake, uncovered, until potatoes are tender and golden brown on edges and most of liquid has been absorbed, 45 to 55 minutes. Transfer to wire rack and let stand for 20 minutes to fully absorb broth before cutting and serving.

French Style Pan Roasted Pork Loin

Ingredients

2 tablespoons unsalted butter, cut into 2 pieces

6 garlic cloves, sliced thin

1 (2 1/2-pound) boneless center-cut pork loin roast, trimmed

Kosher salt and ground black pepper

1 teaspoon sugar

2 teaspoons herbes de Provence

2 tablespoons vegetable oil
1 Granny Smith apple, peeled, cored, and cut into 1/4-inch pieces
1 onion, chopped fine
1/3 cup dry white wine
2 sprigs fresh thyme
1 bay leaf
1/4-3/4 cup low-sodium chicken broth
1 tablespoon unflavored gelatin
1 tablespoon chopped fresh parsley

Instructions

1. Adjust oven rack to lower-middle position and heat oven to 225 degrees. Melt 1 tablespoon butter in 8-inch skillet over medium-low heat. Add half of garlic and cook, stirring frequently, until golden, 5 to 7 minutes. Transfer mixture to bowl and refrigerate.

2. Position roast fat side up. Insert knife one-third of way up from bottom of roast along 1 long side and cut horizontally, stopping $\frac{1}{2}$ inch before edge. Open up flap. Keeping knife parallel to cutting board, cut through thicker portion of roast about $\frac{1}{2}$ inch from bottom of roast, keeping knife level with first cut and stopping about $\frac{1}{2}$ inch before edge. Open up this flap. If uneven, cover with plastic wrap and use meat pounder to even out. Sprinkle 1 tablespoon salt over both sides of loin ($\frac{1}{2}$ tablespoon per side) and rub into pork until slightly tacky. Sprinkle sugar over inside of loin, then spread with cooled toasted garlic mixture. Starting from short side, fold roast back together like business letter (keeping fat on outside) and tie with twine at 1-inch intervals. Sprinkle tied roast evenly with herbes de Provence and season with pepper.

3. Heat 1 tablespoon oil in Dutch oven over medium heat until just smoking. Add roast, fat side down, and brown on fat side and sides (do not brown bottom of roast), 5 to 8 minutes.

Transfer to large plate. Add remaining 1 tablespoon oil, apple, and onion; cook, stirring frequently, until onion is softened and browned, 5 to 7 minutes. Stir in remaining sliced garlic and cook until fragrant, about 30 seconds. Stir in wine, thyme, and bay leaf; cook for 30 seconds. Return roast, fat side up, to pot; place large sheet of aluminum foil over pot and cover tightly with lid. Transfer pot to oven and cook until pork registers 140 degrees, 50 to 90 minutes (short, thick roasts will take longer than long, thin ones).

4. Transfer roast to carving board, tent loosely with foil, and let rest for 20 minutes. While pork rests, sprinkle gelatin over 1/4 cup chicken broth and let sit until gelatin softens, about 5 minutes. Remove and discard thyme sprigs and bay leaf from jus. Pour jus into 2-cup measuring cup and, if necessary, add chicken broth to measure 1 $\frac{1}{4}$ cups. Return jus to pot and bring to simmer over medium heat. Whisk softened gelatin mixture, remaining 1 tablespoon butter, and parsley into jus and season with salt and pepper to taste; remove from heat and cover to keep warm. Slice pork into 1/2-inch-thick slices, adding any accumulated juices to sauce. Serve pork, passing sauce separately.

Chicken Tostadas and Avocado Salad (Untried, but looks good)

- 3 tablespoons fresh lime juice
- 1 1/2 tablespoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper

- 1/4 teaspoon kosher salt
- 1 cup prechopped tomato
- 1/2 cup prechopped white onion
- 1 tablespoon chopped fresh cilantro
- 1 avocado, peeled and diced
- 1 tablespoon extra-virgin olive oil, divided
- 4 (6-inch) flour tortillas
- 2 cups shredded green leaf lettuce
- 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- 2 cups shredded boneless rotisserie chicken breast
- 1/4 cup crumbled queso fresco

Preparation

1. 1. Combine the first 5 ingredients in a medium bowl, stirring with a whisk. Add tomato, onion, cilantro, and avocado; toss gently to coat.
2. 2. Heat a large cast-iron or nonstick skillet over medium heat. Add 3/4 teaspoon oil to pan; swirl to coat. Add 1 tortilla to pan; cook 1 minute on each side or until browned. Repeat procedure 3 times with remaining 2 1/4 teaspoons oil and tortillas.
3. 3. Place 1 tortilla on each of 4 plates. Layer each tortilla with 1/2 cup lettuce, about 1/2 cup beans, 1/2 cup chicken, 1/4 cup avocado salsa, and 1 tablespoon cheese.

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Shrimp Salad Rolls (Untried, but it looks good)

- 1 tablespoon butter
- 20 large shrimp, peeled and deveined (about 1 pound)
- 1/4 cup canola mayonnaise
- 1 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 2 teaspoons chopped fresh parsley
- 1 1/2 teaspoons chopped fresh tarragon
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 4 (1 1/2-ounce) hot dog buns
- 8 Boston lettuce leaves

Preparation

1. 1. Preheat broiler to high.
2. 2. Heat butter in a large nonstick skillet over medium-high heat; swirl to coat. Add shrimp to pan; sauté 4 minutes or until done. Place shrimp on a large plate; chill in refrigerator for 10 minutes. Coarsely chop shrimp. Combine chopped shrimp, mayonnaise, and next 6 ingredients (through salt) in a large bowl.
3. 3. Open buns without completely splitting; arrange, cut sides up, on a baking sheet. Broil 1 minute or until toasted. Place 2 lettuce leaves in each bun; top each serving with 1/2 cup shrimp mixture.

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“Carol’s Company Chicken” (Courtesy of Smith’s Country Cheese)-Revised for Us

6 boneless, skinless chicken breasts, pounded to 1/2 in thickness

8oz Gouda cheese, grated

1 can condensed cream of chicken soup

1/2 cup milk

1 cup stuffing mix

1/4 cup butter

1. Preheat oven to 350 degrees
 2. Place chicken breasts in 13×9 baking pan
 3. Top chicken with grated cheese
 4. Mix soup and milk, pour over the grated cheese and chicken breasts
 5. Combine stuffing mix with melted butter and sprinkle over chicken
 6. Bake for 45 minutes.
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Quinoa Tabbouleh w/ Chicken

- 1/2 cup uncooked quinoa
- 3/4 cup water
- 1 1/2 cups quartered grape tomato
- 3/4 cup shredded cooked chicken breast
- 3/4 cup minced fresh flat-leaf parsley
- 1/2 cup finely chopped red bell pepper
- 1/2 cup diced English cucumber
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation

1. Combine quinoa and water in a small pot, bring to a boil, cover and let sit, removed from heat for 15 minutes or until tender. Cool quickly by running it under cold water.
2. Add remaining ingredients; toss well.

Fasting Bread, Black Beans & Rice, Ash Wednesday

There is a great website I've been visiting now for sometime, but have not cooked any of her dishes. I'm going to try two of them soon though. She has a recipe for a fasting bread and a Black Bean & Rice recipe that look good.

On Ash Wednesday, fasting in this household means 2 small

meals that together do not equal a normal meal and one regular sized meal (for us that is our dinner). I think I'll make the fasting bread on Tuesday so that we can have that for breakfast and lunch on Ash Wednesday. Then fix the black beans & rice for dinner and serve along with some fasting bread.