

Recipes from Sunday Supper on February 19, 2023

Head Chef Roger Swick, unit 6302

Dessert Chef Bob Tucker, unit 335

Chicken Thighs with Soy Sauce and Lemon

by Mark Bittman

- 1 tb oil (canola)
 - 2 lb Chicken thighs, boned and skinless, rinsed and dried
 - 1 tp minced garlic
 - 1 tb grated lemon zest
 - 1/4 tp cayenne, or to taste
 - 2 tb soy sauce
 - 1 tp sugar
 - 1/3 cup water
 - Juice of one lemon
 - Parsley garnish
1. Heat large deep skillet 2-3 minutes, add oil, swirl, add chicken. Brown on both sides.
 2. Turn off heat, remove chicken, allow pan to cool. Drain all but one Tb of fat. Set heat to medium, add garlic, cook until softens (1-2 min.)
 3. Add rest of ingredients, except Lemon, stir. Return chicken, turning at least once in liquid. Reduce to medium low, cover, and simmer for 20-39 min. while turning chicken once or twice.
 4. Remove chicken to platter, stir in lemon juice. Pour some of broth over chicken.

Rice (White Calrose)

Serve with broth from above

Maple-Glazed Carrots

By Mark Bittman

- 1 lb carrots
 - 2 tb butter
 - 3 tb maple syrup
 - Salt and fresh ground pepper
 - 1/4 cup chopped parsley leaves for garnish
1. Trim tops and bottoms of carrots. Peel if rough. Cut into quarter inch coins or sticks. Place in large pot with 1/2 cup water, butter, maple syrup, Salt and pepper. Bring to boil on high heat.
 2. Stir once, then lower heat to gentle bubble. Cover, leave undisturbed until carrots start to get tender and absorb most of liquid (10to 15 min.). They are ready when spearing with fork meets slight resistance.
 3. Remove lid, keep cooking until remaining liquid thickens and coats carrots with glaze. Remove from heat, salt and pepper to taste. Add Parsley garnish. Serve.

Cole Slaw

- 1 cabbage
- 1 apple
- Milk
- Apple Cider Vinegar
- Sugar
- Salt
- Garlic
- Mayonnaise

Measures to taste

Bob Tucker's Cheesecake

- 1 $\frac{3}{4}$ cups graham cracker crumbs
 - $\frac{1}{2}$ cup melted butter
 - 1 lb. cream cheese
 - 1 cup sugar
 - 3 eggs
 - 3 cups sour cream
 - $\frac{1}{2}$ tsp salt
 - Scant $\frac{1}{4}$ cup flour
 - 2 t vanilla
1. Combine graham cracker crumbs and melted butter and press as high on sides of spring form pan as you can.
 2. Cream together cream cheese and sugar.
 3. Add eggs, sour cream, salt, flour and vanilla. Beat together and pour into crust.
 4. Bake at 375 degrees for 40 minutes. Turn off oven and leave cheesecake in oven for 1 hour with door closed. Open oven door and leave cheesecake in for 1 more hour. Let cake cool until cold and then remove from spring form pan.

Toppings for Cheesecakes

Cheesecake alone, by itself, truly is complete without toppings. The ingredients are by themselves a wonderful composition of tasty, delicate and fragrant experiences with a hint of vanilla. The variants of taste, texture and smoothness combine to create a marvelous experience.

Of course one approaches this creation with anticipation. One knows not to drink it, but does one chew or let the tongue enjoy the smoothness to let the experience carry one forward? The main ingredients are of a dairy nature of milk as in cream cheese and in sour cream, both a variant of milk.

A pie crust would never do as a base for such an elegant creation. Remember how kids LOVE s'mores! The graham taste of sweet chocolate and possibly a slightly toasted marshmallow come together to create an experience.

In fairness we need to recognize there are appropriate "other toppings" for this dessert. One can top with canned cherry pie filling. One can make a glaze i.e., 1 cup frozen strawberries crushed in a blender. On stove, blend 1 T cornstarch with crushed strawberries, add sugar to taste. Cook until thick and clear. Cool. Arrange on top. Refrigerate until ready to serve.