



Mudflats Blog Recipe Collection



Meats & Main Dishes

>>> Turkey <<<

Perfectly Moist Turkey

Success Without Hardly Trying from Nisperos

Since we get all ages and all skill levels on here, I thought I'd pass on this tip. Some people are vegetarians, but make an exception for their holiday guests with fowl as a side option, others are cooking their first big bird, and still others may be doing only a small turkey roast. This tip will also work with game hens.

Do not be intimidated by cooking fowl and no, you don't have to buy a more expensive brand or pre-basted to get good results. (You do, however, have to defrost the thing and you do have to pull out whatever is in the cavity if you are cooking a big bird rather than a small roast. It's entirely up to you whether or not to stuff the bird, make stuffing on the stove top, or even have no stuffing at all.)

Following directions on the package, plan to cook the meat for the longest time at the lowest setting. You want to salt and butter or or salt and olive oil your bird, even if it says it has been pre-basted.

The big tip to keep your bird or your roast moist is to stick it in a brown paper bag and staple the bag shut before putting it on an open pan and placing it in the oven. That's it! (No, since you are doing slow cooking on low heat, the bag will not catch on fire.) 15 minutes before the projected end of your cooking time, you will want to open the bag where it's stapled (venting but leaving the meat in the bag). This helps brown the skin a bit more. Big birds will stay moist and roasts almost have the taste of a big bird but without all the extra deboning.

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from Anchor Jack

Whatever you can eat, I can cook it up!

I can cook it all in one pot, or separate-like.

I can cook it so you'll feel it one end to the other;

Or I can cook it so's
You'd hardly know it was there. - Tom Mix

Drunken Turkey

from clip dragon palin

Are you tired of the run-of-the mill Thanksgiving Turkey? Seriously this is a delicious turkey recipe with a lot of spice!

You will need a basting syringe with a thin metal injection needle.

- | | |
|----------------------------|----------------------------|
| 12 pound turkey | 2.5 ounces canned chillies |
| salt and black pepper | (chipotles en adobe) |
| salt and black pepper | 3 cups dark tequila |
| 2 pounds mixed dried fruit | (preferably reposado) |
| 1 cup golden raisins | 3 cups grand Marnier |
| 4 granny smith apples | 1 cup unsalted butter |
| (cut into 1" wedges) | Juice of 4 oranges |

(you can decrease the Grand Marnier to a cup and use the juice of 6 oranges instead)

1. Salt & pepper the cavity and outside of the turkey and set aside
2. Combine the dried fruit, raisins and apples into a bowl.
3. Blend together the orange juice and the chilis and add one cup on Grand Marnier. Pour the mixture over the fruit and let rest for 15 minutes.
4. Drain the fruit, reserving the liquid, and cut half of the butter (1 stick) into 1/2" pieces and combine with the fruit.
5. Stuff the cavity of the turkey with most of the fruit mixture.
6. Place the turkey into a roasting bag and arrange the remaining fruit on top and then pour the reserved liquid on top
7. Combine the remaining Grand Marnier and the Tequila and inject the mixture into the body of the turkey (all over but not all at once).
8. Melt the remaining butter and pour over the turkey.
9. Seal the bag and cut a 1/4" slit on the top to let the steam escape.
10. Place in roasting pan and roast for 2 and 1/2 hours.
11. Every 30 minutes open the bag and inject more of the liquor, eventually using it all up.
12. When ready to serve, slit open the bag, arrange the turkey on a platter and scoop out the fruit stuffing. Strain the juices from the pan and the bag and skim off the fat to serve as a spicy and yummy gravy.

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>>> Turkey <<<

Turkey Mercedes - Thanksgiving Cuban Style! from Rubo

I found this recipe in a magazine a couple years ago, made it once and there was no going back. It is, without question, the best turkey recipe I've found yet! You will be hugely surprised by the melding of flavors and no, you absolutely do not lose that wonderful turkey taste!

I stuff mine with wild rice, pearl onions and almonds and make traditional stuffing on the side. The sage in the stuffing seems to stand alone otherwise.

Don't forget to salt the cavity of the turkey before you start to help hold the juices in.

- * 3 heads garlic, peeled
- * 1 tablespoon black pepper
- * 1 tablespoon ground cumin
- * 1 tablespoon dried oregano
- * 2 tablespoons salt (or to taste)
- * 2 cups fresh lemon juice
- * 1 cup dry white wine
- * 1/2 (12 fluid ounce) can frozen orange juice concentrate, thawed
- * 1 (16 pound) turkey

1. Crush the peeled garlic cloves, and place into a large bowl. Season with pepper, cumin, oregano, and salt. Pour in lemon juice, wine, and orange juice concentrate; whisk together until well mixed.

2. Using a sharp paring knife, pierce the turkey breast, thighs, and legs; creating holes for the marinade to penetrate. Pour the marinade over turkey, and into the holes. Finally, stuff garlic pieces into the holes. Cover the turkey well, and refrigerate overnight to marinate.

3. Preheat oven to 325 degrees F (165 degrees C).

4. Roast turkey in the preheated oven until the internal temperature of the thickest part of the thigh measures 180 degrees F (80 degrees C), about 5 hours. Baste the turkey every 30 to 45 minutes. Once the breast has browned, cover loosely with aluminum foil to prevent it from becoming burnt.

Last year I added some pineapple chunks and mango to the dressing. Some liked it, some didn't. I thought it was heavenly!

My girlfriend gave me an electric roasting pan a few years back and it's wonderful for this recipe because you can take the insert with the turkey in it from the refrigerator to the stove. It also helps with the oven not being tied up all day with the turkey in it.

If you don't have one, I highly recommend them. They're efficient, affordable and have a myriad of uses. I make my homemade chili in it, too.

Mudflats Blog Recipe Collection

>>> Turkey <<<

Thanksgiving leftover trick from Greytdog

I've been doing this recipe for so long (since college, circa 1970s) that I'm not sure where it came from:

Leftover stuffing - enough to press well into a pie pan, making sure that the pie pan is well covered. Bake in 350 degree oven until stuffing crust is set (again, time is probably about 15-20 minutes, altho in my case it's more like "oh! better check the crust before it burns! oops!") Let cool.

Brush bottom of stuffing crust with 1T of dijon mustard

Finely slice three or four green onions, white/green tops and all. Finely slice about 10 nice portobello mushrooms. Saute together in 1tsp olive oil until the mushrooms are sweated out.

Dice up leftover turkey until you have a heaping cup worth. I prefer a mix of white & dark meats, but it's the "baker's" choice.

Beat together three eggs and a half cup of milk until frothy. (I use a wire whisk - faster and easier than dragging out the electric mixer or even the blender) Stir in 1 cup grated Swiss cheese.

Spread turkey, sauteed onions and mushrooms over stuffing crust. Then pour milk, egg, cheese mix over that. Spread the cheese out with a fork.

You can sprinkle the top with a dash of paprika if you want. Bake for about 30-35 minutes in a 350 degree oven until custard is set and golden brown.

We serve this with whole cranberry & orange sauce, roasted asparagus, and lots of zzzzzzzz afterwards.

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Another Thanksgiving leftover trick from Greytdog

Take any standard Shepherd's Pie recipe and substitute: Turkey for the Lamb/Beef

Use the stuffing to make a pie crust

Mix turkey, leftover gravy, leftover veggies (diced if you prefer) and pour into stuffing crust

Moisten leftover mashed potatoes with warm milk and butter and whip until spreadable (but not sloppy)

Spread mashed potatoes over turkey pie. Sprinkle with cheese. Bake in 350 degree oven until potato topping is golden.

Serve with leftover dinner rolls, butter, and honey (or apple butter yummy)

Tofu Turkey from Judi

--Take 5 16oz tofu extra firm blocks and squeeze out as much water from it, then put them into a bowl. (we often freeze our tofu, then when we want to use it defrost, and squeeze out the water, makes it firmer for stir fries, etc)

-- Mash the tofu, mix in some spices like poultry seasoning, salt and pepper.

-- Line a colander with cheese cloth. Put the mashed tofu into the colander (save about a cup or so to put on top) , pressing it down and up around the edges to make like a hollow bowl. place another piece of cheesecloth over the tofu and weight it down. Place the colander over a plate or bowl to catch the water and let it sit for several hours. (I use an old cast iron iron...and push down on it several times while it is sitting..you want it to get pretty firm)

-- Combine 1/2 cup of sesame oil, 1/4 cup tamari, 2 T miso, 5T OJ, 1t honey mustard...

-- Take off the top layer of the cheesecloth so you have a hollowed out bowl of tofu in the colander

-- Brush the inside of the tofu with some of the mixture...saving some for basting during cooking

-- Fill with stuffing...any kind you want

-- Place the remaining cup or so of tofu over the top of the stuffing and press down to seal.

-- Turn it over onto a cookie sheet so that the flat side, where you just put the tofu on, is on the bottom. You can then gently form it to an oval shape on the cookie sheet. (I did one year try to make 'legs' from more tofu...not worth it to me but try it for fun if ya want

-- Brush with more of the basting combination..cover with foil

-- Cook in oven at 350 degreesF. after an hour remove the foil and baste again. Continue cooking for another hour or so until it gets a golden brown. Continue to baste until all the mixture is gone

The original recipe called for cooking it at 400 degrees but I have found this will burn it...but try what works best for you.

Take off cookie sheet, serve on a platter.

Although a lot of work, we really like this and even our meat eater friends will ask for leftovers. Yes we also make a reg turkey for everyone except us...

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>>> Poultry <<<

King Ranch Chicken

from Obamanos!

This is famous in Texas and it's really terrific! Every family has their own version. Here is ours. Which is the best, of course.

One grocery store Rotisserie Chicken (or you can boil a chicken and pick it clean, don't use the skin)
One can of cream of mushroom soup
One can of cream of chicken soup
One small can of diced green chiles
One can of MILD Rotel
One minced jalapeno (remove white vein and seeds, unless you love heat)
One SMALL chopped onion
Shredded cheddar cheese...go for the good stuff behind the deli or just get a package of shredded day glo orange cheddar. Depending on your budget. It's great either way
Unsalted butter
Can of SLICED black olives
20 corn tortillas...CORN...never flour....yellow CORN tortillas

-- Shred or chop chicken into small bites
-- In large bowl, dump the chopped or shredded chicken, both creamed soups, Rotel, chiles, jalapeno, chopped onion and about 1/2 cup of shredded cheddar cheese. White cheddar is really good!
-- Open black olives and set aside.
-- Take your 20 corn tortillas and cut them in half and then again. You are making little triangles.
-- Now, BUTTER your casserole dish.
-- Just like a lasagna, put some "sauce" on the bottom (your chicken mixture)...about 1/2 cup....then a layer of the tortilla triangles, sauce, triangles...just like you would do a lasagna.
-- Once you are done. Use about a cup or more of the shredded cheese and cover the top. Sprinkle black olive slices around the top.
COVER with foil and bake at 350 for 25 minutes.
UNCOVER and bake for 10 minutes more.
You're gonna love it!
You can garnish with sour cream and avocados!
It's really great! Serve with cold beer.

Now, some families like to use corn tortilla chips instead of corn tortillas. That's another great way to do it, but if you use the chips, then add about half a cup or so of chicken broth to your chicken/soup mixture cuz it will dry out with the chips. There are families who use Doritos...but I ask you please do not disgrace our honor and do that. Thank you, in advance, of course.

EASY Chicken Piccata

from Obamanos!

I've worked with this enough and have drilled it down into a very basic recipe.

Four skinless chicken breasts
Small jar of capers
Three lemons
White wine (if you are in a spending mood...get Le Crema Chardonnay. If you are like me and on a budget, suck it up and get Sutter Home or Rattlesnake Canyon or something in the 5-7 dollar range.)
A cup of chicken broth

Unsalted butter
Flour

Pound chicken breasts thin
Salt and pepper each breast and then your chicken, har har
Dredge chicken in flour. Shake off excess

Pour olive oil in a heated saute pan (med high) and simply BROWN the chicken...like two minutes, maybe three on each side. Remove and put on a plate with paper towels on it...

Turn heat to LOW. VERY VERY LOW.

Deglaze pan with about, oh, let's say 1/2 cup white wine and 1/4 cup chicken broth. Add two pats of butter. Lemon zest of one lemon.

Use two lemons and toss in the lemon slices...let the alcohol burn off in the simmering stage....

About 5-7 minutes later, place chicken BACK in the pan with the sauce. Simmer on the lowest possible setting for about 12 minutes. Add capers to the sauce. Let's say...two tablespoons of capers, depending on how much you like them. Remember, they are super salty!

Done. Now, you can add artichokes from a can...artichoke hearts in WATER. Drain water, of course. Pancetta is wonderful to add...slice thin or in strips or chop....mushrooms are awesome as well.

Serve with any kind of pasta. Cook pasta in chicken broth....
It's really great!

Mudflats Blog Recipe Collection

>>> Poultry <<<

King Ranch Chicken tip
from CO Almost Native

I make this, but I use one can of Hatch's Green Chili Enchilada Sauce (med) in place of one of the creamed soups- and yellow corn tortilla, of course.

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Stacked Enchilada Pie

from SMR

Really great Mexican recipe that I get lots of requests for. The filling also makes great burritos, especially with mexican rice mixed in. Don't know if you'll want to make it for xmas, but before or after... double yum.

Preheat oven to 350 deg F

Ingredients:

1-1/2 cups chopped onion
2 cups chopped red/yellow/orange pepper
1 tsp minced garlic
1 tsp ground cumin
8 oz frozen corn – thawed
2 x 15-oz cans black beans (rinse & drain)
1/2 cup chopped fresh cilantro
2 x 15-oz cans red chili sauce (enchilada sauce)
2 cups cooked shredded chicken
8 x 10" flour tortillas
3 cups shredded pepper jack or Colby-jack cheese
8 oz crumbled feta or cotija cheese

To prepare:

- 1) Saute onion, pepper, garlic & cumin in 1 tsp olive oil until onion is translucent. Turn off heat. Stir in corn, cilantro, beans and chicken, set aside.
- 2) Put sauce in shallow pan. Dip tortillas in, lightly coating both sides, let excess drip into pan. Place in oiled 10" cheesecake pan with 3" sides. Sprinkle with 1/7 of filling and approx 1/3 cup jack cheese plus 3 tbsps feta/cotija. Repeat for 7 layers. Top with last tortilla, remainder of sauce & cheeses.
- 3) Cover with oiled foil, oiled side down. Bake for 30 minutes, uncover then bake for 30-40 minutes longer.

Cold Winter's Night Chicken Curry
from the PROBLEM child

You need:

enough olive oil to lightly cover the bottom of your biggest stew pot
2 large onions, chopped roughly 1/2 inch pieces.
as much garlic as you like - I use half a dozen cloves, crushed and then chopped fine
4-6 sticks of celery chopped roughly 1/2 inch lengths
bottled curry paste
half a dozen to a dozen boneless, skinless chicken thighs, depending on how big they are.
2 cups of hot chicken stock or whatever clear liquid broth
one can coconut milk (or you can use a cup and 1/2 of the powdered coconut stuff; rehydrate it in the chicken stock, if you like, or use some hot water) OMG, if you actually have a real coconut, make sure it is an unripened one and scrape out all the gooey gelly part to use with the milk! Sooo good.
4-6 carrots chopped into 1/2 lengths
3-5 potatoes, chopped into 1 inch pieces.

Sauté (medium-high on my stove) the onions, garlic and celery until the onions are starting to turn translucent and softish.

Dump in the curry paste and work the paste through the onions etc. Keep agitating it for about a minute.

Then heave in the the chicken thighs, and give the whole thing a bit of a swirl for about a minute. You are not trying to brown the chicken, just getting the curry paste nicely distributed and keeping the chicken and paste from sticking.

Add the coconut milk and stock. It should just about cover the chicken.

Dump in the carrots and potatoes. Add enough water to barely cover everything.

Turn down the heat to medium and cook covered for about 45 minutes, occasionally stirring, until the chicken is starting to fall apart. Then further reduce you heat and cook uncovered to reduce the sauce that is left until it is a nice, saucy sauce. Use a spoon to break up the chicken bits. It should be really falling apart by now. The potatoes should also now be sort of rounded off at the corners as they break down into the sauce and further thicken it. If there is excess oil on the top of the curry, soak it up with a paper towel.

Serve over rice or not, with naan or not, with raisins or almonds to garnish or not, and eat it with your fingers or not.

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>>> Poultry- Fowl <<<

Midge's White Bean Chili

from CO Almost Native

3-15oz. cans Great Northern beans, drained
2 1/2c. cooked, chopped chicken
1c. chopped onion
1 1/2c. chopped red, orange, yellow peppers
1 clove garlic, minced
1/2t. salt
2t. fajita or Mexican seasoning
1/2t. oregano
3 1/2c. chicken broth

Combine all ingredients into a big pot (stove) or crock pot. Simmer until hot, about 1 hour on stove- or 2-3 hours in crockpot on low.

(You can saute the onions, garlic, and peppers in a little oil first- but I usually forget.)

Before ladling into bowls, I smash some of the beans to thicken the soup-

(Midge is my sister in Seattle; a three-time cancer survivor)

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Cuban Chicken

from Jan Arnold-

I experimented and copied it from eating it at a great restaurant years ago. Get whatever pieces of chicken you like best - works great with Breasts, leg quarters, whole cut up chicken or boneless and skinless breasts - however healthy or unhealthy you want (I usually get whatever is on sale). Heat oven to 350. First, wash chicken(1 piece chicken for each person) and place on cookie sheet and sprinkle with cajun seasoning and pepper. Bake for about 30 - 45 minutes or however long until done depending on size and thickness of pieces. While chicken bakes, cook enough servings for however many people you are feeding of rice in microwave. I like brown rice but old white minute rice is also yummy. About ten minutes before chicken and rice are done, heat a can of black beans on the stove top.

Once chicken is done, fix the plate as follows - layer: Heap of rice first, place piece of chicken on top of rice, spoon black beans over chicken and rice, garnish with good sharp cheddar cheese, and spoon a really good salsa over black beans, top with sour cream and put a few nice tortilla chips around edge of plate. I usually steam some broccoli and put it around the edge of rice with the chips and if I want to be real fancy I will chop and sprinkle some spring onions on top and maybe add some guacamole with the sour cream. It is YUMMY. Also, alot quicker and easier than it sounds.

TA DA, my one good recipe.

Cajun Duck

from Ira2

4-6 duck breasts,
skinned and deboned
1 tsp chili powder
1 tsp paprika
1/2 tsp cumin
1 tsp cinnamon
1 tsp garlic powder
1 tsp salt
1 tsp sugar

Plum Sauce:

6 purple plums, pureed
1 tbsp ginger
1 tsp garlic salt
1 tsp sesame oil

Preparation:

Butterfly the duck breasts and pound flat. Wet the duck breasts with water, then cover both sides with the spices. Broil for 2 minutes, turn and broil for another 2 minutes. Combine sauce ingredients and bring to a boil. Place breasts in a skillet, add plum sauce and simmer for 20 minutes.

Note: wild duck is healthier and tastier meat than domestic duck, but either is tastier than chicken

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Cornish Hen

from The Problem Child

Thaw the cornish hen - but this will only feed one. I hope you are alone. Microwave or steam and mash the sweet potato. Combine the thyme, some chopped celery with the mashed sweet potato. Add a bit of the garlic, stuff it into the cornish hen. Drape some bacon over the breast to keep it nice and moist and then roast the hen.

At the same time, place a whole, unpeeled head of garlic (cut off the very top so that each of the cloves is just barely trimmed off) in a small baking dish with a bit of the beef broth and some water. Cover and put it in the oven also. Roast garlic (you'll know it is done when you can sink a knife in easily) is lovely spread on bread (assuming that is a staple).

Have the hen, stuffing and bread and garlic as your main course. Steamed broccoli too, if you insist on a vegetable. For dessert, pour a bit of the left-over garlic beef reduction over some nearly thawed mango chunks. You will be surprised and pleased at how well mango goes with garlic essence!

Mudflats Blog Recipe Collection

>>> Other Meats <<<

Rabbit With Yellow Pepper

from Jamie

Rabbit, cut into pieces (or equivalent amount in selected pieces)
flour
sage and rosemary, preferably fresh, but dried in a pinch works
just as well
glass of dry white wine
3 or 4 large yellow peppers (know that they shrink)
1 bouillon/stock cube
salt and pepper
vegetable oil for frying

Wash the rabbit and pat dry.
Toss the rabbit pieces in flour.

Heat the oil (or oil/butter) in large skillet or heavy pot and fry
the rabbit pieces, a few at a time without crowding, with the
sage, rosemary and the glass of wine until browned on both
sides, about 10 minutes per batch (drizzle the wine slowly over
the rabbit as it browns so it doesn't drown, sharing the one
glass of wine between the batches).

Remove the sage and rosemary if using fresh whole herbs.

Meanwhile, cut the tops and bottoms off of the yellow peppers,
remove white ribs and seeds. Slice the peppers into rings and
put in the pan with all of the browned rabbit pieces.

Add the bouillon cube, salt and pepper and add 1 to 1 1/2 cups
warm water.

Cover and cook over low heat for about an hour, checking
occasionally to make sure there is always liquid in the pan.

Best served with creamy polenta. Another option, if you prefer,
cook the polenta and allow to cool formed into a log, then slice
and fry in a little olive oil or lay out on a cookie sheet, brush
with olive oil and grill.

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Chili in Pumpkin

from Judi

By the way I did put the chili into the pumpkin...baked it for an
hour then scrapped some pumpkin into the chili and baked
more for 1/2 hr...it came out really yummy! great way to
use those little pumpkins that you may have left over from
Halloween.

Rabbit Cacciatore

from ira2

Ingredients:

2 rabbits, cut into
serving size pieces
3 tbsp olive oil
1 onion, sliced thin
1 green pepper, sliced thin
3 cloves garlic, crushed
1 15oz. can stewed tomatoes
1 8oz. can tomato sauce
1/2 cup Chianti wine
1 tsp salt and pepper
1 bay leaf
1/2 tsp thyme
dash of cayenne

Preparation:

Brown rabbit meat in hot oil. Remove from pan and set aside.
Brown the onion, green pepper and garlic. Combine all
ingredients and simmer for 1 hour or until meat is tender.

Note: squirrel can be substituted for the rabbit, as the meats
are very much alike.

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Dried Beef (how to cure)

from Trini

For 100# of beef (or maybe moose or deer)
4 Quarts pickling salt
2 oz salt peter
4 oz baking soda
1 quart dark molasses
2 1/2 gallons of water

Put salt and molasses in water and bring to a boil. Add salt
peter. When salt is dissolved, add soda gradually. Skim off
top. Put beef in crock and pour the brine over beef while hot.
Let stand for 5 days. Take out beef and hang to dry in cool
well ventilated place. It's really good stuff! I remember as a kid
sneaking strips off of the curing beef. It's like beef jerky, only
better.

Breaking it down for 15-20 lbs:

1 1/4 cups pickling salt
1 tsp salt peter
2 1/2 tsp soda
2/3 cup molasses
1 1/2 quarts water

Same instructions as above.

Mudflats Blog Recipe Collection

>>> Other Meats <<<

Que Chili Mas Bueno, Sin Frijoles from Palmdale CA aka Gini

- 2 T. olive oil
- 2 # sirloin steak, trimmed and cut in 1" cubes
- 1 # lean ground beef
- 12 oz. Chorizo, casings removed and cut in 1/2" chunks
- 1 large yellow onion, finely chopped
- 1/4 c. chili powder (I use mild New Mexican red chile, and Mojave brand is pretty readily available in grocery stores in CA, but regular chili powder works, too. Use at least 1/4 c. This recipe truly isn't hot -- just really flavorful.)
- 1 T. garlic salt
- 2 t. ground cumin
- 1 t. dried basil
- 2 cans (14 1/2 oz. each) whole tomatoes, broken up but not drained
- 2 cans (14 1/2 oz. each) beef broth
- 1 c. chopped fresh cilantro
- 1 cinnamon stick
- 3 bay leaves
- 2 green jalapenos, seeded and cut in strips (I usually use 3 fresh jalapenos but I also take the ribs out.)
- 1 T. yellow cornmeal

Heat oil in deep heavy pot over medium heat. Brown steak in batches, remove with slotted spoon. Add ground beef, chorizo, onion and brown. Return steak to pot.

Add remaining ingredients. Bring to boil, reduce heat and simmer uncovered for 2 hours or more. Stir occasionally, breaking up tomatoes. Remove cinnamon stick and bay leaves. Add salt & pepper to taste.

Serve in broad bowls (pasta or soup bowls work great) over an ice cream scoop sized mound of cooked white rice. Garnish with grated cheddar cheese and sour cream, adding chopped green onions or chopped cilantro if desired.

Makes about 8 servings (Experience says it serves 6 people with a salad and warmed tortillas.) Serve with beer, or with an off-dry Gewurtztraminer if you're a wine lover.

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Shredded Pork

from SMR

- 3-4 lb pork butt (get this from your local butcher, you won't find it in most grocery stores)
 - 6-8 ti leaves (these are optional, difficult to find, but if you can find them locally definitely use them!)
 - 1 banana leaf (try a store that carries ethnic food, will be in the cold section or freezer section)
- Combine:
- 1 tblsp hawaiian salt (any coarse ground salt will work)
 - 3 tblsp soy sauce
 - 3/4 tsp minced garlic
 - 3/4 tsp minced ginger
 - 3 drops liquid smoke

Snoskred's Special Marinade

There's a couple of different ways you can use this recipe

- 1/4 extra virgin olive oil
- 1/4 cup lemon juice
- 1/4 cup lime juice
- 1/4 cup white wine (if the wine is good, double that and use a little less lemon and lime!)
- 1 teaspoon garlic
- 1 teaspoon ginger
- black pepper - as much or as little as you want

Put all the above into a bowl, mix with fork, cover the bottom of your baking dish with some of the mixture (so the meat will be sitting on that instead of touching the bottom of the dish with nothing under it), place your chicken/fish in the baking dish, pour remainder of mixture over chicken or fish.

I like to cover the dish with alfoil but beware, the alcohol in the wine doesn't seem to cook off if you do that!

You can use the same recipe without the wine as a marinade for chicken, shrimp, fish, whatever, just marinade for 15-30 minutes and then cook in the frypan or on the bbq - if you're going to do that you may want to leave out the wine - I don't use wine when I am using this recipe as a marinade - but that is up to you. You can also add any of the following herbs -

- Cayenne Pepper
- Parsley (what do ya'all call parsley over there? Cilantro?)
- Cinnamon
- Paprika
- Chili

Or you can swap out the lemon juice for orange. It is a pretty flexible recipe.

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1. Slash pork butt, rub sauce mix over pork.
2. Wash ti leaves, remove mid-ribs (easy to do with kitchen scissors). Wash banana leaf.
3. Line 9x9 pan with ti leaves, radiating from center & extending out of pan. Place banana leaf on ti leaves. Place pork on banana leaf, fold leaf over pork and secure with string. Place a piece of foil over top of pan and crimp edges to seal.
4. Bake at 325 degF for approx 4 hours, until pork can be easily shredded with two forks.

Make up a huge batch of sticky white rice to serve with it!
Delicious & easy!

Mudflats Blog Recipe Collection

>>> It's A Meal <<<

Christmas Eve Shepherd's Pie

from Cassie Jeep Palin

I'm not sure why it took me 25 years to determine that this is the perfect dish for Christmas Eve dinner. Maybe raising four kids who were born in five years numbed my brain for a bit. But the whole family loves this dish and we now have it every Christmas Eve.

8:00 a.m.(ish) on Christmas Eve Morning:

Start stew in crock pot on HIGH

1 to 2 pounds stew meat (beef or lamb--your choice)

Large onion, diced

1 can or 1 jar home preserved diced tomatoes

2 packages dry onion soup

Enough water to coat ingredients

(Wrap some presents.)

At lunchtime, add a large bag of frozen diced vegetables--try not to include potatoes due to finishing touches. A mix of green beans, corn, carrots and celery is nice.

Add enough water to cover vegetables

Add salt and pepper to taste.

(Wrap some more presents after you find the tape. Pour yourself a glass of wine)

An hour before dinner---depending on when guests arrive, or if you are going to midnight Mass, or the children's services---peel and cut potatoes to boil and mash. I usually count the expected guests and add three potatoes to ensure enough to go around.

When potatoes are soft, mash them with butter (or margarine), whip in heated milk, salt and white pepper.

I use individual, straight sided oven proof bowls, but this can be made in a roasting pan, as well.

Ladle stew into bowls (or roaster) and cover the whole lot with mashed potatoes---all the way to the edges. When using individual bowls, a pastry bag makes the spreading of the potatoes look great!

Heat in oven for 15 minutes at 375, just long enough for the potatoes to get a crispy top, not brown.

Serve with homemade bread or heated rolls.

Oh, and open another bottle of wine for the guests, because yours will probably be empty!

Crockpot Breakfast

from Trish

32 oz bag of frozen hash browns (I prefer the Potatoes O'Brien)

browned crumbled sausage

cubed ham

chopped onions and peppers

sliced mushrooms

2 cups shredded cheddar (I use WalMart's Fiesta Cheese)

12 eggs

1 cup milk, cream or half&half

salt and pepper to taste

Layer the potatoes, then meats, veggies and cheese.

Repeat layers till it's all in the pot.

Beat eggs, milk, salt & pepper.

Pour over layers in the crockpot.

Cook overnite on low.

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Sometimes, I use bacon or turkey in it....it's good with whatever meats you prefer or have on hand.

I freeze leftovers in ziploc sandwich size freezer bags to have it anytime I want. Leftovers microwave well.

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### New England Boiled Dinner

from Bec - Yes We Did - in Illinois

In a large soup pot or Dutch oven place:

2.5 to 3 lbs. Picnic Ham

3-4 cloves of garlic

4-5 bay leaves

12 peppercorns

Cover with water, plus 1-2 more inches

Simmer for 1.5 to 2 hours

Then Add:

1 head of cabbage, cut into wedges

4-5 whole onions

6-8 peeled potatoes (whole or cut in half)

6-8 peeled carrots, cut in smaller, but still chunky pieces if you like

A little more water, if needed, to cover the vegetables

Simmer for about 1 more hour, or until vegetables are very tender

To serve, carve ham into slices, ladle out the veggies and serve with butter, salt & pepper. Heavenly.

You can even recycle the broth for some other use.

# Mudflats Blog Recipe Collection

## >>> Fish <<<

### Hawaiian-Style Fish Fillets

from Ira2

#### Ingredients:

1 lb fish fillets  
4 tbsp butter  
1/4 tsp salt, dash of pepper  
1 small papaya, seeded,  
peeled and sliced  
1 kiwi, peeled and sliced  
1/4 cup sliced almonds  
1/4 tsp ground ginger  
1 tbsp lemon juice

#### Preparation:

Melt the butter in a skillet, add salt and pepper, then the fish fillets. Cook 6-10 minutes or until the fish is tender. Remove fish to a platter, keep warm.

Add remaining butter, sliced papaya and kiwi. Stir gently until heated. With a slotted spoon, remove fruit and arrange around fish fillets. For the sauce, stir almonds and ginger into liquid remaining in skillet, stirring constantly until almonds are browned. Stir in lemon juice.

Pour heated sauce over fish and fruit.

Note: you can use anything from bluegill and pike to store-bought fish for this recipe. Caught or bought, it's delish!

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### Salmon

from Palmdale CA aka Gini

And here's another way to fix salmon. It's become our fave. Easy, quick and good year-round.

Rub salmon filets with equal parts chili powder and brown sugar (a pinch of salt is optional)

Either grill or bake at 425 for 10-12 mins.

Serve as is hot, or take skin off (if needed) and serve during hot weather over a bed of spring greens with a lemony vinaigrette dressing.

### Halibut Olympia

from AKMuckraker

(Best results with fresh Alaskan halibut, of course!)

Preheat oven to 350.

Slowly sautee enough onions in olive oil to cover the bottom of pyrex baking dish.

Spread onions on the bottom of baking dish

Lay halibut fillets on top of onions

Cover halibut with 50/50 mixture of lowfat plain yogurt, and light mayo, and 2 pressed garlic cloves.

It's easy to make however much you need. I like about 1/4 inch on top.

Sprinkle with whole wheat cracker crumbs. Use ones that are easy to crumble.

Bake for 20 minutes. Fish is done when the thickest part is flaky when separated with a fork.

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### Easiest Salmon Ever

from Obamanos!

at least 2 salmon fillets  
2 cups chicken broth  
fresh dill  
salt and pepper

Preheat oven to 350

place salmon fillets in glass baking dish

salt and pepper salmon

pour enough chicken broth in the corner of the dish to slowly fill the dish with broth up to about half way up the salmon sides.

take several sprigs of fresh dill (MUST BE FRESH) and place in broth on both sides....so dill is floating in broth.

cover with foil.

bake for 25 minutes....

remove from oven and let salmon rest for about 5 minutes or so....

serve with salad, couscous, rice, potatoes or whatever.

the chicken broth is what makes the difference.

I got this from a friend who cooked it for me and I thought the chicken broth was an odd choice to put with salmon, but it works!

she put a pat of butter on top of each fillet as well, but I forgot to do that and it was still really great!

# Mudflats Blog Recipe Collection

## >>> Fish <<<

### Door County Fish Boil

from Bec - Yes We Did - In Illinois

See my recipe for New England Boiled Dinner. Here is a Wisconsin-style boiled dinner, using white fish.

My father so loved the fish boils when we lived up near Door County, that he bought a special kettle to have his own home fish boils. You can try it with a very tall kettle, filled about half with salted water, brought to a good simmer.

Place whole peeled potatoes and onions in first. Though not traditional, there is nothing wrong with adding chunks of cabbage and carrots. Quantities are not specific. But you can make a huge batch, with vegetables to fill the bottom third of the kettle. Cook until tender.

Place the white fish filets in a metal basket and immerse it into the water, atop the vegetables.. Again, quantities are not specific. But you can make quite a huge batch, as long as you leave the top third of the kettle for the boiling water. Cook for several minutes for the fish to get tender. At the end you turn it up high where all the foam with the fish oils comes to the top. On a stove top, skim off the foam and make sure it doesn't boil over. Outdoors, it beautifully boils over.

At a traditional Door County Fish Boil, it is served with lots of butter, and coleslaw and Door County Cherry Pie.

Here is a great link that describes the fish boils. We always liked to go to Pelletier's. It has a great courtyard area where you gather with a drink to watch the whole process. Then go inside to your table and they serve it up!

<http://www.doorcounty/dine/fish-boils.aspx>

### Salmon Salad

from Killa

Here's one that my hubby and I love alot.

1 pint jar home-smoked salmon (drained)  
1/4 to 1/2 Cup mayo (to taste)  
1-2 T. chopped celery  
1 1/4 T chopped onion  
2 T. relish

Mix together and spread on bread for a sandwich or serve atop salad greens.

Yummy!!

## >>> Bear <<<

### Orso Ai Ferri

from Ira2

Preheat oven to 350°.

Ingredients:

4 lbs bear leg  
salt and pepper  
thyme  
all-purpose flour  
3 strips bacon

Preparation:

Be sure that the roast is well cleaned, and that all the bear fat is trimmed off. Generously sprinkle the meat with salt, pepper and thyme, and dust with flour. Place on a rack in the roasting pan and lay the strips of bacon across the meat. Cook in the oven for 2 1/2 to 3 hours.

Serve with wide egg noodles and an Italian salad.

Note: Bear meat, like pork, should be thoroughly cooked.

And don't forget - if you're lucky enough to get your hands on a bear, the fat makes fantastic lard.