



Mudflats Blog Recipe Collection



Sides, Veggies, Soups

>>> Salads <<<

24 Hour Salad

Our family's holiday salad:

from **bonefish aka Krinkle Bearcat Palin**

3 eggs, well beaten
1 T lemon juice
1/2 cup sugar.

Combine and cook slowly to custard consistency. Set aside to cool.

1 16 oz container Cool Whip, thawed (use the equivalent if you can afford real whipping cream)
2 medium sized cans Queen Anne cherries
2 small or 1 large can/s mandarin oranges
1 medium can chunk pineapple, partially crushed
1 cups miniature marshmallows

Dump the fruit out into a colander or chinois when you start the egg custard. Shake it around a bit to make sure the juices drain all the way. When the custard is completely cool, put the thawed Cool Whip in a large bowl. Add the custard and fold in until entirely blended. Add the fruit and marshmallows. Stir well. Cover and refrigerate at least 24 hours. Longer is better.

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Chinese Cole Slaw

from **Bec - Yes We Did - in IL**

1/2 head green cabbage
1/2 head red cabbage
2 or 3 scallions, chopped
1 package Ramen oriental noodles
1/2 cup slivered almonds, blanched
1 cup sunflower seeds, raw (optional)

Dressing:

1/2 cup sugar
1/2 cup oil
1/4 cup red wine vinegar
2 tablespoons soy sauce

Cook Ramen noodles without seasoning. Let cool. Shred cabbage and add scallions. Add noodles. Toast almonds and sunflower seeds in olive oil. Add to cabbage mixture when cool. Combine dressing and toss slaw at the last minute.

A second preparation method is to add Ramen flavor packet to the sugar, oil and vinegar (omit soy sauce). Instead of cooking noodles, crush them and toast with the almonds in a skillet. Toss with slaw mixture and dressing.

Green Salad

from **Obamanos**

Fantastic and easy salad for guests!
This pleases everybody! And it's a great mix of goodies!

One bag of mixed baby greens
One bag of chopped butter greens...
About 8 baby corn (they come in a jar)
One ripe tomato
One large cucumber, peeled and seeds removed
Fresh parsley
Black olives...a small can of sliced black olives
Parm cheese--shredded
Tortilla strips (they come in a small bag by the croutons...red, purple, tan...they are salad strips, if you can't find them then just use croutons)
One large avocado
One small piece of packaged smoked salmon. Just the regular flavor. You can find the smoked salmon in the refrigerated section by your fish guy at your grocery store. They are usually about 4-5 bucks a small package and yes, it's very much...waaay worth it!

First, chop your tomato into very small chunks...place in a glass or ceramic bowl...drizzle a bit of olive oil on top...put some kosher salt and black pepper on top....and some chopped parsley...mix and set the little bowl aside....you'll use it later.

Then.....

Mix both lettuce blends in very large bowl

Place baby corn on top

Scatter sliced black olives

Chopped avocado...scatter about on top of lettuce

Chopped cucumber....scatter about...

Sprinkle about three tablespoons of shredded parm cheese on top...

don't over do it though...cuz parm is salty and so is the salmon

Take the smoked salmon and sprinkle it...with your hands over the entire salad

And then sprinkle the tortilla strips all around....

At the time of serving....

Pour your tomatoes, olive oil, parsley, salt and pepper mix over the top of the salad....

Dress with a very small amount of balsamic dressing... Toss....

Serve with Parm/butter toast...

Take a large french bread...drizzle olive oiland sprinkle it with shredded parm....some fresh black pepper and place under broiler until toasted.

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>>> Salads <<<

Green-and-Gold Sunflower Salad

from Ira2

Ingredients:

3 tbsps sunflower oil
1 tbsp lemon juice
salt and pepper
2 large, ripe (but firm) avocados
8 ripe apricots
1/3 cup plain yogurt
2 tsps honey
grated rind of 1 lemon
2 tsps minced parsley
1 small lettuce (green leaf),
washed and separated into leaves
4 tbsps roasted sunflower seeds

Preparation:

Put the oil and lemon juice into a small bowl with the salt and pepper. Mix together well.
Cut the avocados in half and pit them. Peel them, cut into slices, and mix these into the oil-and-lemon-juice dressing very carefully, taking care not to break them.
Cut the apricots in half and pit them. If they are large, cut them in half again. Add them to the avocados in the dressing.
In another bowl, mix together the yogurt, honey, lemon rind and parsley.
Put the lettuce leaves onto individual salad plates and arrange the avocados and apricots on top in a sunflower design.
Spoon a little of the yogurt mixture over the salad, and sprinkle with sunflower seeds. Pour any remaining yogurt dressing into a small pitcher and serve separately.

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Best Ever Oil & Vinegar Dressing

from SMR

This vinaigrette is an incredible dressing. It is an incredible marinade for chicken & shrimp. And it is a great dressing for a cold pasta salad.

3 cups oil
1 cup vinegar (white or white w/a dash of red wine vinegar if you like)
1 tbsp dried parsley
1.5 tbsp dried basil
1.5 tbsp dried oregano
1 tbsp dried dill weed
1/3 tbsp salt
1.5 tbsp garlic powder
3/4 cup sugar

Blend it all in a blender, food processor or with a hand mixer until thoroughly mixed (emulsified?). Refrigerate until use, keeps in the refrigerator for a couple of weeks.

NOTE: I use canola oil, and I usually add more vinegar because I like more bite.

NOTE 2: For a really great salad, use to marinate chicken breast overnight, cut into small pieces. Cook with some bacon that is also cut into small pieces. Drain. Toss (while still warm) with salad, add some crispy stuff (I like sesame noodles or crispy won-ton pieces), use vinaigrette dressing. This gets raves.

NOTE 3: For pasta salad I use tri-color radiator (spelling? the spiral stuff!), diced red/yellow/orange peppers, diced ham, diced mozzarella & diced cheddar cheeses, and some fresh dill. Toss in vinaigrette dressing. If I ask family what they want me to bring to a picnic, they always request this. If I make this at home it gets eaten for breakfast lunch & dinner by everyone, including myself and our 3-yr-old...

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>>> Veggies <<<

Caramelized Cauliflower

from Icy Russian

This dish is easy to make, and is so good that even my kids who won't eat their veggies ask for it. Roasting in olive oil adds a buttery, slightly charred flavor that's delicious! A warning though....you should use at least 2 heads of cauliflower because it goes quickly!

Cauliflower (1 head for every 2 servings)
Olive Oil (less expensive, cooking grade for the roasting)
Olive Oil (higher grade for tossing after cooked)
Salt (sea salt is best)

Trim leaves, place cauliflower upright on a large cutting board, and cut into quarter-inch slices (some will break up a bit, and that's fine).

Toss with a few tablespoons of olive oil, spread in a single layer in a baking dish, large cast iron skillet, or a cookie sheet covered with non stick aluminum foil.

Roast at 400 degrees about 15 minutes, or until it begins to brown.

Serve hot, sprinkled with good sea salt and drizzled with a bit of your best extra virgin olive oil.

It's good just with the sea salt, without a lot of added seasonings; however, you can also sprinkle black pepper, garlic, or your favorite dry seasoning to taste.

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>>> Veggies <<<

The cream cheese lust continues...

Zucchini in Cream Cheese

from Bec - Yes We Did - in Illinois

Here is one of my favorite things to do with a block of cream cheese. I made this recipe up years ago when we grew so much zucchini we didn't know what to do. I miss those days. Now I have to pay for it.

Clean and thinly slice (in rounds) as many zucchini as you want. At least 4-5 of the smaller ones.

In a 2 qt. pot, place the zucchini and just a little water so it won't stick. Steam the zucchini until completely tender.

Take a block of cream cheese (the whole 8 oz. if you want - or just half if you want to show restraint) and cut it up into the zucchini. Keep on low heat and stir it around to melt into a nice sauce.

Sprinkle generously with dill weed, pepper and salt to taste.

Sometimes I throw in some frozen peas toward the end of cooking the zucchini. You could also throw in some chopped peppers (yellow, green, or red).

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Brussels Sprouts

from womanwithsardinecan

On the subject of holiday side dishes, I used to HATE brussels sprouts. My husband loves them though, so I was on a quest for acceptable recipes. I finally found a holiday recipe that had cream and pine nuts. It was great and broke my ban on brussels sprouts. I still use it during the holidays, but it is fattening, with all that cream. So then I discovered my everyday brussels sprouts recipe. Very simple, and quite yummy. Best with really small fresh brussels sprouts (I live in organic farm country).

Wash and trim your brussels sprouts and put in medium bowl. Pour over a bit of extra virgin olive oil and toss until lightly coated. Sprinkle generously with salt and pepper and toss again. Spread on baking sheet and roast in 400 degree oven until smaller ones are browned and they are just tender. Doesn't take long. I usually end up eating half of them right off the baking sheet before I get them in a serving bowl.

For the Love of Choctaw Hominy

from Dianna

As Choctaws taught me how to make the real hominy (not canned) I am calling this:

2 cups Dried Hominy
1 cup shredded chicken
½ cup chopped salt pork
4 cups water and add more as needed

Traditional Choctaws, down here in Mississippi, cook this in a big black cauldron outside for hours, but I cook mine in a crock pot on high. There is flexibility in quantities but do watch that your water doesn't boil away.

I haven't bought a big black cauldron but it is on my wish list.

Hey, this is a local recipe here we are calling: BIG Judy's Hominy

Add pigs' feet to your heart's desire. One or two will do it. Follow everything above but make sure you add the pigs' feet in honor of our BIG Judy. The Choctaw word for big is chitto.

This recipe goes so very well with Indian Fry Bread.

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Holiday Corn Casserole

from Obamanos

People immediately FLIP OUT when they taste this. It is a holiday must at our home. To look at the recipe, it seems, okay...but once baked and bubbly... seriously, people eat this and I believe they have tears of joy. Or they are sobbing until I give them the recipe.

1 16 ounce can sweet corn
1 16 ounce can creamed corn (sometimes the cans say 15 1/2....so anyway, a regular can is what you are buying)
1 egg
1 cup of shredded cheddar cheese
1 small can sweetened condensed milk
1 small onion minced...very small or chopped small
Topping: One sleeve of Ritz crackers
1 tablespoon of sugar
Three tablespoons of melted butter

--Okay: beat egg...pour into bowl and pour all of the ingredients in... mix the corns, egg, cheese, onion, condensed milk together....

Pour into casserole dish (spray with Pam or buttered)

--Crush Ritz crackers, mix in the sugar and pour melted butter over it....mix in small bowl and then spread evenly over casserole.

--Bake at 350 for about 40 minutes....do check at 30 minutes....

--When bubbly and brown on top....pull out of oven...let sit for about 10 minutes or so.... Do shake it while in the oven, it should jiggle, but not slosh around.

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>>> Veggies <<<

Party Potatoes

from CO Almost Native

I made this potato casserole for my brother-in-law many times over holidays- he raved about the "from scratch, authentic potatoes"- not realizing that my family was snickering because the recipe is made using BOX potatoes. (hohoho!)

4c. Potato Buds (or any 100% dried Idaho potatoes in a box)
1c. milk
3c. water
4t. butter
1 1/2t. salt

Cook according to the directions on the box, then beat (I use an electric hand mixer) until smooth.

Add:

10 oz. cream cheese, cut into cubes (I use the low fat- but it's great with the full calorie)
1 regular size carton sour cream (again, low fat works)
1t. garlic salt

Beat until fluffy- spoon into a two qt. Pam-ed casserole. Dot with butter, and sprinkle paprika on the top (don't skip this part)

Bake at 350° for 30 minutes, or until it's bubbling on the sides.

You can make this a day ahead, then bake that day- it is also great the next day or so, if you have any left.
If you want to double the amount, make two separate recipes- it's too hard to mix/beat with that much stuff.

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Crockpot Stuffing

from Judi

Melt 1 cup of butter in fry pan, cook 2 cups chopped onion, 2 cups chopped celery, 12oz mushrooms (you can leave out), and 1/4 cup parsley until soft.

Place 12 cups dry bread cubes for stuffing in a bowl. Pour the fried mixture over the top. Season with 1t poultry seasoning, 1 1/2 t sage, 1t thyme, 1/2 t marjoram salt and pepper. Pour broth (I use veg but you can use chicken broth for better taste) about 4 1/2 cups or so to make it moist. Add 2 beaten eggs and mix it all up good.

Place in a slow cooker-cock pot on high for 45 min, reduce heat to low and continue cooking for 4 to 8 hours.

We love stuffing and this is easy to make, saves room in the oven and is very good.

Gratin Jurassien

from bonefish aka Krinkle Bearcat Palin

One of my favorite potato dishes...from Julia Child, Mastering the Art of French Cooking Vol I.

Try to get waxy potatoes, like reds or golds, to make sure that the slices don't turn to mush when absorbing the cream.

- * 2 lbs red potatoes, peeled
- * 4 tablespoons butter, no salt clarified
- * 1 cup grated emmentaler cheese or gruyere
- * 1 1/4 cups whipping cream, room temperature
- * 1/2 cup milk, if needed, boiled and kept warm
- * black pepper

Slice the potatoes into 1/8 inch slice. Place in bowl and cover with cold water. Let soak for at least an hour.

Drain well and pat dry. Heat oven to 300°F.

Using 1 T of the butter coat the bottom and sides of a 10 inch, 2" deep casserole.

Arrange potatoes in layers, after each layer add cheese, pepper and small amount of butter.

Repeat to use all the potatoes, finishing the top with cheese and the last of the butter.

Heat the cream, VERY GENTLY, until butter begins to appear.

Immediately pour the cream over the potato layers. It should come up the side of the pan about halfway, add milk if needed.

Bake for 1 1/2 hours until top is lightly browned.

The cream should have absorbed into the potatoes, which should be tender, not mushy.

Remove from oven and let sit for 10 minutes, loosely covered.

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Cheese Bread Topping

from Killa

My hubby produced this recipe and I just love it!

1/2 C. Margarine
4 heaping Tb. Mayonaise
1 1/2 heaping tsp. Garlic Powder
Add enough cheese of your choice to make a rather thick mixture.
Spread over cut bread in broiling/cookie pan and broil until tops bubble and brown a little.

Try this with one of the soups or stews coming up!

Mudflats Blog Recipe Collection

>>> Sides <<<

Mom's Special Stuffin Muffin

from GJ in ID

Note: Stuffin Muffins can be made using any boxed or homemade stuffing recipe, and toasting it in your muffin tins. I like to make mine special by adding ingredients below. When making them for my crew, which use to be about 24 people. I use two muffin tins that make 12 muffins each. You can cut the recipe in half to fit one 12 hole muffin tin or in half again to make just six muffins. I usually make this recipe before Thanksgiving and put any left over stuffing in a freezer bag for any Christmas outing I may be invited to. Stuffin Muffins are great warned up in the Microwave.

1 pd ground sausage (get the kind seasoned the way you like it, make mine plain)
1 pkg long grain & wild rice (traditional Herbs & Seasonings)
1 pack of fresh chopped mushrooms or (2 sm cans)
2 cans sm oysters
2 cans sliced waterchest nuts
1 lg box chicken broth (2 cans if you can't find the boxed kind)
1 stalk celery
2 sm or 1 large onion
2 pkg of stuffing mix (seasoned the way you like it, or you can make your own dried bread cubes)

Clean and peel onion & celery, dice fine, put onions, celery & mushrooms in half of chicken broth, bring to boil, let simmer until onion and celery are soft. I usual do this in a large pot, so I can add the rest of ingredients later. In skillet, brown sausage, then add pack of rice and other half of chicken broth, bring to boil, then simmer until rice in done (see directions on rice page). Add these to large pot, along with oysters and waterchest nuts, then add bread cubes or boxed stuffing, mix well. Lightly butter or spay oil on muffin tins. After your stuffing mixture has cooled shape it into balls and place in muffins tin. Brown for 25 min at 400* or longer at lower sitting and depending on your oven.

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Micke's Swedish Pancakes

from A Brit Abroad

(sorry about the decimal measures)

4 eggs
800 ml milk
250 ml flour + 50 ml wholemeal flour
½ tsp salt
1 tbsp butter/margarine, melted in the frying pan

Beat the eggs with half of the milk in a large mixing bowl. Add the flour and salt (might be a good idea to sift them in). Mix until the batter is smooth, then add the rest of the milk and the melted butter.

Egg Puff

from Palmdale, CA

This recipe is adapted from the Sunset magazine breakfast recipe collection. I've greatly reduced the amount of fat in the original, with no loss of flavor. Sunset called it their Chile-Egg Puff. I've renamed it Mavericky Puff of Hot Air in honor of SWWNBN and her erstwhile cohort.

2 1/2 c. eggbeaters (or equivalent to 10 eggs)
1/2 c. all purpose flour (I've inadvertently left that out and it doesn't seem to make much difference other than it falls sooner)
1 t. baking powder
1/2 t. salt (I tend to use seasoned salt)
2 c. non-fat cottage cheese
4 c. reduced fat jack cheese (or Mexican cheese blend)
1/2 c. butter or margarine, melted and cooled (my next step will be to play with reducing the amount)
2 cans (4 oz. each) diced green chiles

Preheat oven to 350 degrees. Beat eggs until light and lemon colored (I use a blender for this step). Add everything else and blend until smooth. Then add chiles.

Pour mixture into a 9 x 13 pan that's been well-sprayed with cooking spray (Pam or equivalent) or a well-buttered pan. Bake about 35 minutes or until top is browned and center appears firm (toothpick test). Serve immediately -- or, if you don't mind it collapsing, it can be transported and even re-heated. Makes 10 - 12 servings.

If making a half-recipe, bake in an 8 x 8 pan. Top with fresh salsa.

This dish is our traditional Christmas morning breakfast and was well-received at Mudstock IV.

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>>> Sides <<<

Baked Egg and Ink Caps from Ira2

Serves two to four. Preheat oven to 400°.

Ingredients:

6 ink caps
4 eggs
1 clove garlic
pepper and salt
butter

The ink caps reduce a lot on cooking, so a dish where you add them as a flavoring to eggs or something else is ideal.

Preparation: Shaggy ink caps have a very delicate flavor that benefits from a touch of garlic. Clean and chop the ink caps, discarding the stems, and fry for two minutes in butter. Butter four individual small ovenproof bowls, add an egg to each and then top with the half-cooked mushrooms. Flavor with pepper and salt and a tiny squeeze of fresh garlic on each. Bake at 400°F until eggs are set.

Note: know your mushrooms well before eating what you find in the wilds!

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>>> Soups & Stews <<<

Midge's White Bean Chili from CO Almost Native

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

Pancakes from Sirenoftitan

Brit's pancakes reminded me of another pancake recipe using chickpea flour (gram) which is quite popular in our household for brunch on Sundays.

(apologies for metric measurements)

200 g of chickpea flour (gram)
450 ml of water
1/2 teaspoon of olive oil
1/2 teaspoon of salt
ground black pepper

Heat oven to 325F/170C

Line baking tray with greaseproof paper and brush with a little oil
Mix together all ingredients in a bowl - batter should be smooth and lumpfree.

Use small frying pan (ours is about 6" in diameter) brushed lightly with olive oil and put on a high heat for about 2 mins

Turn down to about half heat and add batter mixture to about a depth of 1/4".

Once bubbles appear, turn pancake over and do the otherside.

Once nice and golden brown put pancake into baking tray and pop in oven to keep warm

We usually get about 5 or 6 pancakes (depending upon how heavy handed we are)

We serve them topped with lots of fried onions (I know - not good) - all nice and golden, seasoned to taste - and lots and lots of grilled vine tomatoes (again with some oil/salt/pepper) . My youngest likes them with baked beans.

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Lima-Broccoli Casserole from Bec - Yes We Did - in IL

1 package frozen lima beans (or fresh) - cooked & drained
1 package frozen chopped broccoli (or fresh) - cooked & drained
1 can sliced water chestnuts
1 can mushroom soup
1 cup sour cream

Butter 2 quart casserole. Mix ingredients and put in casserole.

Mix 3 cups Rice Chex and 1/4 cup melted butter. Spread on top.

Bake at 350°F for 30 minutes

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>>> Soups & Stews <<<

AKMuckraker's Winter Stew

Peel and cut into 3/4" cubes:

Potatoes (white, yellow, purple or a mixture)
Yams
Turnips
Butternut squash
(Add some chopped sweet onion if desired)

Boil in just enough vegetable broth to cover, until veggies are soft.

In food processor, puree 2 cans of white beans and some fresh sage and rosemary to taste.

Add a dash or two of 'Spike' seasoning or 'Vegesal'.

Add the pureed bean mixture to the boiled vegetables and heat for another 10 minutes.

Add salt & pepper to taste.

Serve with a good sturdy whole grain bread.

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Veggie Dish

from Palmdale, CA aka Gini

I read Muckraker's Winter Stew recipe, and it's similar to a veggie dish I make.

Cut a bunch of root veggies into chunks. Choices include:

turnips
rutabegas
beets
carrots
butternut squash
parsnips
red potatoes
sweet onion

Toss with a bit of olive oil, salt and pepper. Roast at 375 degrees until beginning to caramelize. Top with fresh thyme leaves. This is a great pot luck dish and is guaranteed to please even people who don't think they like turnips or parsnips or rutabegas or even beets.

Beef Bourguignon – Snot Soup from Palmdale, CA aka Gini

This was originally a Sunset Magazine version of Beef Bourguignon and has since been adapted with more onions and mushrooms. It became our traditional Christmas Eve dinner because we could get dinner for somewhere upwards of 10 or 12 people on the table in a hurry once we got back from church.

Somewhere along the line when my sister's youngest son was in that "lovely" pre-adolescent stage, he wasn't crazy about the quantity of onions in the dish, so he re-named it "French Snot Soup" which it has remained ever since, except that it's been shortened to simply "Snot Soup." One year when my youngest was about 4, we were doing the last minute shopping for food for Christmas. He was sitting in the basket with his older brother hanging onto the front, "Mom," he piped up, "are we having snot soup for Christmas?" Since no hole appeared to swallow me up, all I could say was, "Of course, it's Christmas, isn't it?" So, with that, here's our family's

French Snot Soup

2 pounds top round or sirloin steak, cut in cubes no larger than 1"
4-6 onions (depending on size and preferences), sliced into rings
2 pounds mushrooms, sliced
couple cloves of garlic, minced
salt and pepper to taste
thyme -- a goodly handful if fresh, maybe a couple teaspoons if dried, but use whole thyme
hearty red wine
beef broth

Saute the onions and mushrooms and garlic in a bit of olive oil -- just enough to keep them from sticking. Remove, then add meat and brown a bit, adding more oil as needed. Return the veggies to the pot. Barely cover with a mixture of 2 parts hearty red wine to 1 part beef broth. Add salt and pepper along with the thyme. Bring to a boil, then cover, reduce heat and simmer until the meat is tender, adding more liquid if needed. But be sure to keep the wine/broth proportions the same.

Serve with a green salad (I prefer either an herb salad mix or a spring mix) with a vinaigrette dressing and toasted sourdough bread. And more red wine to drink, of course.

Actually, the pre-browning and sauteing is optional. My sis just dumps all the ingredients into a soup kettle and lets it cook -- and if you're cooking for a small army, using a food processor to slice the veggies is a good short-cut. Neither seems to affect the taste, especially with all the wine. If we don't have this Christmas Eve, it's mandatory sometime during the holidays, and I never fix it any other time of year.

Make extra, because it's just as good if not better re-heated.

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>>> Soups & Stews <<<

Arkangel's Chicken Soup

from arkangel3

Winter approacheth...so that means it's time for soup...especially when you have a cold. My mom is the Italian, and hence the most amazing cook I know; so many of my own culinary abilities were honed in her kitchen, and I have taken many of her recipes and made them my own. She always made the world's best chicken soup, and I've taken her recipe and changed things around a bit...but I got the ultimate compliment one Thanksgiving when I served my soup before dinner and she loved it.

One of the things I did was make this as easy and painless as possible...and VERY LOW FAT. This is PERFECT for cold days when you are just sitting around reading or watching movies, or on a Sunday when you are watching football and need something to cook while you root on for your team, and stir occasionally as you go for another beer and "return a rental" (if you catch my drift! Rather than use a whole chicken, I use trimmed chicken breasts. I make up for the loss of any flavor given off by bone marrow by using GOOD QUALITY CHICKEN STOCK you can buy in the supermarket in a carton. This is not College Inn or Swanson we're talking about here. Use Wolfgang Puck, or Emeril, or my favorite: Kitchen Basics. These Stocks are excellent in flavor as well as low fat and sodium.

As is customary in an Italian kitchen, we rarely measure anything (except the proper amount of pasta, tomatoes, and wine to use!)...so I'll approximate what I think are the measurements.

serves however many people you have

PREPARE IN A 6 QUART CROCK POT:

6-8 Perdue Frozen pre-trimmed Chicken Breasts
4 Tablespoons Dehydrated Soup Greens
1 Carrot chopped into rounds
2 teaspoons minced garlic (the kind already prepared and available in a jar in your supermarket)
2 small palmfulls of dried herbs de Provence
1/2-1 full box of Good Quality Chicken Stock (depending on taste)
8-10 cups of water (adjust according to amount of stock used...and how close to the top of the pot you are now!)
1 packet Sazon Goya (OPTIONAL) w/Saffron- adds a wonderful color and savoriness with just a hint of Iberian flavor
3 short (small) shakes of Cayenne Pepper*
7 turns of the black pepper mill*
6 turns of the sea salt grinder*
*Adjust to taste.

Throw the whole damned thing into the crockpot, stir, cover, and cook on low for 8 hours. (I told you this was painless). Stir VERY occasionally (once every 60-90 minutes).

When the soup is done, remove the breasts to a separate plate and allow to cool for a few minutes. Cut breasts into pieces (your choice of size), and return to crock pot.

Add cooked soup pata or rice (already prepared according to package directions. Please don't even think of using butter with the pasta or rice when making the pasta. It will ruin the soup and your

arteries will thank me later) to the soup at this point as well. As far as pasta goes, my kids love Orzo. I personally love Acini de Pepe or rice.

Refrigerate leftovers (shelf life about 2 days) or freeze leftovers.

NOTE: ALWAYS let chicken soup (or any soup containing meat) to cool to room temperature before putting the leftovers away. If you put hot or very warm leftover soup in the fridge, a really nasty bacteria can form and get you unpleasantly ill. Unless you like reading the entire Sunday NY Times in one sitting (pun intended), I strongly advise you take my advice here. Just make sure that when your leftover soup is cooling, your crockpot is off and unplugged and the cover remains on the contents until you're ready to start putting the leftovers away.

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Classic Chicken Soup

from Steve

1 chicken, preferably large/mature (fowl, roaster), including giblets except liver
1 or more onions
2 or more carrots
2 or more stalks celery
1 parsnip, or 1-3 parsley roots (optional)
Handful of parsley or parsnip or carrot greens, or 1 tsp. dried parsley (optional)
2 sprigs fresh or 1/4 tsp. dried dill (optional)
Salt to taste
Soup pot

Put all ingredients except salt in pot, then add water to cover, plus 2 inches (5 cm.). Set on high heat until water starts to boil, then turn heat down till it's just simmering. Check once in a while for water loss, add enough to keep the chicken covered. When chicken is nearly tender, add salt and turn heat off, or remove pot from stove. Let everything cool down enough to be easily handled, preferably to room temperature.

Skim fat from the soup, if you're into low calories (but you will lose flavor too). Remove chicken and vegetables from pot. Cut chicken into serving-size pieces. Give each diner a bowl of soup; set out a platter or large bowl with the chicken pieces, and another with the vegetables.

Note: Cooking time depends on the size and age of the chicken, anywhere from 2-4 hours.

Optional extras, cooked then thrown into soup before it's served:
Egg noodles
Rice
Dumplings

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>>> Soups & Stews <<<

Charcoal's Chicken Soup Recipe

(from my half Pennsylvania Dutch [German] and half Russian Jewish family, the roasted bones part courtesy of my fiancée who is a chef)

Day one: Roast a chicken in the oven. I rub poultry seasoning and salt under the skin, I make my own Poultry seasoning because I have all the herbs anyway but you can buy a mixture if you don't have them all already. I rub the skin with butter. I stuff the chicken with an onion that I have quartered, a carrot and some celery. I also roast the chicken on a bed of these veggies instead of on a roasting rack. I put a half cup of water in the pan, so that there is moisture in the oven. Time depends on size of Chicken, I roast my chicken at 325 degrees F.

We have chicken for dinner. refrigerate leftover chicken with the bones the drippings and also the Veggies.

Day two: dismantle the chicken. take the meat off the bones take the good pieces of chicken and put them in the refrigerator covered. Put the veggies from under and inside the chicken, skin, fat and not so yummy (pieces with gristle...) pieces of chicken off to the side. I use my hands and tear the chicken.

Toss the bones with a bit of oil or butter. Roast the bones in the oven until they are slightly darker in color (golden Brown).

Cut up a few additional fresh Onions (quartered), Carrots (large pieces) and celery stalks (large pieces).

Bring 8-10 cups of water to a boil in a large pot (stock pot, or dutch oven). to the boiling water add:
just roasted Bones
the previously roasted chicken parts (minus the "good chicken")
both the roasted and fresh Veggies
the drippings (reserved from when you roasted the chicken)
More poultry seasoning (tbsp?)
whole peppercorns (like 20)
whole cloves (like 5)
1 Bay leaf

Boil (covered or uncovered, but if you boil uncovered you will need to add more water every half hour or so) for 4 or more hours. Taste liquid to see if stock is too watery or strong. If too watery boil uncovered until stock reduces some, or add bouillon or chicken base (we haven't added salt yet so it shouldn't be salty unless you added bouillon or base, both of which are very salty) If too strong add water. You can also add canned broth, which won't water down the taste and will take on the flavor of your stock (I sometimes do this when there isn't enough stock to make soup, but the flavor is right so I don't want to add water and water it down)

Remove from heat and strain through a colander (if you want a clearer soup, line the colander with cheese cloth) into a bowl or another large pot. Discard everything left in the colander. Let cool for a while and skim of the fat with a spoon or alternatively use a fat separator to remove the fat.

Put the stock (in a large pot) back onto the stove and bring to a boil. Cut another Carrot into 1/4 inch rounds (for rustic don't peel it, for less rustic do peel it).

Kansas City Steak Soup

from CO Almost Native

This came from the Plaza III Restaurant (I'm not sure it's still there)

Brown and drain 2lb. lean ground beef (you can use ground chuck, sirloin- it's not the same with ground turkey)

Put in a crock pot, along with:
2-10 oz. cans beef consommé
1/2c. chopped, canned tomatoes
16-24oz. package frozen mixed vegetables- I use 2-3 pkg. Green Giant Healthy veggie mixes (peppers, broccoli, carrots)
1/4c. chopped celery
1T. beef base- you can use Kitchen Bouquet + beef bouillon (I discovered a beef concentrate by Savory Choice, comes in packets- use one)

Stir together in the crockpot- cook on low for 5-8 hours (depends on how old your crockpot is; newer ones cook a lot faster)

About 1/2 hour before serving, make a roux of 4T. butter or margarine and 1/4c. flour; stir in to the soup and cook 1/2 hour longer, or until thick. This freezes well.

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Tomato Soup

from ira2

Here's one for "one of those days", i.e., when you find a tick on the cat in the middle of November in northern Minnesota and you feel like saying a long string of bad, bad words before hanging yourself in the gas oven.

Simple, easy, fast, tasty comfort food:

Dump one can of tomato sauce into microwave-safe dish. Nuke for two minutes. Stir in a generous amount of plain sour cream. Nuke another 30 seconds. Top soup with another dab of sour cream and a sprinkle of thyme. Eat with some toasted herby bread while reading something enjoyable.

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Charcoal's Soup, cont.

Add carrot to the Boiling Stock. Add back the reserved "Good" chicken. (tear it into large bite sized pieces as you add it in) add salt to taste.

Options:

Add large egg noodles (take 11 minutes to cook in boiling soup)

Add Matzo Balls (take 45 minutes or so to cook in boiling soup)

I use the recipe on the back of the Manishevitz Matzo Meal container except I increase the amount of matzo meal by half and I add salt and pepper.

Mudflats Recipes assembled by

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