

RECIPES

For a deeper taste from these *Taste* magazine stories, try the following recipes. *Enjoy!*

Cooking Green

(page 10)

Miso Egg Drop Vegetable Soup

- 2 cups water
- 3 tablespoons white miso paste
- 2 cups vegetable cuttings
- 2 eggs, whisked

Place water, miso paste and vegetable cuttings in a soup pot. Bring to a boil, then reduce heat and simmer for 15 minutes. Strain, then pour eggs in slowly in a circular pattern. Let stand one minute and stir.

Brazing Beauty

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Rack of Lamb with Roasted Vegetables

- 1 (2- to 2 ½-lb.) 8-bone rack of lamb
- granulated garlic to taste
- kosher salt to taste
- cracked pepper to taste
- 1 carrot, coarsely chopped
- 1 yellow squash, coarsely chopped
- 1 zucchini, coarsely chopped
- ½ yellow onion, julienned
- 1 cup mushrooms, quartered
- ½ cup red wine
- ¼ cup Glace de Viande Gold by More Than Gourmet
- 1 fresh rosemary sprig
- ¼ stick butter, chopped

Preheat oven to 450°F. Season the lamb generously on all sides with garlic, salt and pepper. Place on a rack in an ovenproof sauté pan and arrange the carrot, squash, zucchini, onion and mushrooms around the rack. Roast for 20 minutes or to desired doneness. Remove the lamb and vegetables to a plate. If rare to medium-rare is desired, remove rack but allow vegetables to fully cook before removing. Place the sauté pan on the stove top and add the wine, veal glaze and rosemary, stirring to de-glaze the pan. Cook until sauce is reduced to a thick consistency. Add butter gradually, whisking until smooth after each addition. Place lamb on a cutting board and cut into chops. Serve with the vegetables and spoon sauce over the top.



Rise and Shine

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Peanut Butter and Jelly-Stuffed French Toast

- 4 slices bread
- 2 tablespoon peanut butter
- 1 tablespoon jam or jelly—your favorite kind
- 1 egg
- 1 tablespoon milk
- 1 teaspoon vegetable oil
- maple syrup for topping

Make two peanut butter and jelly sandwiches using the bread, peanut butter and jam or jelly. Cut each one in half diagonally. Heat the vegetable oil in a medium skillet over medium-high heat. In a bowl, beat together the egg and milk. Dip each triangular sandwich quickly into the egg mixture, then arrange in the heated skillet. Cook for two minutes per side until golden brown, turning once. Serve immediately with maple syrup.

Tenderloin Moments

(page 32)

Mountain Mama Dessert

Crust:

- 1 cup flour
 - 1 stick butter
 - 1 cup chopped pecans
- Mix and press the above ingredients into a 9 x 13-inch pan and bake at 400°F for 10 minutes. Cool completely.

Layer 1:

- 8 ounces cream cheese
 - 1 cup powdered sugar (optional)
 - ½ large container of Cool Whip
- Mix together and spread over crust.

Layer 2:

- 1 small package instant chocolate pudding
 - 1 small package instant vanilla pudding
 - 3 cups milk
- Mix together until thick. Spread over layer 1.

Layer 3:

- Spread remaining Cool Whip over layer 2.
- Top with pecans or grated chocolate.



Grill Them with Kindness

(page 28)

South City Kitchen She-Crab Soup

- ¼ pound butter
- 1 yellow onion, roughly chopped
- 1 rib celery, roughly chopped
- ¼ pound flour
- 2 quarts clam juice
- ¼ cup sherry
- ¼ cup chablis
- salt to taste
- dash Tabasco
- dash Worcestershire sauce
- dash nutmeg
- dash white pepper
- dash Old Bay seasoning
- ½ bunch thyme
- 1 bay leaf
- ½ gallon whole milk
- 1 quart heavy cream
- ½ pound cooked crab meat
- ¼ pound crab roe

Melt butter in a large pot. Add onion and celery, cook until translucent. Stir in flour, cook 10 minutes. Add clam juice, sherry and chablis. Cook 20 minutes; let alcohol cook off over medium-low heat. Stir in seasonings and spices, add milk and cream. Simmer 20 minutes, stirring occasionally, then strain. Add crab meat and roe.

