





# WHAT'S FOR DINNER?

The Spring and Summer Edition

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Prepared and Assembled for Christmas 2010.

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## Dedication

This book is dedicated to my wife Donna Sell Kohlhepp, an accomplished teacher, therapist, and nurse. She is also the mother of three wonderful daughters who have used her love and example to grow into successful young women. Most importantly, she is my friend, partner, and traveling companion in this journey of life. Donna has a keen understanding of biology, chemistry, nutrition, politics and finance. She is an intellectual's intellectual. I love her.

Donna's mother and grandmother were basically "good cooks." The concepts of "cuisine" and "gourmet dishes" were not part of their cooking vocabulary. With a practical sense of nutrition, they cooked for hungry families on tight budgets. From them, Donna learned the importance of cooking and dining in a family's life.

Our daughters learned cooking techniques, recipe improvisation, and epicurean adventure from Donna. They competed for the kitchen time and space since they were old enough to realize that something special was happening in the kitchen. Thanks to Donna, we have always enjoyed family dinners.

Our life with grown children still revolves around family dinners. We love to go out for dinner and debate the menu, share

ordering strategies, and critique the chef's preparation and presentation, but usually the girls opt to have dinner at home. We enjoy our dinners together whether for two, five, or twenty-five (when the extended family gets together). This book is dedicated to Donna and those memories.







## INTRODUCTION

Over the last 36 years, my wife Donna has become a terrific cook. There are only two of us eating dinner these days, but the food has never tasted as good. We have an herb garden outside and an herbal, aero-garden indoors. Could it be that fresh herbs are the secret to delicious food? I think it's Donna!

The purpose of this book is twofold: to share her magic with her daughters, nieces, nephews, and other relatives and friends; and to answer that familiar old question:

"What's for Dinner?"

The dinner ideas are what Donna made on each date during the spring and fall of 2010.

This was an interesting time for us because we started the spring season with no serious obligations or commitments, just the two of us "empty nesters" trying to organize our lives. In May we moved to the campus of the University of San Diego's Casa de Pas for two weeks so I could teach the capstone course for the Master of Science of Real Estate Program.

While at the University of San Diego, my old friend Mike Anikeeff from Johns Hopkins University called and asked me to help him with the Master of Science in Real Estate Program at JHU. We agreed to move to Baltimore in August so our schedule instantly became more complicated and compressed for the summer. These commitments explain the many gaps in our dinner schedule during May, July, August, and September.

After every dinner, I would ask Donna to review what we had just eaten. Always the saint, Donna would listen to me try to type up what she said and answer my many questions like "how do you spell broccolini<sup>1</sup>?"

The great dinner ideas were Donna's, and the mistakes are all mine. Reporting what we ate was hard enough so the actual recipes

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<sup>1</sup> Broccolini is a green vegetable similar to broccoli but with small florets and long, thin stalks. Although often misidentified as young broccoli, it is a cross between broccoli and kai-lan, Chinese broccoli. A natural hybrid of the cabbage family *Brassica oleracea*, it was developed by the Sakata Seed Company of Yokohama, Japan. Broccolini's flavor is sweet, with notes of both broccoli and asparagus.

for the dishes are left to the imagination of the reader. Even though the reporting may sound like a recipe, it really isn't. Donna has always maintained that recipes were only a starting point for cooking a meal. I'll take her at her word and leave the recipes to you. I've added footnotes to help me understand what I was writing. (Most often, we went to Epicurious.com and Wikipedia for definitions and explanations.)

I should mention at the outset that we really did have a great herb garden and a bumper crop of tomatoes this year in our patio garden. Also August and September are important months to clear out the freezer of last year's wild game goodies to make room for the expected fall harvest of more wild game. Finally, my favorite summer meal is burgers on the grill and Caprese salad<sup>2</sup> as the following meal descriptions indicate.

Family dinners have been an important part of our lives, and I hope that you enjoy your family dinners as well.

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<sup>2</sup>Caprese salad as known as Insalata Caprese (salad in the style of Capri) is a simple salad from the Italian region of Campania, made of sliced fresh buffalo mozzarella, tomatoes and basil, seasoned with salt, pepper, and olive oil. In Italy, unlike most salads, it is usually served as an *antipasto* (first course), not a *contorno* (side dish). While it's unknown whether the salad actually originated on Capri, it became popular after being served there to the jet-setting King Farouk of Egypt during the 1950s.



## MARCH

### March 30

- Pot Roast and roasted potatoes, served with sour cream gravy
- Steamed Broccoli
- Tomato, basil<sup>3</sup>, and Parmesan cheese<sup>4</sup> salad



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<sup>3</sup> Basil is a member of the mint family, and fresh basil has a pungent flavor that some describe as a cross between licorice and cloves.

<sup>4</sup> Parmesan cheese is a hard, dry cheese made from skimmed or partially skimmed cow's milk. It has a hard, pale-golden rind and a straw-colored interior with a rich, sharp flavor. There are Parmesan cheeses made in Argentina, Australia and the United States, but none compares with Italy's preeminent Parmigiano-Reggiano, with its granular texture that melts in the mouth.

## March 31

- Pulled chicken.
  - Poach<sup>5</sup> chicken in a Dutch oven with celery, sage<sup>6</sup>, and onions,
  - Remove meat from bones.
  - Discard the bones
- Add mushroom soup and additional celery and onions
- Served over red rice
- Steamed Broccoli rabe<sup>7</sup> and sautéed<sup>8</sup> with butter and garlic and a little lemon juice.



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<sup>5</sup> Poaching means to cook food gently in liquid just below the boiling point when the liquid surface is starting to show some quivering movement. Poultry is usually simmered in stock.

<sup>6</sup> Sage has narrow, oval, gray-green leaves and this pungent herb are slightly bitter and has a musty mint taste and aroma.

<sup>7</sup> Broccoli rabe is a vegetable related to both the cabbage and turnip family. The leafy green broccoli raab has 6- to 9-inch stalks and scattered clusters of tiny broccoli-like buds.

<sup>8</sup> Sauté; sautéed; sautéing all mean cook food quickly in a small amount of oil in a skillet or sauté pan over direct heat.



## APRIL

### April 1

- Beer Bratwurst<sup>9</sup> browned and cooked in spaghetti sauce
- Served over spaghetti noodles
- Asparagus sautéed in lemon olive oil<sup>10</sup> and butter

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<sup>9</sup> Bratwurst is a German sausage made of pork and veal seasoned with a variety of spices including ginger, nutmeg and coriander or caraway. Though it is now available precooked, bratwurst is generally found fresh and must be well grilled or sautéed before eating

<sup>10</sup> Lemon olive oil was part of a six-pack of flavored olive oils that we received as a Christmas present. Hopefully, Santa is reading this and knows that we need another gift.

## April 2

- Pounded<sup>11</sup> chicken breasts dipped in eggs and coated with French's Fried Onions. Baked in a 400 degrees oven for 45 minutes
- Served with sun dried tomato & fresh tomato chutney<sup>12</sup>
- Fresh broccoli and cauliflower stir-fried in butter and olive oil



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<sup>11</sup> The chicken is tenderized by "pounding" it with a "meat pounder" (a mallet) which breaks down the tough meat fibers. We have also used a small iron skillet as our "pounder".

<sup>12</sup> Chutney is from the East Indian word chatni. This spicy condiment contains fruit, vinegar, sugar and spices. It can range in texture from chunky to smooth and in degrees of spiciness from mild to hot.



## April 4

- Grilled hamburgers stuffed with bleu cheese<sup>13</sup>
- Top with slices of tomatoes marinated in olive oil and basil.
- Hamburgers served on buns with roasted garlic aioli<sup>14</sup>
- Fresh asparagus sautéed in olive oil

## April 5

- Sliced pear spears and Belgium endive<sup>15</sup> salad with bleu cheese, pistachio nuts<sup>16</sup>, and olive oil
- Chicken in mushroom soup
- Served over white rice

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<sup>13</sup> Bleu Cheese is genre of cheese that has been treated with molds that form blue or green veins throughout and give the cheese its characteristic flavor. Some of the more popular of the blues include dana-blue, gorgonzola, roquefort and stilton. Blue cheeses tend to be strong in flavor and aroma, both of which intensify with aging

<sup>14</sup> Aioli is a strongly flavored garlic mayonnaise from the Provence region of southern France. It's a popular accompaniment for fish, meats and vegetables.

<sup>15</sup> Belgium endive is also known as French endive and witloof (white leaf). It has a small (about 6-inch-long), cigar-shaped head of cream-colored, tightly packed, slightly bitter leaves. It's grown in complete darkness to prevent it from turning green, using a labor-intensive growing technique known as blanching.

<sup>16</sup> Pistachio nuts have a hard, tan shell that encloses a pale green nut. Pistachio nuts have a delicate, subtle flavor that is wonderful either for eating out of hand or for flavoring both sweet and savory dishes. We love them on salads!

## April 6

- Beef Stew with browned mushrooms and browned onions
  - Coat beef cubes with Season All Salt and pepper and brown in olive oil. Remove from pan.
  - Sauté mushrooms and onions until tender
  - Place meat and vegetables in Le Creuset pot
  - Add chopped celery, diced potatoes, and water to cover then simmer until vegetables are soft and meat is thoroughly cooked through
  - Stir in sour cream; simmer until stew is heated through
- Broccoli slaw<sup>17</sup> mixed with ranch dressing and served with Parmesan cheese.



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<sup>17</sup> Broccoli slaw is a variation of traditional coleslaw with shredded raw broccoli stalks substituted for cabbage.

**April 7**

Grandma Flo's<sup>18</sup> Chicken - with modifications:

- Tossed lettuce salad with carrots, dried cranberries, and pistachios nuts. Salad was served with chunky blue cheese dressing for me and a creamy Parmesan dressing for Donna.
- Chicken legs with rice
  - In a large frying pan, brown onions and garlic in olive oil
  - Flo would have sprinkled chicken with McCormick chicken bouillon, but Donna sprinkled chicken with Emeril's Essence<sup>19</sup>
  - Add chicken to the pan and allow skin to brown. Cover and cook for 45 minutes over low heat.
  - Serve over brown rice to mixture and heat through



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<sup>18</sup> Donna's maternal grandmother, Florence Herdt McCague (1898 - 1984) was married to Frederic (Ted) B. McCague (1887- 1978). They had four children including Donna's mother, Alice. Donna has wonderful memories of time spend with her grandparents. In addition to grandma Flo's chicken, Donna also remembers a favorite meal of fried chicken gizzards and "springys" (spiral noodles) with butter. Saturday nights at grandma and grandpa's were night-long affairs with lots of relatives, most often grandma's sisters, Marie and Bert and their husbands Ding and Carl. There was always snacking on pickled pigs feet and limburger cheese with coffee to drink (no alcohol or soda) while they played hands and hands of cards or yatzee.

<sup>19</sup> Specific brands of foods and seasonings are mentioned not to endorse the brands but to help the reader get the gist of the recipe.

## April 8

- Sautéed flounder served over a bed of baby bok choy<sup>20</sup>
  - Brown the bok choy in olive oil, remove from pan
  - Add ¼ cup of butter, the juice of 1 lemon and a teaspoon of Dijon mustard<sup>21</sup> to the heated skillet
  - Sauté the flounder for about two minutes per side, depending on the thickness of the fish, until done
  - Garnish with fresh dill<sup>22</sup> and chives<sup>23</sup>
- Tomato wedges served with olive oil, fresh basil, and shredded Parmesan



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<sup>20</sup> Bok choy is also called Chinese white cabbage, pak choy, pak choi and white mustard cabbage. Bok choy is a mild, versatile vegetable with crunchy white stalks and tender, dark green leaves.

<sup>21</sup> Dijon mustard hails originally from Dijon, France. This pale, grayish-yellow mustard is known for its clean, sharp flavor, which can range from mild to hot.

<sup>22</sup> Dill weed is used to flavor many dishes such as salads, vegetables, meats and sauces.

<sup>23</sup> Chives are related to the onion and leek. This fragrant herb has slender, vivid green, hollow stems. Chives have a mild onion flavor

April 14

- Stuffed Palumbo<sup>24</sup> pork chops
  - Brown pork chops in a Tangine<sup>25</sup> with olive oil and butter
  - Pour cream of celery soup over chops
  - Reduce heat to low, cover and cook for 30 minutes
- Fresh Broccoli sautéed in a frying pan with olive oil and butter



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<sup>24</sup> My high school classmate Joe Palumbo operates a third-generation butcher shop in DuBois Pennsylvania. The shop's motto is "you can't beat our meat!"

<sup>25</sup> The traditional tangine pot is formed entirely of heavy clay, which is sometimes painted or glazed. It consists of two parts: a base unit that is flat and circular with low sides, and a large cone or dome-shaped cover that rests inside the base during cooking. The cover is so designed to promote the return of all condensation to the bottom. With the cover removed, the base can be taken to the table for serving. Our tangine has a heavy cast-iron bottom that can be heated on a cooking stove to a high temperature. This permits the browning of meat and vegetables before cooking.

## April 15

- Flank Steak<sup>26</sup> Rolls with Stove Top Dressing
  - Prepare dressing as directed
  - Evenly top the steaks with the prepared dressing and roll into a pinwheel. Secure with a toothpick.
  - Place in pan with 1/2 inch of water and cook for one hour at 350 degrees
- Sautéed Fresh Asparagus with lemon olive oil
- Fresh Tomato chunks with basil and olive oil

## April 16

- Broiled Flounder served over Kluski egg noodles<sup>27</sup>
  - Grease baking pan with olive oil
  - Add flounder fillets and sprinkle with dill, chives, and Parmesan
  - Broil in oven for 10 minutes
  - Cook Kluski according to directions
    - Heat water and salt to a roiling boil
    - Stir in noodles and return to boil
    - Boil uncovered for 16-18 minutes
    - Drain well, add butter
- Fresh Brussels sprouts sautéed in olive oil
- Fresh Tomato chunks with basil and olive oil (from the night before)

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<sup>26</sup> Flank steak is long, thin and fibrous, this boneless cut of beef comes from the animal's lower hindquarters. It's usually tenderized by marinating, then broiled or grilled whole.

<sup>27</sup> A Kluski noodle is a curly dried wide egg noodle that does not have the taste or texture of homemade, soft noodles.

## April 17

- Beef Stew with carrots, mushrooms, celery, and potatoes. Seasoned with bay leaves<sup>28</sup>, thyme<sup>29</sup>, salt, and pepper. A little Emeril's Essence was added but not really tasted.
  - In a "Le Creuset" pot<sup>30</sup> (Dutch oven), brown onions and garlic in olive oil and removed from pot
  - Beef seasoned with Emeril's Essence and dredged in flour is browned in Le Creuset Pot with olive oil
  - Deglaze<sup>31</sup> the pot with a cabernet sauvignon wine
  - Add everything back to the pot, including carrots, celery, potatoes, bay leaf, thyme, salt, pepper and a ½ cup of water
  - Cover and simmer for at least an hour
  - Add mushrooms during the last 20 minutes

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<sup>28</sup> Bay leaves are used to flavor soups, stews, vegetables and meats. They're generally removed before serving. Overuse of this herb can make a dish bitter.

<sup>29</sup> Thyme is a bush with gray-green leaves giving off a pungent minty, light-lemon aroma. Thyme is widely used in cooking to add flavor to vegetables, meat, poultry and fish dishes, soups and cream sauces.

<sup>30</sup> Le Creuset is a French cookware manufacturer that is known for its colorful enameled cast iron casseroles, which the company calls "French Ovens", or "Dutch Ovens".

<sup>31</sup> After food (usually meat) has been sautéed and the food and excess fat removed from the pan, deglazing is done by heating a small amount of liquid in the pan and stirring to loosen browned bits of food on the bottom (those are called "fond"). The liquid used is most often wine or stock. The resultant mixture often becomes a base for a sauce to accompany the food cooked in the pan.

## April 18

- Baked chicken
  - Thinly pound the chicken
  - Marinate all day in buttermilk
  - Coated with 2 cups of crushed French's French fried onions and 2 tablespoons of flour
  - Place chicken in a baking dish greased with olive oil
  - Cook 20 minutes at 400 degrees
  - Broil until top turns brown.
- Red rice<sup>32</sup> cooked according to the package in chicken broth
- Fresh tomatoes with olive oil and fresh basil



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<sup>32</sup> Red Cargo rice is a type of non-glutinous long grain rice, similar to brown rice, in that it is unpolished rice, only the color of the bran is red, purple or maroon. Only the husks of the rice grains are removed during the milling process, retaining all the nutrients, vitamins and minerals intact in the bran layer and in the germ. Red rice is a good source of thiamin (vitamin B<sub>1</sub>), riboflavin (vitamin B<sub>2</sub>), fiber, iron and calcium. The flavor of cooked red cargo rice is generally more sweet and nutty, and the rice is more chewy than standard white polished rice. Red rice takes longer to cook than white rice, but not as long as brown rice. Soaking the rice in water for at least 30 minutes before cooking produces a softer texture.



## April 19

- Venison Bleu Cheese Burgers
  - Make thin patties
  - Put bleu cheese on half
  - Cover with the other half, sealing in the blue cheese center
  - Brown on both sides then cook on a closed grill or covered skillet
  - Let set for a couple minutes before serving
  - Serve on a bun with French's French fried onion rings, ketchup, mustard, and mayonnaise
- Broccoli slaw mixed with Parmesan ranch dressing
- Tomatoes with basil and olive oil (left over from last night)



## April 21

- Stir-fried Chicken and Shrimp in ginger-sesame dressing over red rice
  - Cut cooked chicken and fresh shrimp into bite size pieces
  - Brown chicken and shrimp in olive oil
  - Add sesame-ginger dressing and let simmer
  - Serve over red rice
- Zucchini Patties<sup>33</sup>
  - Using a cheese grater, coarsely grate uncooked zucchini
  - Squeeze out excess zucchini water
  - Sprinkle with flour, Italian spices, and Parmesan cheese
  - Stir in a beaten egg
  - Form into patties
  - Fry in skillet with olive oil



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<sup>33</sup> Zucchini patties are a special kind of veggie-burger that can be cooked on the grill.

**April 27**

- Pan Fried Pork Chops with Roasted Garlic Aioli
  - Brine extra thick pork chops in a salt, sage, and rosemary<sup>34</sup> solution for 2-3 hours
  - Fry on an open griddle for 20 minutes (until medium rare).
  - Serve with garlic aioli sauce from Williams-Sonoma
- Fried cauliflower and broccoli
  - Cut Cauliflower and broccoli into smaller pieces
  - Brown in olive oil and butter
  - Cover and let them steam until tender
- Belgium Endive and Pear Salad
  - Arrange washed and separated endive leaves on serving platter
  - Add small pieces of freshly sliced pears
  - Sprinkle with crumbled bleu cheese and drizzle with olive oil

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<sup>34</sup> Rosemary has silver-green, needle-shaped leaves that are highly aromatic and their flavor hints of both lemon and pine.

**April 28**

- Green Bean Salad
  - Clean and blanch<sup>35</sup> fresh green beans
  - Cut green beans into bite-sized pieces
  - Toss with finely slices red onion and cherry tomato halves
  - Sprinkle with lemon olive oil
  - Add extra splash of lemon oil
- Italian Chicken
  - Pound chicken breasts to 1/2 inch thickness and cut into serving sized pieces
  - Brown in butter and olive oil
  - Remove from pan
  - In pan brown zucchini, cut into bite-sized pieces
  - Add chicken back into pan
  - Pour a jar of roasted garlic spaghetti sauce
  - Simmer until chicken has cooked through

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<sup>35</sup> Blanching means to plunge food (usually vegetables and fruits) into boiling water briefly, then into cold water to stop the cooking process. Blanching is used to firm the flesh, to loosen skins (as with peaches and tomatoes) and to heighten and set color and flavor (as with vegetables before freezing)

# MAY

## May 2

- Sweet Italian Sausage<sup>36</sup> and Spaghetti
  - Boil to remove excess fat, then brown fresh Italian sausage
  - Pour jar of spaghetti sauce over the sausage and simmer until fully cooked
  - Prepare spaghetti noodles according to package
  - Serve with sausage over the spaghetti noodles
- Steamed Fresh Broccoli
  - Serve with butter on top



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<sup>36</sup> Italian sausage is a coarse pork sausage, generally sold in plump links. Italian sausage is usually flavored with garlic and fennel seed or anise seed.

### May 3

- Teriyaki-Marinated, Roast Pork Tenderloin<sup>37</sup>
  - Prepare according to directions
- Spiraled brown rice noodles<sup>38</sup> with butter
- Sautéed fresh asparagus served with lemon olive oil

### May 4

- Broiled flounder topped with capers<sup>39</sup>, dill, butter and shrimp
  - Cook shrimp in butter. Add dill and capers and heat through
  - Serve over broiled flounder
- Sautéed fresh Broccollini
- Red rice cooked in chicken broth
- Caprese Salad: quartered tomatoes, mozzarella cheese, fresh basil, and basil olive oil

### May 10

- Fried Hamburgers with fresh tomatoes and condiments and white potato flour buns
- Belgium Endive Pear Salad with pistachios and crumbled bleu cheese, drizzled with lemon olive oil

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<sup>37</sup> Terayki-marinated, roast pork tenderloins are available in most grocery store meat departments. I have found them to be delicious even though buying pre-marinated meat may seem a little off-putting.

<sup>38</sup> Spiraled brown rice noodles are made from brown rice flour as an alternative to wheat flour-based noodles for individuals who are allergic to wheat or gluten.

<sup>39</sup> A caper is the pickled bud of the caper bush. Capers are a distinctive ingredient in Italian cuisine, especially in Sicilian and southern Italian cooking. They are commonly used in salads, pasta salads, pizzas, meat dishes and pasta sauces. We like them on fish too!

## May 11

- Broiled Wild Flounder with seafood spices<sup>40</sup> and lemon olive oil. Topped with sautéed shrimp.
- Fresh brocollini browned and steamed in lemon olive oil
- Wild rice mixture<sup>41</sup> cooked in chicken broth according to directions
- Fresh beet and Mandarin orange salad
  - Boil beets<sup>42</sup> until tender, peel and slice into bite-sized pieces
  - Mix with Mandarin oranges
  - Add fresh mint leaves<sup>43</sup>
  - Drizzle with Mandarin olive oil



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<sup>40</sup> Seafood spices like "Old Bay" usually contain mustard, paprika, celery seed, bay leaf, both black and red pepper, cinnamon, cloves, allspice, nutmeg, cardamom, salt and ginger.

<sup>41</sup> Wild rice mixture comes in a plastic bag and is ready to be steamed. The directions aren't too difficult.

<sup>42</sup> I have always found beets, especially red ones, to be disgusting. However, when served in this salad with Mandarin oranges, they are delicious!

<sup>43</sup> Mint leaves are used in both sweet and savory dishes and in drinks

## May 12

- Broccoli Chicken Casserole with Sour Cream and Roasted Almond Slivers
  - Pound chicken breasts into 1/2 inch thickness
  - Brown chicken breasts
  - Place chicken on a bed of fully cooked rice in a casserole dish (or Le Creuset pot)
  - Add broccoli to the frying pan then add a can of cream of celery soup and heat through
  - Pour over chicken and rice
  - Add a dollop<sup>44</sup> of sour cream and sprinkle with toasted almonds
  - Place in oven to heat through
- Fresh tomato quarters with basil drizzled<sup>45</sup> with olive oil

## May 13, 2010

- Barbequed Pork Ribs<sup>46</sup> (marinated, pre-cooked and bought in a bag so just heat)
- Baked Potatoes topped Sour Cream and/or Bleu Cheese Dressing
- Rapini<sup>47</sup> (a dark green leafy vegetable) with garlic (browned in olive oil) and steamed in chicken broth

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<sup>44</sup> Dollop is a small glob of soft food, such as whipped cream or mashed potatoes. When referring to a liquid, dollop refers to a dash or "splash" of soda water, water and so on.

<sup>45</sup> Drizzle means to slowly pour a liquid mixture in a very fine stream over food.

<sup>46</sup> These barbequed pork ribs come pre-marinated, pre-cooked in plastic bags. They are great; just heat them in the oven or heat them on the grill.

<sup>47</sup> Rapini is another name for broccoli raab.



## JUNE

### June 8

- Pecan-crusteD Chicken Breasts with Applesauce
  - Pound boneless, skinless chicken breasts to 1/2 inch thickness
  - Place pounded breasts into a baking dish
  - Spread a layer of apple sauce over the breasts and top with chopped pecans
  - Pour melted butter over the breasts
  - Bake at 350 degrees for 30 minutes
  - Broil for a couple minutes to brown the pecans on top
- Served with a side dish of applesauce
- Steamed fresh asparagus with lemon olive oil



## June 9

- Whiting Fish<sup>48</sup> with Garlic and Oregano<sup>49</sup>
  - Prepare a paste of oregano, garlic, salt, pepper, olive oil, lemon juice
  - Spread over whiting fish fillets
  - Bake at 350 degrees for 8 minutes with skin side up
- Steamed fresh broccoli with lemon olive oil
- Served with kluski noodles seasoned with salt, pepper, and lemon olive oil



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0. <sup>48</sup> Whiting fish are originally known by the name 'whiting' in English is *Merlangius merlangus*, in the family Gadidae. This species inhabits the east Atlantic Ocean and the Mediterranean Sea. In the USA it is commonly known as the English whiting. Also in the USA, the name whiting on its own is often used for various species of hake in genus *Merluccius*.

<sup>49</sup> Oregano is similar to marjoram but is not as sweet and has a stronger, more pungent flavor and aroma.

## June 16

- Whiting Fish with Parmesan and Dill
  - Place fillets on a well greased cookie sheet
  - Sprinkle with lemon juice
  - Broil for six minutes
  - Spread with a mixture of mayonnaise and Parmesan cheese
  - Broil for two minutes or until brown
- Served with organic peas and brown rice<sup>50</sup>

## June 17

- Porterhouse<sup>51</sup> Cut Beef Steaks with a "smoke house" rub
  - After bringing steaks to room temperature, liberally rub both sides with "smoke house" seasonings from Williams and Sonoma
  - "Mark"<sup>52</sup> both sides on the grill then cook for eight minutes
- Endive, blue cheese, and pear salad with a lemon olive oil
- Sautéed fresh broccoli and cauliflower browned in olive oil and butter

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<sup>50</sup> Brown rice (or "hulled rice") is unmilled or partly milled rice, a kind of whole, natural grain. It has a mild nutty flavor, is chewier and more nutritious than white rice, and becomes rancid much more quickly. Also, any rice, including long-grain, short-grain, or sticky rice, may be eaten as brown rice.

<sup>51</sup> I love porterhouse steaks because each steak has a fillet and strip steak in it. It's like getting two steaks in one!

<sup>52</sup> To mark meat means to put black grill lines on the meat by placing the raw meat on a very hot grill. Mark the steaks at the beginning since it is difficult to mark the second side after it has been cooking with the first side down.

## June 18

- Grilled Hamburgers and Turkey burgers<sup>53</sup> stuffed with Blue Cheese
  - Prepare two thin burger patties with a slight indentation in the middle
  - Scoop one teaspoon of blue cheese into the indentation and press the two patties together
  - Grill on high for eight to ten minutes
- Fresh steamed green beans
- A large Vidalia onion wrapped in foil with two beef bullion cubes placed in the center<sup>54</sup> and drizzled with olive oil. Bake onion for one hour
- Caprese Salad with fresh tomatoes, mozzarella cheese, basil, and basil olive oil served on the side or on the burgers

## June 19

- Grilled Chicken Drumsticks seasoned with a McCormick Steak Rub
- Sautéed fresh Asparagus
- Steamed Lundberg Jubilee Blend of Whole Grain Brown Rice<sup>55</sup>

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<sup>53</sup> I have found that turkey burgers are terrific when doctored up like beef burgers.

<sup>54</sup> I try to do a baked onion on the grill each time we have burgers. The baked onion is sweet and salty and can be eaten separately or pulled apart to top the burger.

<sup>55</sup> This blend of whole grain brown rice comes in a plastic bag ready to steam and can be a meal in itself.

## June 20

- Gluten-free<sup>56</sup> Beef Stroganoff
  - Slice sirloin steak into 3/8<sup>th</sup> inch strips and cut to bite-size pieces
  - Brown onions and garlic in olive oil until tender
  - Add mushrooms to the pan and cook until lightly browned
  - Remove onions and mushrooms from the pan and brown sirloin
  - Add back the mushroom/onion mixture and stir in one can of cream of mushroom soup, a cup of beef broth, and a cup of white wine
  - Simmer until heated through
- Served over baked potatoes
- Sautéed cauliflower and broccoli



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<sup>56</sup> We have tried to use more gluten-free ingredients, as two of our daughters feel much better when they avoid gluten. Gluten is the protein found in wheat, barely and rye. Thus we use potatoes in the meal rather than traditional wheat based noodles.

## June 29

- Pad Thai<sup>57</sup> with Chicken, Shrimp, and Eggs with Rice Noodles
  - Cook pad Thai noodles by immersing noodles in boiling water (removed from heat) for 8-10 minutes. Drain, rinse with cold water.
  - In wok or large frying pan, heat vegetable oil and fry egg chicken and shrimp until cooked.
  - Stir in one beaten egg, allowing it scramble in the pan
  - Toss in noodles and stir "pad Thai sauce." Cook for several minutes until noodles become tender and sauce is absorbed.
- Served with fresh, sautéed baby bok choy.

## June 30

- Pork Chops and Caprese Salad
  - Rub pork chops with McCormick pork chop rub
  - Fry in a large skillet over medium high heat until done (5 minutes a side?)
  - Served with Caprese salad made with fresh basil, tomatoes, and mozzarella cheese and sprinkled with olive oil

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<sup>57</sup> Pad Thai is Thailand's most well-known noodle dish. It combines cooked rice noodles, tofu, shrimp, crushed peanuts, bean sprouts, garlic, chilies and eggs, which is all stir-fried together.



## JULY

### July 1

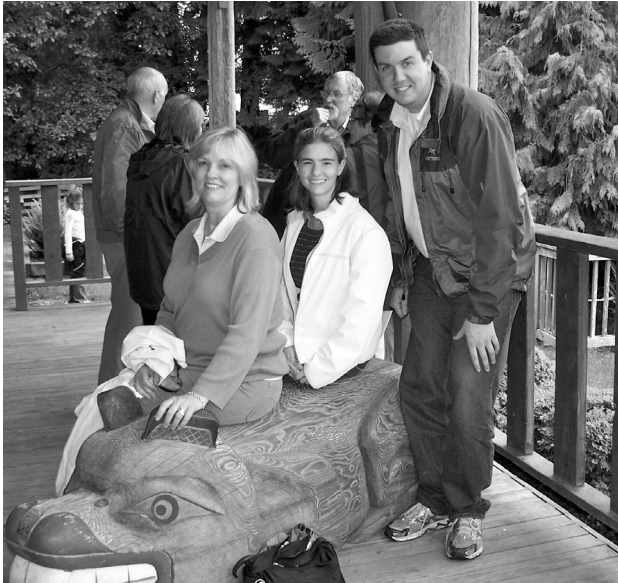
- Grilled Chicken Legs and Zucchini
  - Coat chicken legs with McCormick's Grill Mate Barbeque Rub
  - Cook on the grill for 40 minutes
- Served with Zucchini topped with Browned Parmesan Cheese
  - Cut Zucchini into 1/4 inch slices
  - Coat with olive oil and sprinkle with Seasonal Salt and oregano
  - Spread on a cookie sheet and broil until tender
  - Sprinkle with parmesan cheese
  - Return to the broiler until the cheese has browned
  - Serve with Sun Dried Tomato Balsamic Chutney<sup>58</sup> by Mrs. Bridges

### July 3

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<sup>58</sup> Chutney comes from the East Indian word chatni. This spicy condiment contains fruit, vinegar, sugar and spices. It can range in texture from chunky to smooth and in degrees of spiciness from mild to hot.

- Grilled Beef Steak with Steamed Broccoli and Pear-Endive-Pistachio-Bleu Cheese Salad
  - Bring steaks to room temperature then rub both sides with McCormick Steak Rub
  - Cook steaks on a very hot grill until medium rare (about 4 minutes)





## July 9

- Caprese Chicken Breasts
  - Pound skinless chicken breasts halves to 1/2 inch thickness
  - Brown onions in olive oil in a frying pan
  - Add chicken to onions and cook until done, turning once
  - On each breast place a slice of Mozzarella cheese
  - Cover with a lid to let the cheese melt
  - Top each breast with a slice of tomato on each breast, chopped fresh basil and drizzle with olive oil
- Serve steamed fresh broccoli tossed with butter

## July 11

- Burgers with Belgian Endive and Pear Salad
  - Turkey burgers for Dan and beef burgers for Donna
  - Form into quarter pound patties and grill
  - Serve on potato rolls and accompanied with Williams Sonoma Roasted Garlic Aioli, Mrs. Bridges Sun-dried Tomato and Balsamic Chutney, and fresh sliced tomatoes
- Belgium Endive Salad with crumbled bleu cheese, sliced pears, pistachio nuts, and drizzled with extra virgin olive oil

## July 12

- Chicken Salad
  - Slice leftover chicken breasts and place on a generous bed of lettuce
  - Add pistachios or almonds and dried cranberries
  - Sprinkle with shredded Mozzarella cheese
  - Add your favorite salad dressing; ranch for Donna, and bleu cheese for Dan

## July 13

- Roast Venison with wild rice and sautéed Brussels sprouts
  - Rub roast with McCormick Steak Rub
  - Brown each side in a "Le Creuset Pot" (Dutch Oven)
  - Cover with lid and put in a 325 degree oven for one hour
  - Carve into 3/8 inch slices and serve with reserved juices
  - Serve with Felix Lingonberries<sup>59</sup> on the side
- Quarter Brussels sprouts sautéed in olive oil and butter
- Lundberg Jubilee whole grain brown rice prepared according to the directions on the package

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<sup>59</sup> Lingonberries are tiny cowberries (a member of the cranberry family) that grow wild in the mountainous regions of Scandinavia, Russia, Canada and - in the United States - Maine. These tart red berries are available fresh only in the regions where they're grown. They can be purchased as sweet sauces or preserves, however, and make excellent accompaniments for pancakes, crêpes, puddings, and venison.

## July 14

- Broiled Flounder Topped with Shrimp and Dill
  - Broil flounder fillets
  - Sauté shrimp in butter, lemon juice, white wine, and dill
  - Pour mixture over flounder
- Steamed asparagus served with butter
- Buitoni's sweet Italian sausage tortellini<sup>60</sup> prepared according to the package instructions tossed with olive oil

## July 15

- Grilled Chicken Legs with Beet Salad and Green Beans
  - Rub chicken drumsticks with McCormick Chicken Rub
  - Place on the grill for at least 30 minutes
  - Serve with "Annie's Naturals Organic BBQ"<sup>61</sup>
- For salad, boil beets until tender
  - Peel and slice cooled beets into bite-size pieces
  - Mix in one can of drained Mandarin Oranges
  - Drizzle with Mandarin orange olive oil
  - Sprinkle with a handful of fresh, chopped mint
- Fresh green beans steamed and topped with a pat butter

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<sup>60</sup> Tortellini is small pasta that is stuffed with various fillings, folded over and shaped into a ring or hat shape.

<sup>61</sup> We have tried almost every barbeque sauce on the market. I like them all, except the ones with lots of vinegar that make me sweat profusely. Annie's sauce doesn't make me sweat.

## July 20

- Lake Erie Fresh Yellow Perch Filets<sup>62</sup>
  - Rinse fillets, check for bones, and shake off excess water
  - Pour Andy's Seasonings<sup>63</sup> into a plastic bag. Place a few pieces at a time in plastic bag until evenly coated
  - Cook in frying pan with olive oil for 3-5 minutes
- Served with steamed fresh broccoli and
- Caprese Salad made with fresh tomato slices, chopped fresh basil, Mozzarella cheese, and drizzled with olive oil

## July 22

- Broiled Founder with Tortellini and Peas
  - Top each flounder fillet with butter, fresh dill, chives, and capers
  - Broil for six minutes
- Served with three-cheese tortellini (cooked according to directions) and stir in fresh peas during the last three minutes of cooking.

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<sup>62</sup> I caught these perch two days earlier on a fishing trip with Mike Jones in Lake Erie just off North Bass, Middle Bass, and South Bass Islands.

<sup>63</sup> I've been told that Andy's Seasonings can only be bought in selected markets around Port Clinton, Ohio. Andy has a great product!

## July 23

- Chicken Salad with Fresh (Garden Grown) Tomatoes
  - Dole's American Blend Lettuce<sup>64</sup> Mix with Dried Cranberries, Pistachios (for Dan) or Almonds (for Donna), topped with pulled rotisserie chicken and served with ranch dressing (for Donna) or Bleu Cheese Dressing (for Dan)
- Served with quartered garden grown tomatoes (bush tomatoes) covered with fresh basil leaves

## July 24

- Lipton French Onion Soup Venison Burgers (Recipe from Joanne Kohlhepp<sup>65</sup>)
  - Mix one package Lipton onion soup mix with 1/2 cup water and 2 pounds of ground venison
  - Form in to patties and grill
  - Serve with caramelized onions, sautéed with one clove of garlic
- Belgium endive, pear, pistachios, and blue cheese salad drizzled with extra virgin olive oil
- Steamed fresh asparagus topped with pats of butter

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<sup>64</sup> It's amazing how complicated buying lettuce has become. I used to buy a head of lettuce; no problem. However, now there are at least 11 blends of lettuce and spinach in the supermarket. I need very specific directions to get the right one!

<sup>65</sup> Joanne graduated from the International Culinary Institute with highest honors in April of this year. She now works as a chef-consultant in the New York City area. Unilever's Consumer Test Kitchen is one of her biggest clients and is where she develops new recipes for products, such as Lipton Onion Soup Mix.

## July 25

- Grilled Wild Turkey Breasts<sup>66</sup>
  - Brine breasts in water, salt, sugar, and sage for up to four hours
  - Remove from brine, rinse, and pat dry
  - Pound the breasts a little to help with the uniform thickness and tenderize the meat fibers
  - Rub breasts with McCormick's Grill Mates Chicken Rub
  - Spray with olive oil (it comes in a spray!)
  - Grill on high heat for 12 minutes (6 minutes per side)
  - Set aside (covered with aluminum foil) and let rest for 10 minutes
  - Carve into 3/8 inch slices
- Lundberg Wehani whole grain brown rice (gluten free)
  - Follow directions on the package except use beef broth instead of water<sup>67</sup>
- Fresh broccoli sautéed in butter and olive oil

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<sup>66</sup> The best part of cooking wild turkey breasts is the telling of the story of how the wild turkey was hunted and called within shooting range before being expertly shot in the head! I love those stories; Donna doesn't comment.

<sup>67</sup> Donna started using chicken broth or beef broth for our rice recipes, and it really adds a nice flavor to the rice.

## July 26

- Leftover Lipton Onion Burgers Stroganoff<sup>68</sup>
  - Brown sliced mushrooms in butter and olive oil, remove from the pan,
  - In the same pan, brown onions and garlic in olive oil then de-glaze with red wine
  - Place burgers in the de-glazed onion sauce and warm through
  - Add sour cream and a spoonful of beef bullion powder
  - Let the mixture warm through
  - Serve over spiral rice noodles<sup>69</sup>
- Steamed Cauliflower topped with pats of butter

## July 27

- Wild Turkey Salad<sup>70</sup>
  - On a bed of "Dole's American Blend" lettuce, place bite size pieces of leftover grilled wild turkey breast
  - Add pistachios, blueberries, crumbled blue cheese, and ranch dressing

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<sup>68</sup> This is another pitch for the special recipes that Joanne is developing for Unilever.

<sup>69</sup> Since the noodles are from rice flour, this is another gluten-free stroganoff.

<sup>70</sup> Another wild turkey meal, and another thrilling wild turkey hunting story.

**July 28** [Joanne's birthday]

- Broiled Flounder Topped with Melted Butter, Capers, Chives, and Dill
  - Broil for ten minutes
  - Top with sautéed asparagus
- Fresh Steamed Cauliflower and broccoli
- Sliced fresh (garden grown) tomatoes, covered with chopped fresh basil and drizzled with olive oil





**July 30** (Joanne is home and is now the guest chef)

- Grilled Skinless Chicken Breasts with Herb Butter
  - Butterfly chicken breasts<sup>71</sup> then season with McCormick's Chicken Rub and olive oil
  - Grill until done
  - Top with herbed butter
    - Four tablespoons butter
    - One teaspoon of each: fresh chopped sage, chives, and rosemary
- Sautéed Brussels Sprouts with bacon and red onions
  - Quarter Brussel sprouts
  - Cook bacon until crisp, remove and set aside
  - In bacon grease, sauté chopped red onion
  - Add Brussels sprouts and one clove of garlic
  - Deglaze pan with a shot worth of white wine
  - Sauté until tender
  - Return crumbled bacon to pan
- Red rice<sup>72</sup> prepared according to directions on the package

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<sup>71</sup> A "butterflied chicken" is when the backbone is cut out and the bird is pressed down hard, fanning it out for grilling.

<sup>72</sup> Red rice refers to the Thai red cargo rice which is a non-glutinous long grain rice variety.

**July 31** (Surprise snack, we thawed them by mistake)<sup>73</sup>

- Grilled Wild Turkey Breast<sup>74</sup> Marinated in Orange Juice and Fresh Herbs
  - Butterfly the turkey breast to get consistent thickness
  - Season with salt and pepper
  - Marinate in orange juice, olive and fresh sage and oregano (about 20-30 minutes)
  - Grill over medium high heat
  - Remove from grill and let rest for five minutes
  - Top with leftover herb butter
  - Serve sliced on the bias (the diagonal)



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<sup>73</sup> After several months in the freezer, its not always obvious which frozen bag contains pheasants and which frozen bag has a turkey breast.

<sup>74</sup> However it occurs, another turkey meal (or snack) and another turkey hunting story has got to be told!

July 31, 2010

- Pheasant Soup<sup>75</sup>
  - Remove pheasant breasts, trim of excess fat and skin; set aside
  - Trim excess fat and skin from carcasses
  - Preheat oven to 400 degrees. Season carcasses along with 1 large onion, 3 cloves garlic and 2 stalks celery, with salt, pepper olive oil and arrange in roasting pan. Roast for 30-45 minute until golden brown, turning once while cooking
  - Remove browned carcasses and vegetables from baking tray and place in large stock pot. Deglaze baking pan with water and add to stock pot. Add parsley, bay, peppercorns, salt and enough water to cover carcasses. Simmer over medium low heat for 1 ½ - hours. Drain and reserve liquid - skimming off excess fat.
  - In soup pot, sauté 2 carrots, 1 onions and 2 stalks celery in 1 tbsp olive oil until tender.
  - Add strained stock and bring to boil. Reduce heat and add 1 cup wild rice. Simmer for 1 hour.
  - Add diced pheasant breast and cook through
  - Adjust seasoning with salt, pepper, ketchup and fresh herbs (sage, basil and chives).

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<sup>75</sup> Pheasants are very difficult birds to cook. They are dry and tough. Thus pheasant soup is a wonderful recipe for these birds. This meal was delicious.

## AUGUST

**August 1** - "Dad's Brew'ific Birthday Dinner."

In honor of my birthday on July 17<sup>th</sup>, my daughters prepared a special dinner. Each course was paired with a complimenting craft beer.

- Salty, Sweet & Spicy Beer Nuts
  
- Jalapeño Cream Cheese Stuffed Grilled Shrimp
  - Paired with "McNeill's War Lord" Indian Pale Ale \*India Pale Ale is fruity, hoppy, super-premium Pale Ale. Best when served at 55F°
  
- Apple, Berry & Endive Salad with Blue Cheese
  - Paired with "Brother Thelonious" Brown Ale \*Brown Ale In Britain there are styles of varying degrees of sweetness. Initially brewed to compete with the pale ales. These go well with desserts or nuts. Belgium has a sweet-sour type made around the town of Oudenaarde. This type is more often served as an aperitif. Both are served at 55F°; 13C°.
  
- Porterhouse steak served with grilled red skin potatoes and asparagus
  - Paired with "Arcadia Ale's Shipwreck" Porter  
\*A Porter is a style of ale, which has a malty aroma, hop bitterness, and a bittersweet chocolate flavor. It is generally strong and dark and brewed with soft rather than hard water.
  
- Dark Chocolate Profiterole Sundae
  - Paired with "Rogue" Chocolate Stout  
\*Stout is a dark beer made using roasted malts or roast barley. It is generally darker, fuller bodied, maltier, and hopier than other ales. Stout Ale originated in Ireland as a variant of porter beer.

**August 5** (Joanne has left and Donna has resumed her position as Chief or Chef in Command)

- Iron Skillet Fried Hamburgers topped with Onions Fried in Olive Oil
- Black Rice<sup>76</sup>
- Zucchini with melted parmesan and rosemary
- Caprese Salad with Home Grown Tomatoes, Fresh Basil, Parmesan Cheese, drizzled with olive oil

**August 6**

- Grilled Chicken Drumsticks Rubbed with McCormick Chicken Rub
  - Grill for 40 minutes at 350 degrees
- Red Rice
  - Make with chicken bullion and follow package directions
- Steamed Fresh Broccoli served with pats of butter

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<sup>76</sup> Black rice is one of several black-colored heirloom plants producing rice variants such as Indonesian black rice. Black rice is high in nutritional value including iron. Unlike other rice from Asia, it is not glutinous or rough. This grain has a similar amount of fiber to brown rice and like brown rice, has a mild, nutty taste.



### August 7

- Crockpot Beef Pot Roast with Potatoes
  - Rub roast with McCormick Steak Rub
  - Brown roast on both sides in a large preheated skillet
  - Put in crock-pot with potatoes and ½ cup of water
  - Cook on for six hours
- Salad with chopped apples, Feta cheese, and roasted almonds, drizzled with Mandarin olive oil
- Sautéed Fresh asparagus sautéed in olive oil

### August 8

- Grilled Fresh Sweet Italian Sausage
  - Boil sausage for 30 minutes then grill to mark and finish cooking
  - Serve with Dijon mustard (ground stone and honey)
- Sliced seasonal cantaloupe melon
- Steamed and grilled corn on the cob, served with cream cheese and jalapeño spread
- Caprese Salad with fresh tomatoes, chopped basil, and Mozzarella cheese drizzled with olive oil.



## August 27

- Grilled Rib Eye Steak with Sautéed Mushrooms
  - Sprinkle steaks with Season All Salt
  - Grill on high until medium rare (approximately 3 minutes a side)
  - Slice mushrooms and sauté in butter
- Endive, Apple, Blue Cheese, and Roasted Almonds Salad drizzled with olive oil
- Steamed fresh yellow beans
- Sliced fresh tomatoes (we have lots of tomatoes in our garden)<sup>77</sup>

## August 28

- Beef Pot Roast with Potatoes
  - Rub beef chuck roast with Season All Salt
  - Brown all sides a frying pan
  - Put Roast in a crock pot
  - Quarter red-skinned potatoes and add to the crock pot
  - De-glaze the frying pan and put the liquid in the crock pot
  - Cook on low for five hours or 18 holes of golf
- Caprese Salad with Fresh tomatoes, chopped basil, Mozzarella cheese, and olive oil
- Fresh asparagus steamed and served with pats of butter

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<sup>77</sup> We have tried several tomato growing strategies, but the tomatoes always become ripe at the same time!



## August 29

- Grilled Chicken Drumsticks
  - Rub drumsticks with McCormick's Chicken Rub
  - Mark drumsticks on high heat then lower temperature and cook for 45 minutes or until done
- Steamed and Grilled Fresh Corn
  - Steam corn until done and then place on the grill to mark on all sides
- Grilled Watermelon Steaks
  - Remove the watermelon rind
  - Cut into one-inch thick steaks
  - Rub with olive oil
  - Place on the grill and mark both sides
- Sliced Fresh Tomatoes (it's August!)





# SEPTEMBER

## September 2

- Chicken with Pasta, Basil, and Marinara Sauce
- Steamed Fresh Brocollini

## September 5

- Grilled Cheeseburgers
  - Rub hamburgers with Season All Salt
  - Cook for 4 minutes a side
  - Take off the grill
  - Place slice of Provolone on each burger
  - Serve on Potato Buns with Barbeque Sauce
- Slices of Fresh Watermelon
- Ripe Tomato Slices
- Steamed Corn on the Cob served with butter



## September 6

- Grilled Porterhouse Steaks
  - Rub with McCormick Steak Rub
  - Grill on high heat for three minutes per side
- Caprese Salad
  - Cubed fresh tomatoes tossed with cubed pieces of Mozzarella cheese, chopped fresh basil and drizzled with olive oil
- Baked Onion
  - Wrap with aluminum foil with a dollop of "better than bouillon" vegetable base
  - Bake in 350 degree oven for 45 minutes
- Fresh Steamed Broccoli
- Baked Potatoes with Sour Cream



## September 10

- Grilled Ham Steaks
  - Slice previously baked ham into 1/2 inch slices
  - Heat in oven then cover with Provolone Cheese
  - Serve with Honey Dijon and Stone Dijon Mustard
- Sliced Fresh Tomatoes
- Steamed Broccoli

## September 11

- Bison<sup>78</sup> Pot Roast with Potatoes
  - Season roast with a steak rub
  - Brown roast on all sides
  - Place roast in crock pot with quartered russet potatoes for six hours
- Steamed White Asparagus
- Steamed Cauliflower
- Fresh Sliced Tomatoes with Basil and Provolone cheese (Caprese salad-like)

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<sup>78</sup> This bison was raised on a ranch in Colorado. The ranch markets an entire line of bison meat products. Regardless, I still tried to tell the old "how I shot a bison" story.

## September 12

- Grilled Feta-Cheeseburgers
  - Make two thin burgers. Place a small amount of Feta cheese in the middle of one patty and topping with the second patty, sealing in the cheese.
  - Sprinkle with Seasonal Salt
  - Grill for eight minutes or until done
  - Serve with basil mayonnaise and Bullseye Texas Style BBQ Sauce<sup>79</sup>
- Left-over Cauliflower sautéed with olive oil
- Steamed Green Beans
- Fresh Sliced Tomatoes

## September 16 (in Baltimore)

- Skinless, Boneless Chicken Thighs in Onions
  - In a large sauce pan, add olive oil and brown the chicken on all sides
  - Add sliced onions, cover and cook for 30 minutes
- Steamed Brussels Sprouts Halves served with butter
- Sliced Fresh Tomatoes

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<sup>79</sup> This is a favorite barbeque sauce, but I also like the sauce sold at Palumbo's meat market.

## INDEX OF MAIN COURSES BY DATE

Date	Beef	Chicken	Pork	Fish	Wild Game	Burgers
Mar 30	X					
Mar 31		X				
Apr 1			X			
Apr 2		X				
Apr 4	X					X
Apr 5		X				
Apr 6	X					
Apr 7		X				
Apr 8				X		
Apr 14			X			
Apr 15	X					
Apr 16				X		
Apr 17	X					
Apr 18		X				
Apr 19					X	X
Apr 21		X		X		
Apr 27			X			
Apr 28		X				
May 2	X					
May 3			X			
May 4				X		
May 10	X					X
May 11				X		
May 12		X				

Date	Beef	Chicken	Pork	Fish	Wild Game	Burgers
May 13			X			
June 8		X				
June 9				X		
June 16						
June 17	X					
June 18						X
June 19		X				
June 20	X					
June 29		X		X		
June 30			X			
July 1		X				
July 3	X					
July 9		X				
July 11						X
July 12		X				
July 13					X	
July 14				X		
July 15		X				
July 20				X		
July 22				X		
July 23		X				
July 24					X	X
July 25					X	
July 26	X					X
July 27					X	
July 28				X		
July 30		X				
July 31	X				XX	
Aug 1						
Aug 5	X					X



Date	Beef	Chicken	Pork	Fish	Wild Game	Burgers
Aug 6		X				
Aug 7	X					
Aug 8			X			
Aug 27	X					
Aug 28	X					
Aug 29		X				
Sept 2		X				
Sept 5	X					X
Sept 6	X					
Sept 10			X			
Sept 11					X	
Sept 12	X					X
Sept 17		X				

