



# AMEN Gourmet Cooking Club

April Showers Bring Food and Flowers  
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Brought to you by  
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## The Menu

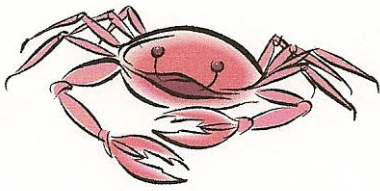
Appetizer: Bermuda Triangles  
Starter: Carrot Onion Soup  
Entrée: Chicken Breasts with Cheese & Herbs  
Green Beans with Shallots  
Baked Rice  
Dessert: Sautéed Strawberries over Vanilla Ice Cream



Rain or Shine ....



**EVERYBODY Loves the COOK -- We're HOT !!**



## Bermuda Triangles

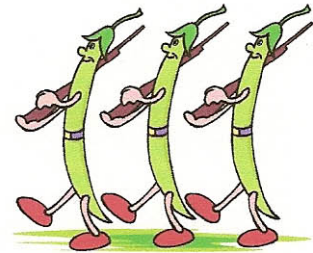
1 pkg. (8oz.) cream cheese, softened  
2 tsp. milk  
1/2 tsp. prepared horseradish  
1/4 tsp salt  
1/4 tsp pepper  
1/2 cup butter

1 cup cooked, flaked crab  
1 cup cooked, small shrimp  
2 scallions, finely chopped  
4 Tbsp. ground almonds  
1 pkg. frozen phyllo pastry, thawed

Combine cream cheese, milk, horseradish, salt & pepper. Fold in crab, shrimp, scallions and almonds.

Keep phyllo sheets covered with damp towel as you work. Brush 1 sheet with melted butter. Top with another sheet. Brush with butter. Top with a third sheet. Divide into 6 strips & cut in half. Place 1 teaspoon filling at one end of each strip. Fold into triangles as for a flag.

Repeat with remaining sheets & filling. Place triangles on baking sheet. Butter the tops. Bake at 400 degree oven, 10-12 minutes until golden. May be frozen before baking. Store triangles in plastic bags until needed. Makes 30 triangles.



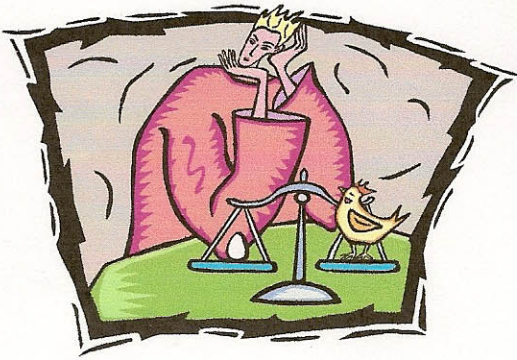
## String Beans With Shallots

1 pound French string beans (haricots verts), ends removed  
Kosher salt  
2 tablespoons unsalted butter  
1 tablespoon good olive oil  
3 large shallots, large-diced  
1/2 teaspoon freshly ground black pepper

Blanch the string beans in a large pot of boiling salted water for 1 1/2 minutes only. Drain immediately and immerse in a bowl of ice water.

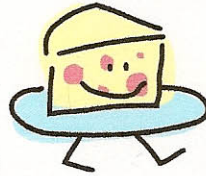
Heat the butter and oil in a very large sauté pan (12-inch diameter) or large pot and sauté the shallots on medium heat for 5 to 10 minutes, tossing occasionally, until lightly browned. Drain the string beans and add to the shallots with a teaspoon salt and the pepper, tossing well. Heat only until the beans are hot.

If you are using regular string beans, blanch them for about 3 minutes, until they're crisp-tender.



## Chicken Breasts with

Cheese



and Herbs



4 whole boneless, skinless chicken breasts  
1 cup butter  
1 tsp oregano  
1 tsp marjoram  
1 tsp or more chopped fresh parsley  
¼ lb or more sliced Monterey Jack cheese

1 cup flour  
2 eggs beaten  
1 cup dry bread crumbs  
1 cup white wine  
salt  
Accent

Cut chicken in halves (eight pieces). Place each piece of chicken between plastic wrap and pound with a mallet to flatten as cutlets. Sprinkle with salt and Accent. Whip butter until fluffy. Stir in herbs. Cut cheese lengthwise into eight pieces. Spread 1/3 herb-butter mixture on cheese. Place one piece of cheese on each cutlet and roll as a jelly roll. Tuck ends in to seal tightly. Use toothpicks to hold firm. Coat rolls with flour, then dip in egg and roll in bread crumbs. Place in flat pyrex and bake uncovered 20 minutes in 350 degree oven. Melt remaining herb-butter mix, stir in wine and pour over chicken. Continue baking and basting 15 minutes longer or until chicken is golden brown and tender. Extra sauce may be kept warm on the side. Serves 4.

## Baked Rice

In a heavy ovenproof dish melt:

4 TBS butter  
Add ¼ cup finely chopped onion and sauté until the onion is soft  
Stir in 2 cups long grain rice and stir to coat all the rice with butter  
Add 4 cups chicken stock  
1 tsp salt  
freshly ground pepper



Bring to a boil then cover and bake in a preheated 350 degree oven until all the liquid has been absorbed. This will take about 20 minutes. Serves 8.



## Carrot and Onion Soup

1 cube butter (1/2 cup)  
2 onions, large  
12 carrots, medium

2 boxes chicken broth (1 QT each)  
1-2 cups orange juice  
salt and pepper

Peel onions, chop fine in food processor. Melt butter in large pan, add onions. Sauté and stir until golden brown. Cook for 1 hour, lower heat as needed, to medium-low. Slow cooking essential to caramelize onions.

Peel carrots, chop fine in food processor. Heat chicken broth until bubbling in large pot. Add carrots and onions to broth. Bring back to boil, lower heat to simmer. Cover and cook for 3 hours. Lower heat as needed.

Cool. Puree in food processor. May be stored for a week in refrigerator.

Heat when ready to serve. Add 1 to 2 cups orange juice (or to taste) just before serving. Add salt and pepper to taste.

Serves 8-10



## Sautéed Strawberries with Cinnamon & Fresh Lime

2 Tbsp. brown sugar  
1 Tbsp. butter  
1 Tbsp. lime juice  
1/4 tsp. cinnamon  
1 pint strawberries, wash, hulled and halved (about 2 cups)

In medium skillet over medium-low heat, stir brown sugar, butter, lime juice and cinnamon. Cook until bubbling. Add strawberries and toss for 2 minutes. Serve immediately over ice cream or angel food cake.

