

THE PHOENIX



Quick and easy go-to recipes for 2021

Like the phoenix rising from the ashes of the 2020 pandemic, we embrace 2021 and remember all the good things that happened: the sharing and caring for each other, online bridge and delicious recipes. And now for 2021, some new quick and easy go-to recipes!

DEDICATION

Dedicated to all those essential workers who keep us safe, healthy, fed and informed, with special thanks to our NVBA and WBL Board and all directors who transferred their games from the table to BBO to keep our minds alert and our souls fed with the game we love.

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CONVENTIONS AND CARDS

BREAKFAST OR ANY TIME

Artichoke Frittata
Avocado Toast
Bacon and Cheese Quiche
Baked Eggs
Breakfast Bullet
Broccoli and Cheddar Quiche
Deviled Easter Chicks
Easy Quiche
Hummus Breakfast Burritos
Overnight Oats
Pumpkin Pie Pancakes

APPETIZERS

Crab Curry Dip
Craisin Cheese Ball & Deviled Eggs
Crispy Shrimp Tart
Easy Hors D'Oeure Ever
Easy Party Meatballs
Jumbo Lump Crab
Kinzali Jazz Bass Style Dumplings
Hot Cheese Rye and Goat cheese
Sweet and Spicy Nuts
Zucchini Bites

SALADS, SOUPS AND SIDES

Salads:

Caesar Salad
Coconut Red Lentil

Confetti Lentil
Creamy Tarragon Dressing
Judy's Tortellini Salad
Molded Tomato Aspic
Strawberry Spinach
Turkey Salad

Soups:

Carla's Taco Soup
Celery and Oyster
Citrus Gazpacho
Gazpacho
Coconut Red Lentil Soup
Garlic Spinach Soup
Kale Soup

Sides:

Beer Bread
Brussels Sprouts
Lemony Past with Pine Nuts
Pesto Monkey Bread
Oven Roasted Asparagus
Rice Casserole

ENTREES

Chicken:

Baked Chicken Schnitzel
Balsamic Chicken
Chicken Casserole
Chicken and Biscuit Skillet Dinner
Chicken Milan
Cornflake Chicken
Honey Glazed Chicken

Lemon Chicken with Artichokes
Spicy Caramel Chicken

Meat:

Beef Stroganoff
Garlic and Cilantro Lamb Kabobs

Fish:

Parmesan Crusted Salmon
Salmon Fillet with Honey, Mustard,
Chile Sauce and Pecans
Salmon with Red Grape Agrodolce

Mediterranean

Baked Feta Pasta Tic Toc
Quick Italian Tomato Sauce

DESSERTS

Blueberry Muffins
Carolyn's Poppy Seed Cake
Chocolate Mousse
Cinnamon Sugar Pecans
Cool Whip pie
Mean Uncle David's Homemade
Strawberry Vanilla Ice cream
Milky Way Cake
Olive Oil Cake with Summer Fruit
Peach Cobbler
Potato Chip Cookies
Rum Cake
Sock it to me Cake
Sparkling Fruit Salad

Artichoke Frittata

*This is a real family favorite. Great for brunches.
Shared by Diane & Steve Rothman.*

PREP: 10 minutes

COOK: 20 – 25 minutes

SERVINGS: 4

INGREDIENTS:

1 small can sliced mushrooms, well drained
6 eggs
¼ C. half and half
¼ C. milk
¼ tsp. salt
¼ tsp. pepper, plus coarsely ground pepper to top
½ tsp. Herbs de Provence
1 C. shredded cheese (Swiss, Cheddar, Jack, Gruyere, etc.)
¼ C. grated Parmesan cheese
Sliced mixed cherry tomatoes
Chopped chives or scallions
Coarsely ground black pepper

DIRECTIONS:

Spread artichokes & mushrooms in well-greased individual au gratin dishes. Sprinkle grated cheese on top.

In bowl, beat eggs with milk, half and half, salt, pepper & Herbs de Provence. Pour mixture over artichokes and cheese. Top with Parmesan, tomatoes, chives, and a few good grinds of coarse pepper.

Bake at 350 degrees for at least 20 minutes until frittata is fluffy and just set. Increase baking time for up to 5 minutes, if you prefer it lightly brown.



GAZPACHO

*A nice, refreshing soup on a hot summer's day.
Shared by Grace Cohen.*

PREP: 20 minutes

SERVINGS: 4

INGREDIENTS:

3 large tomatoes
1 large green pepper
1 sweet Spanish onion
1 large cucumber
1 lemon (or 4 tsp. lemon juice)
1 clove garlic
¼ - ⅓ C. each of fresh basil, chives and parsley
1½ tsp. salt
½ tsp. paprika
½ C. olive oil
1 C. V-8 juice or tomato juice

DIRECTIONS:

Peel and dice tomatoes.
Peel and chop onion and garlic clove.
Chop green pepper and cucumber and remove their seeds.
Chop the basil, chives and parsley.
Place all ingredients except lemon in a food processor.
Squeeze the lemon and add the juice or add 4 tsp. lemon juice to the mixture in the food processor.
Blend all ingredients in the food processor until well-combined, but still slightly chunky.
Chill for 2 hours or longer before serving.



MEAN UNCLE DAVID'S HOMEMADE STRAWBERRY VANILLA ICE CREAM

Shared by: David Goldfrank

PREP: 5 minutes

COOL: 6-24 hours

CHURN: 20-30 minutes

COOK: ca. 8 minutes in boiling water

SERVINGS: 5-8***

INGREDIENTS:

2 C. heavy cream
1 C. milk
4 egg yolks
½ to 1 tsp. vanilla* extract
½ to ¾ C. sugar (varies according to preference)
1 C. or more fresh strawberries**

SPECIAL EQUIPMENT:

If manual churner, specified amounts of ice, rock salt for the model. If electric churner, a good freezer, set on coldest for the ingredient bowl.

DIRECTIONS:

Beat well together the cream, milk, egg yolks, vanilla extract, and sugar.
Cool this quasi-custard well in cold refrigerator.
Cut strawberries into small pieces, add to cooled quasi-custard.
Churn by hand or electric churner; if the latter, pre-freeze the ingredient bowl at least 12 hours.

*One may also experiment with almond extract or an almond-vanilla combo; use approximately 1 tsp. (a little more or a little less, to your taste).

** One may do the same with blueberries, raspberries, cherries, peaches.

*** This recipe makes about 40 oz. = 5 regular 8 oz. cups or 8 5-oz. "dixie" cups.



ONE-SKILLET CHICKEN WITH BUTTERY ORZO

Why use lots of pans when all ingredients can be cooked in one? If you are a fennel lover, you will definitely want to make this dish—it has quickly become one of my favorites. Can be made with boneless, skinless chicken instead of the thighs with skin and bone, but great to indulge once in a while as written! Shared by Margot Hennings from Epicurious.com.

PREP: 15 minutes

COOK: 35 minutes

SERVINGS: 4

INGREDIENTS:

6 skin-on, bone-in chicken thighs (about 2 lbs.), patted dry
Kosher salt, freshly ground pepper
3 Tbsp. unsalted butter, divided
1 fennel bulb, chopped, plus fronds, chopped
1 leek, white and pale green parts only, chopped
8 oz. orzo
⅓ C. dry white wine
2 ½ C. low-sodium chicken broth, divided
1 Tbsp. fresh lemon juice
1 tsp. freshly grated lemon zest

DIRECTIONS:

Preheat oven to 400 degrees. Rub salt and pepper down on the chicken. Heat 2 Tbsp. butter in a medium cast-iron skillet over medium heat. Nestle chicken, skin-side down, in skillet in a single layer. Cook until meat is opaque around the edges and skin is deep golden brown, 6-8 minutes. Turn chicken skin-side up and bake uncovered in oven until chicken is cooked through, 10-15 minutes. Transfer chicken to a plate, and cover to keep warm.

Set same skillet over medium, add fennel and leek, and sprinkle with salt and pepper. Cook, tossing occasionally until golden, about 5 minutes. Add orzo and cook until darkened to a nutty hue and toasty smelling, about 3 minutes. Pour in wine and cook, stirring, until liquid is evaporated, less than 1 minute. Add broth ½ C. at a time, stirring constantly, letting broth absorb before adding more, about 10-15 minutes, until orzo is tender, but pan is not dry.

Remove skillet from heat. Taste and add more salt and pepper to your liking. Mix in lemon juice and remaining 1 Tbsp. butter, then chopped fennel fronds. Top with chicken and lemon zest.





FROM THE PICNIC SERIES
Jacqueline Sophia Burton