

JULY SUMMER FARE
with Lucy Van Horn for the Jericho Library

CHICKEN BREAST IN WINE SAUCE

2 boneless chicken breasts
2 cloves garlic, minced
3 to 4 white mushrooms, sliced
1 small lemon, juiced
1/2 cup white wine
1 teas Dijon mustard
1/2 cup chicken stock
2 tbs half and half
1 tbs chives
1 teas cornstarch
salt to taste

Slice each breast lengthwise to create two cutlets and salt very lightly. Heat oil and sauté the cutlets quickly, remove from pan and set aside. Lower heat and add mushrooms, garlic, juice of lemon and cook for one minute. Add white wine, mustard, chicken stock and stir well. Return the cutlets to the pan. Mixing the half and half and cornstarch make a slurry in a cup adding a pinch of salt. Add slurry to pan and stir among the juice in pan. Top with chives and mix gently. You are ready to serve.

MOROCCAN SPICED GARLIC CHEESE BREAD

2 Small French bread loaves
½ cup Butter
2 cloves garlic
1 tbs tomato paste
1 tbs chopped fresh cilantro
1 tbs chopped fresh parsley
½ teas ground cumin
½ teas ground paprika
pinch cayenne pepper
dash of salt
slices of your favorite melting cheese (fontina, goat, etc)

Cut bread into long halves. Cream the remaining ingredients together and spread some on each bread slice. Place cheese on each half. Wrap bread slices individually and carefully in foil sealing edges. Place bread over the coolest part of the hot barbecue and cook for 5 minutes then turn over and cook for another 5 minutes -or- bake in 400° oven for 10 minutes, open foil and bake 5 minutes more.

RUSSIAN BEET SALAD

3 fresh beets, washed & trimmed
1/4 cup walnuts, chopped
1/4 cup raisins and cranberries mixed together
1 clove garlic, finely chopped
3 tbs mayonnaise
salt to taste

Place beets in a steamer above 1” of water to which you have added a pinch of salt. Steam for about 20 to 30 minutes, depending on size of beets. Remove from steamer and allow to cool slightly. Under running water remove the skins and slice beets in half. In a food processor grate the beets and place in a bowl. Mix in garlic, nuts, raisins and cranberries, mayo and a pinch of salt. Chill in refrigerator. This dish can be made in advance as it seems to improve with time.