

Volume 1



*A Lifetime of
Recipes*

Budget
Friendly,
Quick &
Easy Recipes
for
Local
In-Season
Produce

Eat Fresh, Local Produce for Excellent Flavor and Health

A Lifetime of Recipes:

Fabulous Fresh Fruit



Beverly Jo Noble

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A note from the author:

My first cookbook was a birthday present at age 8. I have been cooking for family and friends ever since. Over the years, I have collected recipes from many sources as well as inventing my own.

Growing up in the small town of Spenard, Alaska, long winters and long distances combined to make fresh produce a luxury. As soon as the ground thawed, Mom would plant a vegetable garden. And for a few months, fresh vegetables replaced frozen or canned items. My sister Cheryl and I would often raid that garden for an afternoon snack, occasionally getting so greedy that nothing was left for dinner. Mom would scold.... But how mad can a mother get at her children snacking on peas or carrots? Late summer meant berry-picking, mostly raspberries and currants. What a contrast to canned fruit cocktail!

The family moved to Pomona, California when I was 12. My maternal grandparents lived there in an old farm house in the middle of what had once been a Valencia orange orchard. Their 5 acres were surrounded by tract homes, but 2 rows of oranges lingered on at the back of the property. Suddenly, fruits and vegetables were FRESH, and oh, what a difference that made. Grandma Day also loved fresh fruits and vegetables. During the spring, strawberries and biscuits were a Sunday breakfast ritual, with 3 generations working and laughing together in that roomy kitchen. In the summer, Grandma would fill a big pot of water, put it on the stove to heat, and THEN send Grandpa to get some fresh corn.

High school chemistry brought conflict... covering a pot does NOT make the water boil faster! A patient teacher, Mr. Pfeifer, answered questions and explained the seeming conflicts between what I had learned in the kitchen and the rules of chemistry. What seemed to just be traditions, such as always using something sour with baking soda, were actually based on chemical reactions between acid and base ingredients.

Off to college, those cooking skills paid dividends. Other students would buy the ingredients, and I would cook dinner. A free meal for me, and a good meal for the rest.

As a single adult, I continued to cook for my own pleasure. Collecting and trying new recipes became a hobby. Marriage and an instant family made it even more fun. I soon started to play with recipes... modifying ingredients, and trying to duplicate restaurant dishes at home. Time demands and health concerns led to the elimination of some recipes, and simplification of others. Fruit trees and berries in the back yard produced seasonal abundance that led to new uses in the kitchen.

Several years in the Central Valley of California, surrounded by acres of family-owned orchards, made truly fresh, tree-ripened fruit abundant and available. It just made sense to adapt the old recipes to local, seasonal fruit. Overwhelmed by the loss of husband, son, and both parents, I found solace in the kitchen.

Then I moved to Carlsbad, California. A multitude of local restaurants with unique menu items presented new challenges to replicate at home – or inspiration for a new creation of my own. The idea of a cookbook started to form, originally just to share with family and friends. Meeting Cliff brought not only support and encouragement, but a taste-tester-in-chief for final tweaks to the recipes.

I hope you, your family, and your friends will enjoy some really great meals, and make some wonderful memories around the table.

Good cooking!

Beverly Jo

Age 8, in front of the vegetable garden.



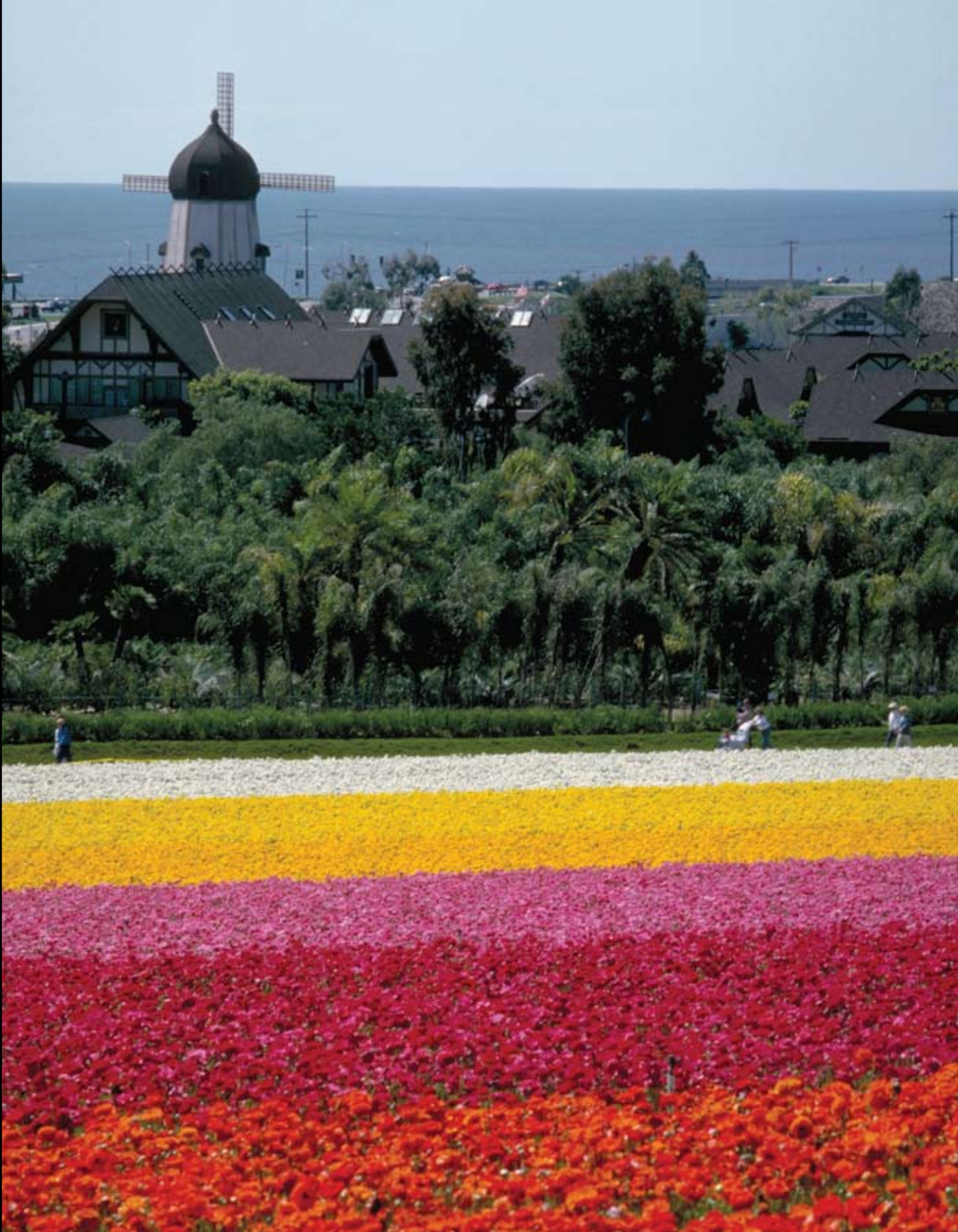
SPRING

My favorite time of year is spring. The days get longer and warmer, the top goes down on the convertible, and the spring produce is finally ready. I am an absolute glutton for raspberries. Strawberries are a close second. And when the early stone fruit arrives, the eating gets really good!

As spring gives way to summer, berries start to decline. Exactly when varies from region to region, and even from year to year. Mostly, the plants just don't like it hot. Thankfully, apricots arrive on the scene, along with cherries and early peaches. Life is good...

You may have wondered where the cherry recipes are. Local cherries are generally Bing or Rainier, varieties that are best eaten raw. The sour, "pie" cherries are grown elsewhere.

Besides, it takes a LONG time to pit cherries, relative to the amount of pulp... and this is a personal record of favorites, not a corporate endeavor. My best cherry "recipe" is to buy 2 bags, so you can eat one on the way home, and still have some for the family!



Blackberries & Raspberries are amazingly adaptive. They grow wild in the long, cold winters of Alaska, and they grow in areas with very hot summers. Wild plants have smaller berries, since they aren't pruned and pampered. The flavor is intense, and worth a few bee stings or being scratched by thorns.

Because they grow in such a wide range of climates, blackberries & raspberries are available almost year round. If winters are mild, the first berries ripen in spring; but in the long chill of Alaska, with snow on the ground into April, berries normally ripen in late summer and early fall.

When Jim and I lived in Lompoc, my Mom gave us canes of both raspberries and blackberries from her garden. They were a gift that kept on giving. Most mornings during the spring and summer I would don a long-sleeved flannel shirt and gardening gloves for protection from the thorns, and go out to pick berries for breakfast. Delicious as is, or with cold cereal and yogurt. Jim was kind enough to pretend to prefer blackberries, leaving me with my beloved raspberries.

For the most part, any blackberry recipe can use raspberries, and vice-versa, so I put them together in one chapter.

CHAPTER 1

Raspberries and Blackberries



SPRING

Raspberries and Blackberries

Raspberry-Walnut Vinaigrette 🕒

½ cup raspberry vinegar
 ¼ tsp. salt
 ¼ tsp. black pepper
 4 tsp. sugar
 2 garlic cloves, minced
 1 cup water
 1 Tbsp. Dijon mustard
 1 Tbsp. lemon juice
 2 tsp. Worcestershire sauce
 2 Tbsp. walnut oil
 2 tsp. dried tarragon, crushed

Combine all ingredients in a shaker jar and mix thoroughly. Will keep in refrigerator for a week. Shake well right before using.

Raspberry Vinegar

1 quart raspberries
 2 Tbsp. sugar
 2 cups white wine vinegar

Rinse fruit thoroughly. Place in saucepan, bring to a boil, then reduce heat and simmer until fruit loses its shape (5-10 minutes). Let cool 1 hour.

Line strainer or colander with cheesecloth, and place on top of large bowl. Pour fruit into strainer slowly. If needed, wait for some juice to drain and then pour in the remainder of puree. Let sit for 1 hour.

Discard cheesecloth, seeds, and pulp. Use a funnel, if needed, to pour juice into 1 quart bottle or jar.

Add vinegar and sugar. Close tightly and store in cool, dark cupboard. Will keep 3 months

Raspberry Salad Dressing

An alternative salad dressing. This has a little stronger raspberry flavor. I love both, see what your friends and family prefer.

½ cup raspberries
 ¾ cup olive oil
 ½ cup vinegar
 1 tsp. salt
 ½ cup sugar
 1 tsp. Dijon mustard
 1 Tbsp. chopped fresh cilantro

Combine all ingredients in blender and puree until smooth. Chill. Keeps in refrigerator for 3-5 days.

Grandma Sigler and Beverly in Summer 1958



SPRING

Raspberries and Blackberries

Raspberry Chicken

4 boneless, skinless chicken breasts
2 Tbsp. butter
¼ cup chopped onion
¼ cup chicken stock
4 Tbsp. raspberry vinegar
¼ cup heavy cream
1 Tbsp. tomato paste
1 cup raspberries

Melt butter in skillet. Cook breasts 3 minutes each side on medium heat, until lightly browned. Remove. Reduce heat, then add onions and cook, covered, for 10 minutes. Add vinegar, raise heat, and cook uncovered until vinegar is reduced to syrupy spoonful. Stir occasionally.

Whisk in chicken stock, cream and tomato paste. Simmer 1 minute. Return breasts to skillet and simmer in sauce, basting often, for 10 minutes. Remove and arrange on plates.

Add raspberries to skillet. Cook over low heat 1 minute. Do not stir berries, swirl by shaking skillet. Pour sauce over breasts and serve. Makes 4 servings.

Raspberry-Lemon Chicken

Also works well if you grill the chicken rather than roasting.

4 bone-in chicken breast halves
¼ tsp. salt
¼ tsp. pepper
2 tsp. lemon juice
2 tsp. cornstarch
1 cup fresh raspberries
¼ cup water
1 tsp. sugar
Garnish: 4 slices lemon

Season chicken with salt and pepper. Place bone-side up on roasting rack. Cook at 350° for 20 minutes. Turn pieces over, cook 20 minutes more.

In small saucepan, stir together lemon juice and cornstarch until cornstarch dissolves. Add berries, water, and sugar. Slightly crush berries with fork. Bring to a boil over medium heat, stirring frequently. Pour sauce over chicken. Garnish with lemon slices.

Love is a Verb

In his book "The 7 Habits of Highly Effective Families", Steve Covey writes "Love is a verb. It's an action requiring your involvement, your active participation."

I say cooking dinner for your family or friends is a perfect metaphor for love. You take time: to plan a meal; to go to the farmers market or store and find the needed items; to wash, slice, dice and otherwise prepare the meal.

You listen: which meals did your family love and ask to have again? Does a friend or family member have health issues that limit food choices? Are there some items that one person loves and another dislikes?

You talk and laugh... and learn more about your children while they help in the kitchen than you otherwise would. You build loving memories to last throughout the years.

EARLY SUMMER

Nectarines

Swordfish & Nectarine-Red Onion Salsa

This tangy salsa works well with grilled fish, meat or poultry. For meat or poultry, consider seasoning with additional garlic, basil, and lime juice before grilling.

4 (8 to 10 oz.) swordfish steaks, 1 inch thick
4 Tbsp. salad oil
Salt & ground pepper

Lightly rub steaks with oil and season with salt and pepper. Grill 4 to 5 minutes per side on medium grill.

Salsa:

1 red pepper
6 firm ripe nectarines
½ small red onion
1 tsp. minced garlic
¼ cup fresh basil
¼ cup wine vinegar
¼ cup fresh orange juice
2 Tbsp. lime juice
¼ cup olive oil

Seed pepper and slice into strips. Slice nectarines. Slice onion into thin wedges. Combine with remaining ingredients and toss gently - stainless steel bowl is best. Keep chilled until ready to serve. Serve steaks on top of salsa.

Grilled Lamb Chops & Nectarine-Lime Salsa

8 lamb chops
2 Tbsp. olive oil
1 tsp. cumin
1 tsp. chili powder
Salt & pepper to taste
Nectarine-Lime Salsa (recipe follows)

Make the salsa, and refrigerate at least 30 minutes.

Mix cumin, chili powder, salt and pepper in small bowl. Brush lamb with olive oil, and season both sides with the cumin mixture. Grill over medium-high heat until lightly browned, about 4 minutes per side. Place 2 chops on each plate, and top with a generous spoonful of salsa. Serves 4.

Nectarine-Lime Salsa:

2 nectarines, pitted and diced
1 ripe tomato, seeded and diced
¼ cup diced red onion
2 Tbsp. chopped cilantro
2 Tbsp. lime juice
¼ tsp. red pepper flakes

Combine all ingredients and mix gently. Cover and chill in refrigerator at least 30 minutes, and up to 2 hours.

EARLY SUMMER

Nectarines

Curried Salmon & Summer Fruit Chutney

2 Tbsp. curry paste
2 Tbsp. lime juice
4 – 6 oz. salmon fillets (1 ½ lbs. total)
1 nectarine, pitted and diced
2 black plums, pitted and diced
½ cup blueberries
¼ cup minced red onion
¼ tsp. cayenne pepper
3 Tbsp. chopped cilantro
1 tsp. lime juice
Salt & pepper to taste

Mix curry paste with 2 Tbsp. lime juice in small baking dish. Add salmon filets, turning to coat both sides. Refrigerate, covered, for 1 hour. Mix remaining ingredients in large shallow bowl. Refrigerate.

Preheat oven to 425°. Bake salmon for 12-15 minutes. Serve with fruit chutney.

Summer Fruit Galette

2 – 9” pie crusts
3 nectarines
1 pint strawberries
½ pint blueberries
4 Tbsp. sugar
4 Tbsp. flour
6 Tbsp. turbinado or raw sugar

Preheat oven to 450°. Line a baking sheet with parchment or baking stone. Rinse and drain fruit. Pit and slice nectarines. Slice strawberries. Mix fruits together with flour and sugar.

Lay out pie crusts on baking stone. Divide fruit evenly between the two crusts, leaving a one inch border. Fold the border up over the fruit, folding it into pleats. Sprinkle with turbinado sugar. Bake for 12-14 minutes, until crust is lightly browned. Serve warm or at room temperature.

Nectarine Pie ☺

White nectarines work well; one of the few baked dishes that will succeed with sub-acid fruit.

⅔ cup sugar
4 Tbsp. flour
1 tsp. cinnamon
½ tsp. ground ginger
1 cup heavy cream
½ tsp. almond extract
5 nectarines
9” unbaked pie shell

Preheat oven to 400°. Bring a pot of water to boil.

Combine sugar, flour, cinnamon, ginger, cream, and almond extract. Plunge nectarines into boiling water for 30-45 seconds, then place them under cold running water. Skins will slip right off. Cut in half; discard pits. Place nectarines in pie shell, cut side down. Pour the cream mixture over fruit. Bake 35-40 minutes, until cream is set. Good warm or cold.

What is a Galette?

A single pie crust that is folded up to form an edge and then baked on a baking stone or baking sheet instead of in a pie plate is called a galette.

Any single crust, baked pie recipe can be turned into a Galette by following the instructions to the left. These instructions create an open-faced pastry; other galletes fold then pastry almost completely over the filling, with only a small center opening. Your choice!

Experiment with your family favorites... and let me know how they work.

LATE SUMMER

Melons

Crab Salad-Stuffed Melons

- 2 medium cantaloupes**
- 2 cups diced cold cooked crabmeat**
- ½ cup seedless grapes**
- 1 Tbsp. sliced almonds**
- Lime-Honey dressing (recipe follows)**

Cut each cantaloupe in half making zigzag cuts. Scoop out and discard seeds. Remove pulp and cut into bite-size pieces; drain melon pieces and shells.

Mix melon pieces with chicken and spoon equal portions into empty shells. Top with grapes and almonds. Drizzle with lime-honey dressing and serve. Serves 4.

Lime-Honey Dressing:

- 4 Tbsp. lime juice**
- 4 Tbsp. honey**
- ¼ tsp. ground coriander**
- ¼ tsp. nutmeg**

Mix together all ingredients, chill.

Grilled Watermelon Salad

- 1 small seedless watermelon**
- Olive oil**
- 3 limes**
- Cayenne pepper**
- 1 Valencia orange**
- Sea salt**
- Small bunch mint leaves**
- ½ cup crumbled blue cheese**

Clean your grill, if needed. Cut watermelon in half lengthwise, then split each half the long way to make 4 long wedges. Cut each section into 2" thick slices. Brush lightly with olive oil.

To make dressing, grate orange and limes for zest, then juice. Combine in small bowl. Add 1/8 tsp. salt and 1/8 tsp. cayenne pepper. Beat in ¼ cup olive oil until well mixed. Taste and add salt and additional oil if needed. Save a few mint sprigs for garnish; chop the rest and add to dressing.

Grill watermelon 2 minutes per side. Transfer to serving platter. Drizzle with dressing. Sprinkle with additional salt, cayenne pepper, and blue cheese. Serves 8.



Cliff's Granpa Lewis Clifford Noble, Uncle George Elliott Lumber (Uncle "L"), and Great Grandpa Harry Lumber dressed up and ready for Sunday Dinner

LATE SUMMER

Melons

Summer Fruit & Kahlua Cream Dip

4 nectarines
½ lb. grapes
1 cantaloupe
½ honeydew melon
¼ seedless watermelon
½ cup lemon juice
½ cup water

Pit nectarines, cut into wedges. Wash grapes and divide into small clusters. Melons may be cut into spears or balls. Mix lemon juice with water in small bowl. Dip fruit. Drain thoroughly.

Kahlua Cream Dip:

1 ½ cups powdered sugar
1 cup heavy cream
1 (8 oz.) pkg. cream cheese, softened
4 - 6 Tbsp. Kahlua

Chill cream, small mixer bowl, and beaters. Beat cream on medium speed until soft peaks form. Gradually beat in ½ cup of sugar. Beat on high speed until firm peaks form. Fold cream, Kahlua, cream cheese, and remaining powdered sugar together.

On a platter, arrange fruit around bowl of dip. Serves 10 – 12.

Note: Dip may be made ahead. Fruit will brown slightly if held (after dipping in lemon juice) more than 2 to 3 hours.

Honeydew Frappe ☺ ☾

4 cups honeydew chunks
2 Tbsp. lime juice
¼ cup fresh mint leaves
3 cups ice cubes

Blend honeydew, lime juice, and mint leaves until smooth. Add ice and blend until thick and foamy. Garnish with additional mint leaves.

Food and Family

Can you imagine a family gathering without food? From weddings, holiday dinners, and baby showers through funerals, food is part of getting together as a family.

From formal sit down dinners to casual potluck picnics, cooking and eating bind us together with habits and rituals we cherish.

I love platters of fruit with dips; and so do all the children in my extended family. Is it the healthiest way to serve fruit? Maybe not, but compared to chips and dip, or other typical appetizers, fruit is a great option.

FALL

Pears

Breakfast Quinoa & Pears

¼ cup raw almonds
1 tsp. cinnamon
1 cup quinoa
2 cups milk
1 tsp. sea salt
1 tsp. vanilla extract
2 Tbsp. honey
2 dates, pitted and finely chopped
1 pear, pitted and finely chopped

Toast the almonds in a skillet over medium heat until golden brown, 3 – 5 minutes. Chop coarsely.

Heat the cinnamon and quinoa together in a saucepan over medium heat until warmed through. Add milk and salt; stir. Bring to a boil; reduce heat and simmer, covered, for 15 minutes.

Stir vanilla, honey, dates, almonds, and pear into quinoa. Serves 4.

Pear Butter ☺

5 medium pears, cut in chunks
2 Tbsp. water
¾ cup sugar
¼ cup chopped almonds
2 tsp. fresh lemon juice
1 stick cinnamon

Combine pears, sugar, and water. Heat to boiling over medium heat. Add cinnamon stick. Reduce heat and simmer 30 minutes, stirring frequently.

Remove cinnamon stick. Mash until smooth. Stir in almonds and lemon juice. Chill.

Curried Cashew, Pear & Grape Salad

¾ cup cashews
4 slices bacon
1 Tbsp. butter, melted
1 tsp. chopped fresh rosemary
1 tsp. curry powder
1 Tbsp. turbinado or raw sugar
½ tsp. sea salt
½ tsp. cayenne pepper
10 oz. baby romaine leaves
1 Bosc pear
1 cup red grapes
Honey-Mustard Dressing (recipe follows)

In a large skillet, toast cashews over medium heat until golden brown, about 5 minutes. Remove to dish; add butter, rosemary, curry, sugar, salt, cayenne; mix well.

Place bacon in skillet and cook until crisp, about 7 minutes. Drain on paper towels, then crumble. Cut pear in quarters lengthwise, remove pit, and slice thinly. Cut grapes in half lengthwise.

Place greens, pear, grapes, and bacon in large salad bowl. Toss with Honey-Mustard Dressing. Sprinkle with cashews and serve.

Honey-Mustard Dressing:

3 Tbsp. white wine vinegar
3 Tbsp. Dijon mustard
2 Tbsp. honey
½ cup olive oil
Salt and pepper to taste

Stir vinegar, mustard, and honey together in small bowl. Slowly whisk in olive oil, and season to taste with salt and pepper. Pour over salad and toss.

FALL

Pears

Roasted Pear Salad

2 Bosc Pears
4 Tbsp. olive oil
1 tsp. mustard
1 Tbsp. vinegar
1 bunch watercress, stems trimmed
1 bunch baby arugula, stems trimmed
2 endive, thinly sliced crosswise
2 oz. crumbled blue cheese
Sea salt & freshly ground pepper

Preheat oven to 425. Halve and core the pears; cut into $\frac{3}{4}$ inch pieces. Heat 1 Tbsp. oil in an ovenproof skillet. Add pears and cook over medium heat, stirring occasionally, until they begin to brown, about 4 minutes. Transfer pan to oven and continue cooking until pears are soft, about 5 – 7 minutes more.

Whisk the mustard and vinegar in a small bowl. Gradually whisk in remaining olive oil, to generate a smooth dressing. Set aside.

Toss the watercress, arugula, and endive in a large bowl. Add the blue cheese and dressing; sprinkle with salt and pepper; toss gently. Divide salad among 4 salad plates. Top with pears and serve.

Leg of Lamb & Pears

8 medium firm-ripe Bosc pears
 $\frac{1}{2}$ tsp. salt
6 lb. leg of lamb
2 tsp. cornstarch
3 lemons, zest and juice
4 Valencia oranges, juiced
 $\frac{1}{4}$ cup olive oil
1 Tbsp. oregano
 $\frac{1}{2}$ Tbsp. marjoram
3 large cloves garlic, minced

Marinade: In a small saucepan, stir together cornstarch and salt. Gradually stir in juices, keeping smooth. Cook over medium heat, stirring constantly, until clear and thickened – about 2 minutes. Remove from heat, stir in oregano, marjoram, lemon zest, oil, and garlic.

Roast: Line the bottom and sides of a roasting pan with heavy foil. Place lamb, without a rack, on the foil. Pour 1 cup marinade over lamb and let stand, basting several times, for about an hour. Draw foil close around lamb so marinade surrounds meat but foil does not cover it. Roast at 325°, basting often, until internal temperature reaches your desired level of doneness, about 2 hours. Medium rare is 130°; well done is 170°.

Shortly before lamb is done, pare, halve, and core pears. Pour reserved marinade over them. Remove lamb from pan and let rest. Spread foil back against sides of pan; arrange pears in pan cavity side up. Bake at 325° until hot, about 15 minutes. Serve lamb with pears. Serves 6.

WINTER

Oranges

Orange-Coriander Steaks

3-4 Valencia oranges
 1 small red onion, chopped
 1 tsp. basil
 3 cloves garlic, minced
 ¼ cup wine vinegar
 1 ½ Tbsp. coriander
 1 tsp. cracked black pepper
 4 New York or Ribeye steaks

Grate oranges, then juice. You will need 1 tsp. zest and ¼ cup juice. Mix all ingredients except steaks. Cover and chill half of mixture. Use the remainder to marinate steaks in refrigerator, turning once, at least 4 hours and up to overnight.

Grill steaks to desired doneness. Warm reserved sauce in microwave and spoon over each steak.

Turkey with Orange & Tarragon

1 turkey breast half
 1 cup orange juice
 2 tsp. orange zest
 ½ cup lemon juice
 1 tsp. tarragon
 ½ tsp. garlic salt
 1 tsp. pepper
 1 tsp. paprika

Place turkey breast skin side up in shallow roasting pan. Roast at 450° for 20-30 minutes, until skin is crisp.

Combine juices, zest, and tarragon; pour over turkey. Sprinkle with garlic salt, pepper and paprika.

Lower heat to 325° and bake, basting occasionally, until meat thermometer reads 175°. Spoon sauce over turkey. Serves 4-6.

Rare Moose?

I grew up on moose meat, rather than beef. It was Alaska, and beef was flown in at a high cost. Moose was always in the freezer. Dad went hunting every fall, looking for a 2 year old male that would be large enough to feed the family for a year, but young enough to be (relatively) tender. No, it's not gamey, if the hunter knows his stuff. Dad had grown up in Montana, and learned to hunt as a boy. The goal is to drop the animal immediately from the stalk, not after it has been running. It's the adrenaline pumping through the veins that gives that gamey flavor.

Those same skills made him the point man for his infantry platoon in the Philippines and New Guinea during World War II, earning both a Bronze Star and Purple Heart.

Like bison or deer meat, moose is very lean, and better for braising than broiling. We had to buy suet in order to make ground meat; otherwise the patties would simply fall apart. But we did sometimes have steak; well done, like the steaks both my parents had eaten when they were children themselves.

I never much cared for steak; it always seemed dried out and tasteless.

Then one summer, Cheryl and I decided to use the stone barbecue in the back yard and cook dinner for the family. We built a fire, let it settle down to coals, and put on the steaks. We cooked the meat rare by accident, simply not knowing how to time it. The result was wonderful!!!! Juicy, instead of dried out, and full of flavor. And that is how I have had my steak ever since. We even converted our parents; maybe not all the way to rare, but at least to medium-rare meat.

WINTER

Oranges

Asian Meatballs & Tangerine Dipping Sauce

2 cloves garlic, minced
½ tsp. ginger
2 Tbsp. cilantro, finely chopped
1 tsp. tamari
1 lb. ground turkey

Preheat oven to 350°. Spray 9x13 baking dish with non-stick spray or grease lightly.

Combine all ingredients in large bowl. Shape into 1-inch balls. Place in baking dish and bake, uncovered, 20-25 minutes. Place on serving platter, drizzle with some of Tangerine Dipping Sauce. Place remaining sauce in small bowl next to platter.

Tangerine Dipping Sauce

2 Tbsp. sugar
1 Tbsp. cornstarch
1 cup tangerine juice
1 tsp. tangerine zest
1 Tbsp. lemon juice
2 medium tangerines, peeled, seeded, and sectioned

Combine sugar and cornstarch in small saucepan. Stir in juices, then cook over medium heat until thickened. Add tangerine sections and zest; cook 1 minute longer.

Cornish Hens & Tangerine Sauce

4 Cornish Game Hens
2 Tbsp. butter
½ cup chopped onion
1 Tbsp. lemon juice
1 tsp. salt
½ tsp. white pepper
2 cups white wine
4 cups tangerine sections
3 Tbsp. orange marmalade
1 tsp. cornstarch
1 Tbsp. cold water
Garnish: parsley sprigs

Roast hens at 425° for 30-45 minutes. Remove from oven, tent loosely with foil, and allow to rest while sauce is prepared.

In a large skillet, melt butter, then sauté onion until limp. Add lemon juice, salt and pepper, and cook, stirring, for 3 minutes. Add wine and cook until mixture is reduced by one-fourth.. Add 3 ½ cups tangerines and marmalade. Stir cornstarch into cold water to make a paste, then stir into skillet. Cook, stirring constantly, until sauce is clear and thickened.

Spoon sauce evenly over hens, and garnish with reserved tangerine sections and parsley sprigs.

Dad with next year's meat supply



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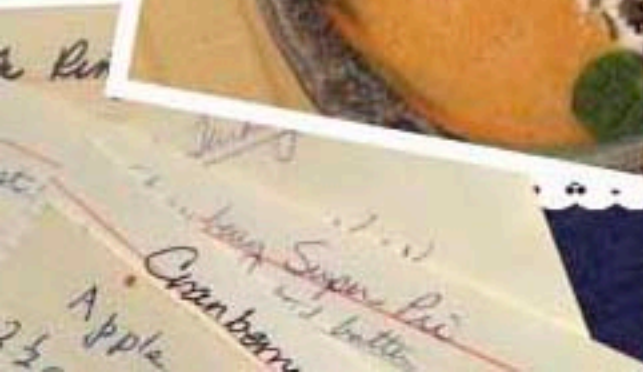
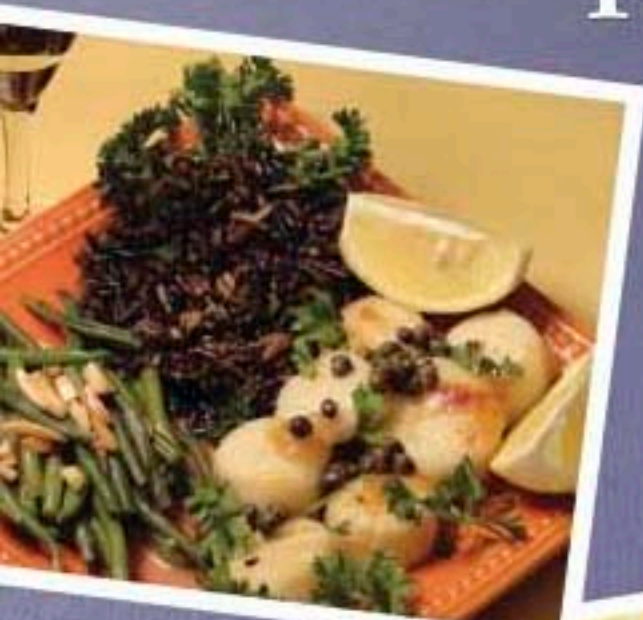
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