

**** MAIN DISH RECIPE **** from Njoy NJK (Noreen Joy Kilby)

Chicken with Vegetable Tagine (stew)

(recipe from BenevolentEmpress)

INGREDIENTS

- 3 tablespoons olive oil, divided
- 2 pounds lamb meat cut into 1 1/2" cubes (can use chicken instead)
- 2 teaspoon paprika
- 1/4 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground cardamom
- 1 teaspoon kosher salt
- 1/2 teaspoon ground ginger
- 1 pinch saffron
- 3/4 teaspoon garlic powder
- 3/4 teaspoon ground coriander
- 2 medium onions, cut into 1-inch cubes
- 5 carrots, peeled, cut into fourths then sliced lengthwise into strips
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 lemon, zested
- 1 (14.5 ounce) can low-sodium chicken broth
- 1 tablespoon sun-dried tomato paste
- 1 tablespoon honey
- 1 tablespoon cornstarch (optional)
- 1 tablespoon water (optional)

DIRECTIONS

1. Place diced lamb (or chicken) in a bowl, toss with 2 tablespoons of olive oil, and set aside. In a large resealable bag, toss together the paprika, turmeric, cumin, cayenne, cinnamon, cloves, cardamom, salt, ginger, saffron, garlic powder and coriander; mix well. Add the meat to the bag and toss around to coat well. Refrigerate at least 8 hours, preferably overnight.
2. Heat 1 tablespoon olive oil in a large, heavy bottomed pot over medium high heat. Add 1/3 of the meat and brown well. Remove to a plate and repeat with the remaining meat. Add onions and carrots to the pot and cook for 5 minutes. Stir in the fresh garlic and ginger; continue cooking for an additional 5 minutes. Return the meat to the pot and stir in the lemon zest,

chicken broth, tomato paste and honey. Bring to a boil, then reduce heat to low, cover and simmer for 1 1/2 to 2 hours, stirring occasionally until the meat is tender.

3. If the consistency of the tagine is too thin, you may thicken it with a mixture of cornstarch and water during the last 5 minutes.

****SIDE DISH RECIPE**** from Annette Langlois

Screaming Heads:

Brussels sprouts Gratin (by Donna Doohar)

INGREDIENTS

- 2 pounds Brussels sprouts
- 4 ounces prosciutto, julienned
- 2 tablespoons unsalted butter
- Roasted Garlic, recipe follows
- 3 tablespoons all-purpose flour
- 1 1/2 cups heavy cream
- 1 cup half-and-half
- 1/4 cup sherry
- 1 cup finely grated Parmesan, plus 1/2 cup
- 1 teaspoon freshly grated nutmeg
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

ROASTED GARLIC:

- 1 head garlic
- 1/2 teaspoon olive oil

DIRECTIONS

Special equipment: a large casserole dish

Preheat oven to 350 degrees.

Peel off any damaged outer layers of Brussels sprouts. Trim the stem to make it flush. Quarter each sprout and score the stem on each quarter with a 1/4-inch-deep "X."

Sauté the prosciutto in the butter over medium heat for about 2 minutes. Add the garlic and Brussels sprouts and stir continuously for 2 to 3 minutes. After this, add the flour and continue stirring for 2 minutes. Add the cream, half-and-half, and sherry. Bring the liquid to a simmer, then reduce the heat and continue simmering for 7 minutes or until the liquid is reduced by 1/3. Stir in the 1 cup of

Parmesan, nutmeg, salt, and pepper. Transfer to an ovenproof casserole dish. Cover with remaining 1/2 cup Parmesan. Cover with aluminum foil and bake for 25 minutes. Serve immediately.

DIRECTIONS FOR ROASTED GARLIC:

Preheat oven to 350 degrees.

Cut off the papery tip of the garlic head, exposing the top of each garlic clove. Brush the exposed cloves with olive oil.

Place the garlic, root side down, on the center of a piece of aluminum foil. Bundle the garlic with the foil, leaving a small vent on top. Roast the garlic for 45 minutes or until the cloves turn beige and are fork tender. Remove from the oven and let stand until cool enough to handle.

Squeeze the garlic head upside down over a small bowl and the cloves will pop out.

Refrigerate for up to 1 week.

****DESSERT RECIPE**** from Cherie DeYoung

Buttermilk Coffee Cake

INGREDIENTS

- 2 1/2 cups flour
- 1 cup sugar
- 3/4 cup brown sugar
- 1 tsp cinnamon
- 1 tsp nutmeg (optional)
- 1 tsp salt
- 1 cup oil

DIRECTIONS

Preheat oven to 350 degrees.

Mix above ingredients together. Take out 3/4 cup & add to this for the topping:

- 1/2 cup chopped nuts (pecans are perfect)
- 1 tsp cinnamon

Now take the rest of the mixture and add:

- 1 cup buttermilk

- 1 tsp baking soda
- 1 tsp baking powder
- 1 egg
- 1/2 cup chopped nuts

Mix well. Pour into greased 9x13 dish. Add topping. Bake 350 for 30-40 min..

BONUS RECIPE

Since we've been talking about Pennsylvania Dutch Folk art the past couple of weeks (flosstube #9 and #10), Patricia and I thought this was a fun recipe to add)

****DESSERT RECIPE**** from Patricia Connors

Pennsylvania Dutch Nut Tossies

INGREDIENTS

Dough:

- 1 pound softened butter
- 12 ounces cream cheese, softened
- 4 cups flour

DIRECTIONS

Mix butter and cream cheese, then add flour; mix until dough is smooth. Chill for 2 hours or overnight. Roll out and cut circles to fit toss pan. (I believe you can use miniature cupcake pans)

Filling:

- 4 eggs beaten
- 3 cups packed brown sugar
- 1 teaspoon vanilla
- 4 tablespoons melted butter
- 1 pound shelled walnuts, finely ground

DIRECTIONS

Beat eggs, then add the brown sugar, vanilla and melted butter. Using either an infant spoon or a 1/4 teaspoon measuring spoon, add filling to each cup. Then add 1/4 teaspoon of nuts to each cup. Repeat with another layer of both. Bake at 350 degrees for 15-20 minutes until pastry is golden brown.

RECIPES - from floss+ube #8 - Teresa Kogut's creative whims

“My friend Liz Warnke, who grew up in the Pennsylvania Dutch Community and now lives in Woolwich, Maine gave us some for Christmas. I guarantee you can't eat just one! Enjoy.” --Patricia Connors

Thank you, ladies, for sharing your delicious recipes!



Photo from my room at the Nashville Needlework Market 2017