

Recipes from Half Marathon Clinic Potluck, June 2, 2011

From Elita Alves:

Curried Chicken Salad (Joy of Cooking, page 164)

4 Servings

Combine in a medium bowl:

- 2 cups diced cooked chicken
- ¼ cup toasted walnuts, almonds or cashews
- ¼ cup dark or golden raisins
- 3 scallions
- 1 apple, cored, peeled and coarsely chopped
- 2 celery ribs thinly sliced

Mix in:

- ½ to ¾ cup curry mayonnaise
- Salt and black pepper to taste

Serve on a bed of:

Lettuce leaves

Curry Mayonnaise (Joy of Cooking, page 580)

Generous 1 cup

Stir together in a small skillet over low heat for 30 to 60 seconds, until fragrant:

- 2 tablespoons curry powder
- 2 tablespoons mild vegetable oil

Let cool, then whisk into:

- 1 cup mayonnaise

Add:

- 1 teaspoon fresh lime juice
- 1 teaspoon of honey
- ¼ teaspoon of salt

From Susan Foster:

Samosas

I sheepishly admit that I bought them (as do all of my Indian and Pakistani friends!). Brar Sweets, Dundas W and Mavis.

From Sabrina Musa

Italian Rice Salad

I ate this salad one summer in Italy, loved it and adapted a recipe with ingredients found here in Canada. This recipe is best if made the day before it is needed, so all the flavours marinade. The beautiful thing about this recipe is you can really add or substitute anything you like or have on hand. But here is the recipe as I made it for the party.

Ingredients

2 cups parboiled Rice (recipe calls for Arborio Rice, I used Brown Rice and accidentally overcooked it, but still works)

Pickled Vegetables (I buy a jar of Unico Pickled Vegetables, found at Loblaws and No Frills) diced

Pitted Green Olives (or Black, or Kalamata, whatever you prefer) diced

Can of Corn

Can of Tuna (I use solid white, in water or oil, and flake it myself)

Swiss Cheese (or Emmenthal) diced

Cooked Ham (or Prosciutto Cotto, Mortadella, Turkey Breast, whatever cold cut you prefer – they use hot dogs in Italy. Ask the deli counter clerk to cut you 1 slice about an inch thick or just under.) diced

1 or 2 fresh ripe Tomatoes (Romano or Beefsteak are my faves) diced

Fresh Parsley, finely cut

Olive Oil, to taste

Squeeze of Lemon Juice, to taste

Directions

Cook the rice before hand and let it cool. It can be a bit al dente if you prefer, so it doesn't become a mushy salad.

All the ingredients should be diced up. To save time, I take the entire jar of pickled vegetables, drain most of the liquid and put it into a food processor and pulse it until its all cut up (you don't want to puree it, but small pieces are fine). I did the same with the Olives. I dump all into a big bowl (so there's room to stir everything up). Drain the tuna and add that to the mixture. Drain the corn and add it. Dice the cheese and add it. Dice the slice of cooked ham and add it. Cut up the parsley finely and add it. Stir everything up. Add a drizzle of olive oil and put it in the fridge for at least 4 hours.

You don't want to add the tomato until you are ready to serve it. Tomatoes tend to make a lot of water and are just fresher tasting when added right before serving. (Same can be said for the parsley, but I find it holds up better than tomatoes.)

Also, just before serving, you can drizzle a little more olive oil, & squeeze a bit of lemon.

You can season with salt and pepper if you like, but I don't. I find there is enough flavour from the olives and other ingredients that the salt and pepper are unnecessary.

Other ingredients you can add:

Artichoke hearts

Sundried tomatoes

Capers

Pickled mushrooms or asparagus

Use sardines, instead of tuna?

Add multiple meats and cheeses if you like, use your own left over roasted chicken?

Add other herbs, fresh basil would be really nice too.

From Sandy LeBlanc:

Thai Chicken Skewers

Marinade:

Finely chopped 1-1/2" ginger (true Thai would call for galangal root)

Finely chopped 4 garlic cloves

4 TBSP Dark Mushroom Soy Sauce

2 TBSP Lime Juice

2 TBSP Worcestershire Sauce *(not Thai, my addition)

1 TBSP Hot Sauce (or more!)

3 Tiny Red Devil chilli peppers, chopped finely (dried, can get at Asian markets)

1 TBSP Extra Virgin Olive Oil

2 tsp Knorr Chicken Broth Dry (or equivalent)

Directions:

Clean off any fat or grizzle off 6 chicken breasts, then cut into slices about 3" long and ½ " wide. Marinade for 2 – 3 hours, stirring every hour for maximum soak.

Soak bamboo skewers in water for 5 min. Skewer the chicken on to the bamboo sticks, but not too tightly. BBQ on a low heat.

From Paul Miller:

Sunshine Salad

Ingredients:

One head romaine lettuce (or substitute half romaine and half spinach)

One small red onion

One cup sliced almonds (you can purchase pre-sliced almonds at grocery store)

One tablespoon margarine or cooking oil

One can of mandarin orange segments (drain off excess juice)

Hempseed Oil (in the refrigerated section of the grocery store)

Dressing:

2 tablespoons lemon juice

1 1/2 teaspoons dijon mustard (hot)

½ teaspoon sugar

½ teaspoon salt

¼ teaspoon pepper

½ cup hempseed oil

Directions:

Melt tablespoon of margarine in frying pan and sauté almonds until golden brown.

Whisk dressing ingredients together in a separate bowl.

Prepare lettuce in the normal fashion.

Slice red onion into thin segments and add to the lettuce.

Add dressing to the lettuce just before serving and toss

Add almonds on top of salad and then mandarins.

Arrange some mandarin oranges in a circle in the shape of the sun!!

From Paula Talesnik

Totally Orange Allspice Cake With Brown Sugar Glaze

(calls for one 9 by 2 inch round cake pan; I used a bundt cake pan)

THE CAKE

1 medium navel orange (about ½ pound)

¼ teaspoon plus

brown sugar

½ teaspoon salt

1 1/3 cups flour

½ teaspoon baking powder

½ teaspoon baking soda

2 teaspoons ground allspice

8 tablespoons (1 stick) unsalted butter, room temperature

1 ½ cups granulated sugar

2 large eggs, room temperature

1 teaspoon vanilla extract

½ cup milk

THE GLAZE

2 tablespoons unsalted butter

1/3 cup firmly packed dark

3 tablespoons heavy cream

1/8 teaspoon salt

¼ teaspoon vanilla extract

1. Slice the orange in half and put it into a small saucepan. Add enough water to cover completely and ¼ teaspoon salt. Bring to a boil, reduce the heat to low, cover, and cook until the orange is limp, 1 to 1 ½ hours. You should be able to pierce it easily with a sharp knife. You can also cook the orange halves in a microwave oven on high power for 12 minutes (THIS IS WHAT I DO!) Finely chop the orange in a food processor (but do not puree) and set aside.
2. Position the oven rack in the center of the oven and preheat the oven to 350 degrees. Butter a 9 by 2 inch round cake pan (or bundt cake pan)
3. Sift together the flour, the remaining ½ teaspoon salt, baking powder, baking soda, and allspice.
4. In a standing electric mixer, or by hand, beat together the 8 tablespoons of butter and granulated sugar until creamy and smooth, about 3 minutes.
5. Add the eggs and vanilla and continue to beat. Mix in half of the dry ingredients, the milk, and chopped orange. Stir in the remaining dry ingredients.
6. Transfer the batter to the prepared cake pan and bake for 50 minutes, until it feels slightly firm in the center. Cool before glazing.
7. Remove the cake from the pan and set it on a platter or cooling rack.
8. **To make the glaze:** Melt the 2 tablespoons of butter in a small saucepan. Stir in the brown sugar, and cook for 2 minutes without stirring. Add the cream and salt and cook for another 2 minutes, stirring constantly. Remove from the heat and stir in the vanilla. Let the glaze cool for a few minutes.
9. When the glaze has cooled to lukewarm and has thickened somewhat, pour it onto the center of the cake and spread it to the edges with a butter knife or icing spatula, encouraging some of the glaze to drip down the sides.