



Recipes from Season One
2020 - 2021

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Introduction

Word & Table is a virtual potluck and devotional hosted by Pastor Mike and Cindy Marion. During each episode of *Word & Table*, Cindy and Mike offer food for the body and soul as they share about their faith and some of their favorite recipes. While they are not culinary experts by any measure, they love to cook together and hope that you will enjoy the recipes that were shared during the twenty episodes of season one.

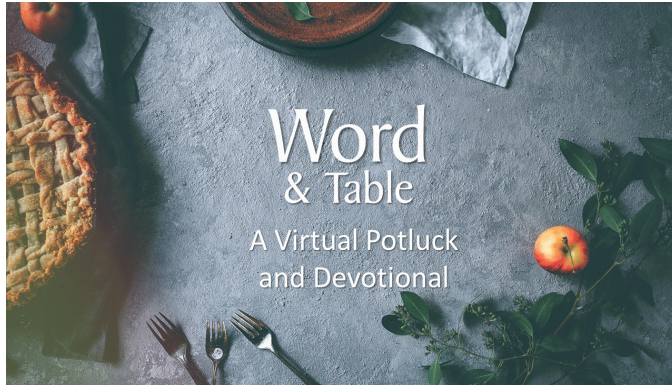
You can find demonstrations of the following recipes on the *Word & Table* Facebook page at www.facebook.com/calvarywichitaks. Click on Videos to find the episode. Or, visit www.calvarywichita.org. Click on Devotion Videos to find *Word & Table*.

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Episode 1 *Word & Table*



Hummus with Pita and Veggies

Ingredients:

1 15.5 oz can of chick peas/garbanzo beans (drained)

1 tablespoon minced garlic

1 teaspoon cummin

½ cup tahini

Juice of lemon

Water (a few tablespoons to add while mixing)

Preparation Steps:

Combine ingredients (except water) in a food processor. Add a little water as you begin mixing (not too much water, or it will become soupy). Mix for approximately a minute or until it becomes a spreadable consistency. Spread onto your serving dish. Sprinkle with paprika and decorate with Kalamata olives. Serve with pita chips and fresh veggies. Makes a great appetizer or side dish.

Sweet Aquafaba Dip

Ingredients:

Liquid of 15.5 oz can of chick peas/Garbanzo beans

1/4 teaspoon cream of tartar

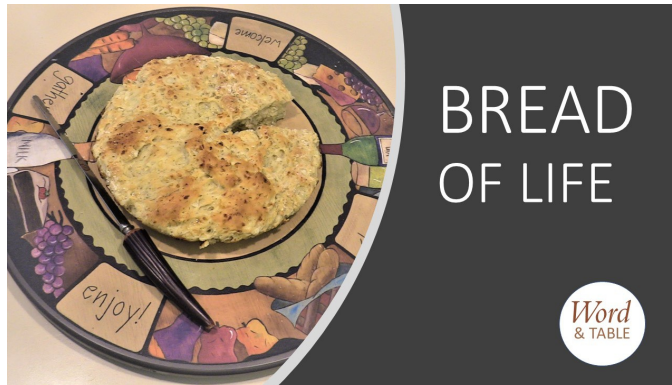
1/2 teaspoon vanilla

½ cup of granulated sugar

Preparation Steps:

With electric mixer, whip chick pea liquid with cream of tartar until frothy. Add vanilla. Continue whipping until glossy (about 5 minutes). Gradually add sugar. Continue whipping until it forms peaks. Serve as dessert dip with your favorite fresh fruit and baked goods.

Episode 2 *Bread of Life*



Dilly Bread

Ingredients:

1 package yeast dissolved in 1/4 cup of warm water
1 cup creamed cottage cheese heated to warm
2 tablespoons sugar
1 tablespoon butter
1 teaspoon salt
1 egg
1/4 cup minced onion
2 teaspoons dill weed or fresh dill
1/4 teaspoon baking soda
2-1/4 to 2-1/2 cups flour

Preparation Steps:

In a small bowl, place 1/4 cup warm water, sugar and yeast. Set aside to proof. Meanwhile, place cottage cheese and butter into a microwaveable container and heat to warm (about 50 seconds). In a large bowl, add egg, onion, dill, salt, baking soda, stir together. Add proofed yeast mixture, warmed cottage cheese, and butter. Stir in 2 1/2 cups flour. Cover with clean cloth and let rise 45 minutes. Punch down risen bread, transfer to greased cake or pie pan. Re-cover, and let rise for 20 minutes. Bake in oven at 350 for 20 minutes and serve. Enjoy!

— Norman and Roxy Callison

Jesus Bread

Ingredients:

1-1/2 cups wheat flour (Hudson Cream recommended)
1-1/2 cups white flour
2/3 cup packed brown sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/3 cup honey
1/2 cup vegetable oil
2/3 - 1 cup buttermilk

Preparation Steps:

Combine everything except the buttermilk. Mix until crumbly. Add buttermilk and mix. Knead on a floured surface, 3-4 minutes, and add flour if too sticky. Roll out 1/4 inch thick and cut into circles using a glass or bowl, depending on desired size. Stamp them with a cross. Bake them in the oven at 375, 7-10 minutes, depending on size.

—Noel Schreiner, Dave and Nancy Davis

Episode 3 *The Vine and the Branches*



Pumpkin Roll

Ingredients:

3 eggs
1 cup sugar
1 teaspoon lemon juice
2/3 cup pumpkin
3/4 cup flour
1 teaspoon baking powder
2 teaspoons cinnamon
1 teaspoon nutmeg
½ teaspoon salt
1 cup nuts

Preparation Steps:

Whip eggs in a large bowl on high for five minutes, until frothy. Gradually work in sugar. Fold in lemon juice and pumpkin. Stir in baking powder, cinnamon, nutmeg, salt, flour, and mix well. Line a jellyroll pan with parchment paper (lightly spray the paper to keep roll from sticking). Pour the batter on the paper and spread in a rectangular shape. Sprinkle with nuts. Bake the cake in the oven at 375 for 15 minutes.

While the cake is baking, spread out a dish towel and sprinkle with powdered sugar.

After the cake is done, and still hot, holding the cake by the parchment paper, flip it over onto the dish towel. Roll the cake into the towel.

While the cake cools in the towel, make the filling.

Continued

Pumpkin Roll Filling

Ingredients:

1 cup powdered sugar
6 oz cream cheese
4 tablespoons margarine
½ teaspoon vanilla

Preparation Steps:

Combine the cream cheese, margarine, and vanilla, and mix. Then add powdered sugar and continue to mix until smooth.

When the cake has cooled, unroll the towel, open cake enough to add filling. Cover and refrigerate until set. Slice into servings. Enjoy! (This cake will keep in the refrigerator for several days or freeze to serve at a later date.)

Episode 4 *The Good Shepherd*



Shepherd's Pie

Ingredients:

- 1 pound ground lamb (or beef)
- 1 cup chopped onion
- 1 teaspoon each of parsley, sage, rosemary, and thyme
- 1 tablespoon of Worcestershire sauce
- 2 tablespoons minced garlic
- 1/4 cup tomato paste
- 1 tablespoon of flour
- 1 teaspoon each salt and pepper
- 1 cup beef broth
- 1 cup red wine
- 1 cup frozen chopped carrots
- 1 cup frozen peas

Preparation Steps:

Brown ground lamb, discard extra fat. Add chopped onion, saute'. Add remaining ingredients and simmer for 20 minutes (until carrots are cooked through). Transfer stew filling to baking dish.

Mashed Potato Topping:

Ingredients:

- 2 pounds chopped Golden potatoes (no need to peel potatoes)
- 1 teaspoon salt

Continued

Herb bundle of fresh thyme, rosemary, bay leaves (Placed into tea strainer)

1 stick of butter

1/3 cup of milk

Preparation Steps:

Place potatoes in a pot, cover with water, add salt and herb bundle. Boil until potatoes are soft.

Drain water and remove herb bundle. Add butter, milk, salt and pepper, and whip until smooth.

Pipe the mashed potato topping to cover the filling (Transfer mashed potatoes to 1 gallon plastic bag. Remove air from bag and seal. Cut corner from bag and pipe the potatoes on top of the stew).

Bake in oven at 350 for 30 minutes. Garnish with a little parsley. Enjoy!

Episode 5 *Season of Joy*



Egg Bites (Healthier than Starbucks)

Ingredients:

Prepare a mini-muffin tin by spraying it with oil. We like coconut oil. Have a casserole dish filled with 3 ½ cups water that your muffin tin can sit in while baking (This creates a water bath for the egg bites to steam in)

½ cup sun-dried tomatoes, chopped

¼ cup chopped basil

Sprinkle the tomatoes and basil onto the bottoms of each muffin cup.

6 eggs

¾ cup cottage cheese

1 cup freshly grated parmesan cheese

¾ cup plain Greek yogurt

½ teaspoon salt

Preparation Steps:

In a blender or mixer, blend the eggs, cheese, yogurt, and salt until slightly frothy. Add the parmesan cheese and mix. Pour mixture into the muffin cups about ¾ full. Once filled, put the muffin tin into the water filled casserole dish. Place in a preheated 375-degree oven and bake for 20 minutes. Remove tin from bath, allow the egg bites to cool. Once cool, these can be stored in the refrigerator or freezer and reheated in the microwave for a quick protein treat on busy mornings.

*Vary this recipe by replacing the sun-dried tomatoes and basil with meats and other vegetables your family enjoys!

– Shared by Rebecca Wesley

Episode 6 *Advent Traditions*



Christmas Percolator Punch

Ingredients:

46 ounce can pineapple juice

1 quart bottle cranberry juice

3 cups water

Pour fruit juice and water into 30-36 cup automatic coffee maker.

Place the remaining ingredients in basket. Or, put the juice mixture in a pot on the stove, heat and put spices in a large tea strainer.

6 cinnamon sticks

2 tablespoons whole cloves

1 tablespoon whole allspice

$\frac{1}{2}$ teaspoon salt

1 cup brown sugar

Place the items in the coffee maker basket, plug in and allow to perk. If you are using the pot, put the brown sugar in the pot and spices in the tea strainer. Simmer. Your house will smell like Christmas!

Dad's Microwave Peanut Brittle

Ingredients:

½ cup white Karo syrup
1 cup sugar
1 cup unsalted raw peanuts
1/8 teaspoon salt
1 tablespoon butter
1 teaspoon vanilla
1 teaspoon baking soda

Preparation Steps:

Mix syrup, sugar, peanuts and salt together in a microwavable 1 ½ quart mixing bowl. Microwave 3 minutes. Stir. Microwave 3 minutes more. Remove from microwave.

Add butter and vanilla to syrup mixture. Stir well and microwave one minute. Remove bowl from microwave.

Add baking soda to syrup mixture (It will foam up). Spread on cookie sheet covered with parchment paper or foil sprayed with cooking spray. Let sit on counter until cool. When cool, break into chunks and store in an airtight container.

Episode 7 *Red, Green or Christmas*



Red Chili Sauce

Ingredients:

4 oz dried ancho chili pods
1 tablespoon oil
½ onion, chopped
1 tablespoon garlic
1 teaspoon oregano
2 teaspoons Knorr's chicken bouillon
2 cups water

Preparation Steps:

De-stem and de-seed the dried chili pods. Rinse, and set aside. In a saucepan, heat oil, add onion, garlic, and oregano and saute until onions are translucent. Add rinsed chilis and saute until they become fragrant. Add Knorr's and water. Bring to a boil. Remove saucepan from heat and allow to steep until chilis are rejuvenated. Pour contents of pan into blender and blend until smooth. The red chili sauce is great for making enchiladas or as a dip.

Green Chili Sauce

Ingredients:

4-6 oz. of prepared green chili, prepared

1 tablespoon oil

½ onion, chopped

2 teaspoons garlic

1 tablespoon flour

1 cup vegetable broth

Preparation Steps:

In a saucepan, heat oil, and saute onion about 5 minutes. Add garlic, saute 2 minutes. Add flour, green chili, and broth. Reduce heat, and simmer about 8-10 minutes.

Episode 8 *Saint Basil's Cake*



Vasilopita (Greek New Year's Cake)

Ingredients:

- 1 cup butter (softened)
- 2 cups white sugar
- 3 cups flour
- 6 eggs
- 2 teaspoons baking powder
- 1 cup warm milk
- ½ teaspoon baking soda
- 1 tablespoon lemon juice
- ¼ cup blanched almonds mixed with 2 teaspoons white sugar
- Coin (clean, or wrapped in foil)

Preparation Steps:

Preheat oven to 350. Grease and flour a 10-inch spring form pan.

In large mixing bowl, cream together butter and sugar. Add the flour. (The mixture will be quite course) Add the eggs one at a time mixing well between with each addition.

In a small bowl, combine the baking powder with the warm milk. Add to the batter in the mixing bowl. Mix well.

In another small bowl, combine the lemon juice and baking soda. Add to the batter in the mixing bowl and mix well.

Pour the cake batter into the prepared springform plan. Bake 20 minutes. *Continued*

After the 20 minutes, place the coin into the cake. Smooth the top of the cake. Top smoothed cake with the almonds and sugar mixture. Return the cake to the oven for another 40 minutes.

When baked, pull cake from oven and cool for ten minutes and release spring form pan. Serve. The person who gets the coin in their slice is said to receive an extra portion of luck and prosperity in the new year!

Episode 9 *The Most Important Thing*



Indian Chicken Curry

Ingredients:

2 pounds skinned chicken breasts
2 teaspoons of salt
½ cup oil
1 ½ cup onion, finely chopped
1 tablespoon garlic, minced
1 ½ teaspoon ginger, finely chopped
1 teaspoon cumin
1 teaspoon turmeric
1 teaspoon coriander
½ teaspoon ground cayenne pepper
½ cup water
1 can crushed tomatoes, 15 ounces
2 tablespoons fresh cilantro, chopped
½ cup yogurt
1 teaspoon garam masala
1 tablespoon lemon juice

Preparation Steps:

Sprinkle chicken breasts with salt. In a large skillet, heat the oil over medium high heat. Add the chicken breasts in batches, browning on both sides. Transfer chicken to a plate and set aside.

Continued

In the same hot skillet in which you browned the chicken, add the onions, garlic, and ginger to the remaining oil. Saute' for 8 minutes over medium-high heat. Stir in the cumin, turmeric, coriander, cayenne, and one tablespoon of the water. Stir well for about one minute until it becomes like a paste.

Add the tomatoes, one tablespoon of the cilantro, yogurt, and remaining teaspoon of salt. Add the chicken. Bring to a boil, turning chicken to coat with the sauce. Sprinkle with garam masala and remaining tablespoon of cilantro. Cover the skillet and simmer for 20 minutes. Serve over prepared white rice (basmati rice is our favorite).

Episode 9 *The Souper Bowl*



Better than Olive Garden's Toscana Soup

Ingredients:

1 pound hot ground breakfast sausage
½ cup onion, chopped
1 tablespoon Italian seasoning
6 cups chicken broth
2 cups heavy whipping cream
½ teaspoon salt
¼ teaspoon black pepper
6 medium potatoes (red or golden), chopped
2 cups or (6 ounces) kale, chopped

Preparation Steps:

In a large soup pot, brown sausage. Add the onion and saute' until they are transparent. Stir in the Italian seasoning. Add chicken broth and whipping cream. Heat to simmer. Add the potatoes, kale, salt and pepper. Cover and simmer for about an hour or until the potatoes are soft. Top with parmesan cheese and red pepper flakes to taste.

— Shared by Renee' Marion

Episode 11 *Love Languages*



Freda's Chocolate Torte

Ingredients:

- 1 stick butter (softened)
- 1 cup flour
- ½ cup chopped pecans or walnuts
- 8oz cream cheese (softened)
- 1 cup powdered sugar
- 1 cup whipped topping (thawed)
- 1 small package instant chocolate pudding
- 1 small package instant vanilla pudding
- 3 cups milk
- 1 cup whipped topping (thawed)

Preparation Steps:

Mix butter, flour, and nuts until combined and coarse. Press into the bottom of a 9x13 pan. Bake at 350 for 15-20 minutes. Cool.

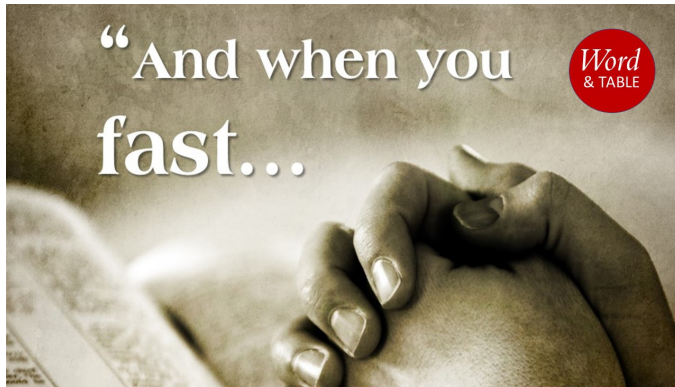
In a small bowl, blend cream cheese and powdered sugar. Fold in whipped topping. Spread over cooled crust.

Whip chocolate and vanilla pudding and milk together until fluffy. Spread over cream cheese layer.

Spread whipped topping over pudding layer. Refrigerate until ready to serve. Freezes well.

* Garnish with shaved chocolate if desired

Episode 12 *And When You Fast*



Fish Tacos

Ingredients:

1 pound white fish (tilapia, flounder, trout, bass...whatever you like)

Combine fish rub ingredients in small bowl:

3 tablespoons chili powder

1 teaspoon cinnamon

1 teaspoon cumin

1 teaspoon brown sugar

½ teaspoon pepper

1 teaspoon salt

Preparation Steps:

Preheat grill or griddle to about 350 and grease with vegetable oil. Liberally apply fish rub to one side of the fish. Place clean side of the fish on the grill or griddle. Cook for 3-5 minutes (depending on the thickness of the fish). Flip the fish to the rubbed side. Cook another 3-5 minutes. (Internal temperature should be 145 degrees) Remove the fish from heat. Serve in warm flour tortillas with Mango Slaw.

Mango Slaw

Ingredients:

2 cups shredded cabbage

½ cup diced bell pepper (green, orange or red)

¼ cup diced red onion

¼ cup chopped cilantro

1 diced fresh mango

Juice from 1 lime

1 diced avocado

1 tablespoon vegetable oil (canola, olive or avocado)

1 tablespoon honey

¼ teaspoon chili powder

¼ teaspoon salt

Mix Mango Slaw ingredients in a medium bowl and chilled until time to build your tacos.

Episode 13 *Christ Before Me*



Colcannon

Ingredients:

2 ½ pounds russet potatoes, peeled and quartered
2 teaspoons salt
6 tablespoons butter (preferably Irish butter)
3 cups chopped greens (kale, cabbage, or spinach)
3 green onions, chopped
1 cup Half and Half
Salt and pepper to taste
2 tablespoons butter to add before serving

Preparation Steps:

Place potatoes in a large pot. Add the salt and enough water to cover the potatoes. Bring the water to a boil and cook the potatoes until they are fork tender. Once potatoes are tender, drain them and set aside.

Return the empty potato pot to the burner. Add the six tablespoons of butter and melt. Add the greens and green onions to the butter and mix until the greens are wilted. Add the Half and Half and salt and pepper. Heat until warm. Return the hot drained potatoes to the pot and mix with the other ingredients until the texture is like mashed potatoes.

To serve, transfer to serving bowl or bowls, make a well in the top of the colcannon, and add a “knob” of butter to finish.

Episode 14 *Holy Week/Passover*



Matzo Ball Soup

Matzo balls

Ingredients:

- 4 extra large eggs, separated
- ½ cup good chicken stock
- ¼ cup rendered chicken fat, melted
- ½ cup minced fresh parsley
- 2 teaspoons kosher salt, plus more for egg whites
- 1 cup matzo meal

Preparation Steps:

Whisk together the egg yolks, chicken stock, chicken fat, parsley, and salt. Stir in the matzo meal. In the bowl of an electric mixer with a whisk attachment, whip the egg whites with a pinch of salt until they are stiff. Whisk them into the matzo mixture until it is smooth. Refrigerate for at least 15 minutes, or until the mixture is thick. Once the batter is thick, form balls the size of golf balls. Drop them into simmering chicken soup broth for 30 minutes or until fully cooked and puffed, turning once.

Chicken Soup

Ingredients:

2 quarts good chicken stock

1 tablespoon salt

1 teaspoon each: black pepper, thyme, sage, marjoram, rosemary, & garlic

½ cup each: peas, carrots, green onions, celery (feel free to add or subtract)

2 cups cooked chicken

Preparation Steps:

Add the seasoning and vegetables to stock and simmer until the vegetables are soft. Continue to simmer and add the chicken. Cook matzo balls in the soup about 30 minutes, turning once.

Share!

Episode 15 *Happy Easter*



Deviled Eggs

Ingredients:

12 hard boiled eggs

½ cup mayonnaise

1 tablespoon Dijon mustard

Frank's Hot Sauce, a dash or two to taste

Salt and Pepper to taste

Smokey Paprika and chopped chives for garnish

Steps for Preparation:

Peel and split eggs in half length-wise. Place egg whites well side up on platter. Put egg yolks in a bowl and mash.

To the mashed egg yolks, add the mayonnaise, mustard, and a dash or two of hot sauce. Mix thoroughly. Fill the egg white wells with the yolk mixture (We suggest piping it.) To finish, sprinkle the egg tops with paprika and chive. Refrigerate for at least 20 minutes before serving.

Spinach Salad

Ingredients:

1 pound fresh spinach, cleaned and torn
8 slices crisp bacon, crumbled
4 hard-boiled eggs, chopped
4 ounces fresh bean sprouts
1 flat can water chestnuts, sliced
Toss together in a salad bowl.

Salad Dressing

Ingredients:

1 cup vegetable oil
2 tablespoons Worcestershire sauce
¼ cup onion, finely chopped
¾ cup catsup
¾ cup sugar
¼ cup cider vinegar
½ teaspoon salt

Preparation Steps:

Place the salad dressing ingredients in a jar and shake until well mixed. Just before serving, pour some dressing over the salad and toss well. Refrigerate extra dressing.

Episode 16 *The Earth Is the Lord's*



Tabouli

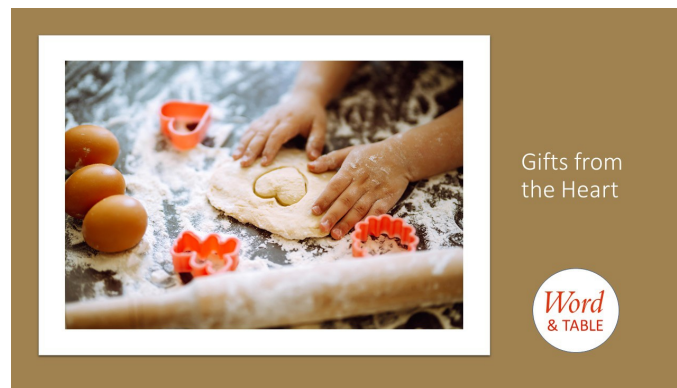
Ingredients:

- 1 cup bulgur wheat
- 1 ½ cups boiling water
- 2 lemons
- ¼ cup olive oil
- 3 garlic cloves, minced
- 3 teaspoons salt
- 1 teaspoon black pepper
- 1 tablespoon chopped fresh herbs (mint or basil)
- 1 cup green onion,
- 2 cups parsley, chopped (spinach, kale or other greens can be substituted)
- 1 cup chopped cucumber
- 2 cups chopped tomatoes

Preparation Steps:

Pour the boiling water over the bulgur wheat that has been placed in a mixing bowl. Let sit for at least 30 minutes or until all the water is absorbed. (The bulgur will become soft and double in size) While the bulgur is soaking, prepare the dressing. Squeeze the juice of two lemons into a small bowl. Mix in the oil, garlic, salt and pepper. Add herbs and green onion. Mix well. Set aside. Add the parsley, cucumber, and tomatoes to the bulgur. Pour the dressing over all and toss well. Refrigerate for at least an hour. Tabouli just gets better with time. Stir well before serving.

Episode 17 *Gifts of the Heart*



No Bake Chocolate Chip Cookie Balls

Ingredients:

- 1 stick of butter, softened
- $\frac{3}{4}$ cup brown sugar
- 1 teaspoon vanilla
- 2 cups all purpose flour
- 1 can sweetened condensed milk
- $\frac{1}{2}$ cup oatmeal, instant
- $\frac{1}{2}$ cup mini chocolate chips

Preparation Steps:

In a large bowl, combine butter, sugar and vanilla. Stir in condensed milk and mix well. Stir in flour, oatmeal and chocolate chips mixing well after each addition. Use a teaspoon portion scoop to scoop into balls, or roll between your palms. Refrigerate until firm, about 30 minutes. Enjoy! This is a wonderful recipe to make with young children.

– Shared by Annabelle McLaughlin

Episode 18 *Gifts of Hospitality*



Audrey's Bierocks

Bread Dough Ingredients:

1 stick butter
2 cups milk
2 cups cool water
4 tablespoons yeast
1/3 cup sugar
3 teaspoons salt
7-9 cups bread flour

Preparation Steps:

In a large bowl, melt butter with milk. Add water. Mix in yeast sugar and salt. Mix in flour until dough is smooth and elastic. Cover and let rise until double. Should be enough dough for 36 bierocks.

Bierock Filling Ingredients:

5 pounds ground beef
5-6 cups shredded cabbage
4 packets onion soup mix
1/4 cup minced onion
1 teaspoon garlic powder
1 teaspoon black pepper *(Continued)*

5 tablespoons beef bouillon
2 cups Monterrey jack cheese

Preparation Steps:

In a large skillet, brown beef and drain. Add bouillon. Add cabbage, soup mix, onion, garlic, pepper and cheese until the cabbage is wilted and the cheese is melty.

To fill the bierocks, roll dough to ½ inch thick. Cut into 4”x4” squares. In the center of a dough square, place ½ cup scoop of the ground beef/cabbage mixture. Bring together opposite corners of dough over the center. Tightly pinch the seams together so that no filling escapes. Form into a ball and place seam side down on a parchment lined baking sheet. Cover and allow to rise until double (about 30 minutes). Brush the tops of bierocks with melted butter. Bake in an oven preheated to 350 degrees for 20 minutes or until golden brown. (These freeze well)

– Shared by Audrey Austin

Episode 19 *The Trinity*



Jambalaya: Celebrate the Trinity

Ingredients:

3 tablespoons butter
1 cup rice
½ cup chopped onion
2 tablespoons minced garlic
½ cup chopped celery
2 cups stock (vegetable, chicken or beef)
1 bottle chili sauce
½ cup green pepper
1 cup cooked chopped chicken
1 cup sliced smoked sausage
1 cup cooked pork or ham
1 teaspoon thyme
Red chili pepper to taste
12 ounces uncooked shrimp peeled and deveined, tail off
1 fresh tomato, chopped

Continued

Preparation Steps:

Melt butter in stock pot. Saute' rice in butter for 2-3 minutes. Add onion, celery and garlic and saute' 2-3 minutes more. Stir in stock and chili sauce. Add green pepper. Add chicken, sausage and ham. Cover, bring to a boil and then reduce heat to simmer about 30 minutes. (until the rice is soft and most of the liquid is absorbed)

Add shrimp, cover and cook until the shrimp turn pink. Stir in fresh tomato and serve. The right condiment to serve with this is Louisiana Sauce. Corn bread is good with this too.

Episode 20 Sabbath



Order Carry-Out