

2010 The AUTUMN CLASSIC

Welcome to our American recipes, in honour of our American themed Autumn Classic. These recipes are from a rather lovely southern belle called Pixie, living in Arizona; they have been kindly passed on to us.

Please remember that these are recipes for home cooking and the measurements could turn out to be a wee bit eccentric, but we have tackled a few of them and they turned out fine. So – try them out, bend them to your own culinary will and enjoy.

Cups are the hardest bit so this may help. 1 cup = 16 tablespoons or 8 ozs. 1/8 cup = 1 oz.

Recipe Number 1

Shrimp Creole

This recipe is a genuine southern recipe so the measurements are in cups and some ingredients may need a little substitution!

Serves 4

Ingredients

2 ½ lbs raw, unpeeled shrimp (prawns)
1 ½ tbs bacon grease
1 ½ tbs flour
½ cup finely chopped onion
1/3 cup finely chopped green pepper
¼ cup finely chopped celery
1 8oz can tomato sauce (we tried puree or pasata)
1 16oz can Italian plum tomatoes with basil – keep the liquid
1 clove garlic (minced)
½ tsp cayenne
2 tbs Worcestershire Sauce
1 tsp sugar
2 tsp salt
¼ tsp pepper
2 tbs chopped parsley
¾ cup chopped green onions (spring)
2 cups steamed rice

What to do

Peel and devein the shrimp.

In a large pot, heat the bacon grease and add the flour, stirring constantly to make a roux. Cook until golden brown.

Pour in tomato sauce, tomatoes and the liquid. Blend well.

Add garlic, cayenne, Worcestershire Sauce, sugar, salt and pepper.

Simmer for 30 minutes, stirring occasionally.

Add the shrimp, parsley and green onions.

Cook for 30 minutes more and serve over the rice.

Recipe Number 2

Chicken & Garlic

This is going to sound horrendous and only to be eaten with those you love – and we mean really love – as it contains 40 cloves of garlic. It is, however, delicious!

Serves 4

Ingredients

1 small chicken, jointed

Salt and white pepper to taste

1/3 cup olive oil

40 cloves of garlic (and in case you are a new cook this doesn't mean 40 bulbs, it mean 40 of the little bits you break off a large bulb)

2 tsp rosemary

1tbs chopped parsley

Season the chicken joints with the salt and pepper.

Heat the oil in a large skillet and add the chicken.

Brown the meat on all sides and put the chicken to one side.

Add the garlic cloves to the pan. Sprinkle with rosemary and sauté until the garlic sparkles (it begins to look translucent).

Pour off all but 3 tbs of oil.

Arrange the chicken in the pan skin side up, cover the pan, reduce the heat and simmer for 30 mins.

Baste from time to time to keep the chicken moist.

Serve with the garlic sprinkled on top with the juices from the pan and the parsley.

Don't leave the house for a week.

Recipe Number 3

Rabbit Jambalaya

This is a bit of a faff to make but actually turns out a dish that has complicated layers of flavour, makes you feel a wee bit proud and is a triumph. Smells brilliant and makes you think of New Orleans...Pixie's home town.

Serves 4 – 6

1 large rabbit (about 3lbs) – you can use chicken instead of rabbit

1lb smoked sausage, sliced

¾ lb butter – don't skimp as it makes the jambalaya velvety

1 ½ onion, chopped finely

2 celery ribs with leaves, chopped

½ cup bell pepper finely chopper (our normal green or red peppers)

¾ cup tomato sauce

2 cups converted rice (long grain will do, but converted rise is beige and is better for you. You may not be able to buy it here)

3 cups chicken stock

2 bay leaves

1/8 cup parsley, chopped

1 tsp salt

2 cloves garlic, pressed

¼ tsp thyme

½ tsp cayenne

¼ tsp white pepper

Remove the meat from the rabbit and chop into chunks.
Melt the butter in a pan and add garlic, onion, celery and bell pepper.
Sauté gently for 3 minutes, then add bay leaves, parsley, salt, thyme, cayenne and pepper. Stir well.
Add the sausage.
Stir constantly, turn up to high heat until vegetables are translucent.
Add tomato sauce and simmer for 5 minutes.
Add the rabbit and cook on high for 15 minutes. Blend well.
Add the rice and mix for 12 minutes.
Add the stock and bring to a boil.
Turn down the heat, cover and simmer until rice is tender.
Remove the bay leaves and serve.

Recipe Number 4

Sonoran Steak

This is proper outdoor food and best cooked on a camp fire in the Sonoran desert whilst watching the sunset, obviously, but a barbeque or even a grill will do.

Ingredients

3 or 4 cloves of garlic pressed

½ bottle soy sauce

½ bottle lime juice

3" thick round steak – we suspect a nice thick piece for sirloin or rump would do here

Salt and freshly ground white pepper

Mix all ingredients except pepper and steak.

In a shallow pan, cook seasonings until well blended.

Pepper the steak liberally and put in a pan.

Pour the marinade over and turn frequently for several hours (overnight in the fridge).

At this point, if you were in fact in the desert, you would be drinking Dos Equis from your cooler and shooting the breeze.

Charcoal broil (this is an American recipe!) basting with remaining marinade.