

**W**INTERTIME IS SYNONYMOUS WITH COMFORT FOODS, AND WHAT BETTER EXCUSE DO YOU NEED TO PLEASE YOUR GUESTS AND FAMILIES THAN MAKING A QUICK AND TASTY MEAL? WITH TIGHT SCHEDULES AT WORK (AND PLAY!), WE ALL CAN USE SOME FAST FIX-IT DINNERS THAT ARE HEALTHY AND TASTE WONDERFUL. — By Jane Wilkinson

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## SPILLWAY SWEET POTATO SOUP

- 2 T. olive oil
- 1 onion, chopped
- 1/2 t. cumin
- 1 lg. sweet potato, peeled & sliced
- 3-4 carrots, sliced
- 1 bell pepper, sliced
- 1/2 jalapeno pepper, minced
- 4 cups chicken broth
- 3 T. heavy cream
- Juice from 1/2 a lime
- Salt & pepper to taste

Heat the olive oil in a heavy saucepan, and then stir-fry the onion along with the cumin until soft

—about five minutes. Add the sweet potato, carrots, bell pepper, hot pepper and three-and-a-half cups of the chicken broth. Cover and bring to a boil. Reduce the heat to simmer and cook for 20 minutes or until the vegetables are tender. Remove the solids from the liquid with a slotted spoon and purée them in a blender. Place the purée in the warm broth in the pan and stir in the cream, lime juice and salt and pepper (to taste). If the soup is too thick, add the remaining half-cup of chicken broth. Serves 6.  
 (\*Parsnips and squash can be used in place of the carrots and sweet potato. Turkey or chicken leftovers can also be added.)

## CUPSUPTIC BEER & MUSHROOM STEAK

- 1 (1 lb.) beef flank steak
- 1 T. Worcestershire® Sauce
- 1 T. mustard (any favorite flavor\*)
- 3/4 cup beer (1/2 can)
- 4 oz. mushrooms, sliced
- 1 sweet onion, sliced thin
- 1/4 t. sage
- 1/4 t. thyme
- 1/4 t. garlic salt
- 1/8 t. black pepper

Spread both sides of the steak with the Worcestershire Sauce, and spread one side with

the mustard. Spray a skillet with cooking spray, and then place the meat in a cold skillet with the mustard side up. Heat the pan to high and cook until the underside is well-browned. Turn the meat over and cook to rare or medium-rare doneness. Remove to a plate and keep warm. Add the rest of the ingredients to the skillet. Cook, stirring, for five minutes or until the liquid is mostly evaporated. Slice the steak thin against the grain; spoon the sauce on top. Serves 4.

(\*Mother's Mountain Portland Beer Mustard is awesome!)

## PINNACLE PIZZA QUICHE

- 1 tomato, chopped
- 1 green pepper, chopped
- 1 onion, chopped
- 3 mushrooms, sliced
- 1 celery stalk, chopped
- 1 T. olive oil
- 1 pie shell, homemade or store-bought
- 1 t. oregano
- 1/4 t. baking soda
- 1/8 t. salt
- 4 oz. shredded mozzarella cheese
- 8 oz. cheddar cheese, grated
- 3 eggs
- 1 1/2 cups cream
- 1/2 t. dried parsley (or basil)
- 4 mushrooms, sliced (for garnish)

Prepare the filling: heat the olive oil and then briefly sauté the tomato, green pepper, onion, mushrooms and celery. Remove from the heat and add the baking soda, salt and oregano. Place the mozzarella cheese in the pie shell. Spread the grated cheddar cheese evenly over the vegetables in the pie shell. Whisk the eggs with the cream to blend well. Pour this on top of the cheese. Sprinkle with parsley and place the mushroom slices on top. Heat the oven to 375 degrees, bake the quiche for 10 minutes, and then reduce the heat to 325 degrees and bake for 30 to 35 minutes more or until the center is "set." Allow the quiche to sit on a rack for 10 minutes before serving. Serve hot or cold. Serves 6.

(Pepperoni or sausage can be added.)

## SPRUCE MOUNTAIN PENNE ALFREDO

- 1 lb. dry penne
- 1 cup heavy cream
- 1 stick butter
- 3/4 cup grated parmesan cheese
- 1/4 cup fresh parsley, chopped
- 1/2 t. salt
- 1/2 t. black pepper

1/8 t. garlic powder  
 Cook the penne as directed and then drain. Heat the butter and cream —do not boil— in a large non-stick pan just until the butter melts. Stir in the grated cheese and the rest of the ingredients —stir often. Add the cooked and drained penne and toss to coat well. Serve hot. Serves 6.

## TITCOMB TURKEY BALLS

- 1/2 lb. bacon, cut up
- 1 onion, chopped
- 2 lbs. sauerkraut, drained
- 1 cup water
- 1 t. caraway seeds
- 1 lb. ground turkey
- 3/4 cup cooked rice
- 2 eggs
- 1/2 t. salt
- 1/4-1/2 t. pepper (to taste)
- 1/2 cup sour cream
- 1 t. sugar
- 1 T. dried parsley

Brown the bacon pieces in a Dutch oven. Add the onions and cook until they are transparent. Stir in the sauerkraut, water and caraway seeds. Allow to boil and then reduce the heat to simmer for 10 minutes. Meanwhile, combine the ground turkey, rice, eggs, salt and pepper, and then shape into 12 meatballs. Place the meatballs on top of the sauerkraut. Cover the pan and cook for 20 minutes or until the meatballs are cooked. Remove the meatballs and keep warm. Mix the sour cream, sugar and parsley into the sauerkraut, and then heat slowly. Put this into a serving bowl and then place the turkey-balls on top. Serve warm. Serves 4.