

Recipes from the Ridge

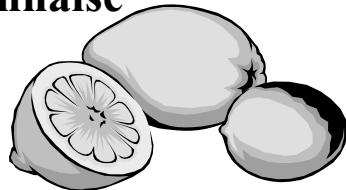
by
**Jane
Wilkinson**

Lighten Up!

Spring usually means lighter soups, salads and suppers. I have some annual favorites that I only prepare in May or June, and I'll share them again with you here. I can't guarantee they're low-fat — just lighter.

Lemonnaise

- 1 egg white
- 1/2 t. dry mustard
- 1/2 t. sugar
- 1/2 t. salt
- 1 cup canola oil
- Juice of 1 lemon (1-2 T.)
- 1/2 T. hot tap water



Combine the egg white, the mustard, sugar and salt in a blender. Keep the motor going on low speed and slowly pour in the oil alternately with the lemon juice. Add the hot tap water last. Makes one cup. Great as a dressing, dip, spread or in a coleslaw.

Three-Bean Salad

- 1 (16 oz.) can chickpeas, drained
- (continues)*

- 1 (16 oz.) can kidney beans, drained
- 1 (16 oz.) can green beans, drained
- 1 Vidalia onion, sliced thin
- 3 garlic cloves, minced
- 2 T. fresh oregano, chopped
- Salt & pepper to taste
- 2/3 cup olive oil
- 1/4 cup vinegar



Combine all of the beans and the onion in a serving bowl. Toss with the rest of the ingredients or use the Lemonnaise (above) as the dressing. Allow to sit at room temperature for a half hour. Serve warm or cold. Serves eight.

Cold Cucumber Soup

- 1 lb. cucumbers, chopped & peeled (4-5)
- 2 T. butter
- 1/4 cup chopped green onion
- 4 cups chicken broth
- 1 t. wine vinegar
- 1/2 t. dill weed
- 1/8 t. salt
- 1/8 t. white pepper
- 1/2 cup sour cream (or plain yogurt)



Peel or chop the cucumbers into half-inch chunks. Melt the butter in a heavy saucepan and stir in the green onions —sauté for two to three minutes. Add the cucumbers, broth, vinegar and dill weed —bring to a boil. Simmer uncovered for 20 minutes. Purée in a blender, and then stir in a half-cup of the sour cream. Chill for one to four hours. Ladle into bowls and top with a dollop of sour cream and the dill. Serves eight.

Curried Chicken Apple Soup

- 4 cups chicken broth
- 2 t. curry
- 3 egg yolks, beaten
- 2 cups heavy cream
- 1 1/2 cups cut up, cooked chicken
- 1/4 t. salt
- 1/8 t. white pepper
- 1 cup chopped Granny Smith apple
- Coconut, toasted

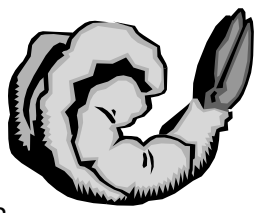


Simmer the broth and curry powder for 15 minutes. Beat two to three tablespoons of the hot broth into the

egg yolks and then stir in the cream. Whisk this mixture into the remaining broth —stir constantly over low heat until it thickens slightly; do not allow this to boil. Add the chicken, salt and pepper —taste and adjust seasonings accordingly. Cool and chill well (one to four hours). Serve with toasted coconut on each bowlful or pass separately. Serves six.

Super Quick Shrimp and Orzo

- 1 cup uncooked orzo*
- 2 T. olive oil, divided
- 1/2 t. salt, divided
- 1/4 t. pepper, divided
- 1 lb. shrimp, peeled & deveined
- 1 cup chopped Vidalia onion
- 3 garlic cloves, minced
- 1/4 t. crushed red pepper
- 1 pint cherry tomatoes, cut in 1/2
- 1/3-1/2 cup grated Parmesan cheese
- 1/4 cup chopped fresh basil



*Orzo is a rice-shaped pasta available at most local stores (Fotter's, Tranten's, BLC, Hannaford).

Cook the orzo. While it cooks, heat one tablespoon of the olive oil in a skillet. Sprinkle half of the salt and pepper over the peeled shrimp and then add the shrimp to the pan and cook for one to two minutes per side and then remove from the pan. Add the remaining one tablespoon of olive oil to the pan. In the pan, combine the onion, garlic and crushed red pepper —stir-fry for two minutes. Add the tomato halves and cook three minutes longer —stirring gently. Add the orzo and shrimp —heat through. Remove from the heat and taste —add salt and pepper as needed. Toss with the cheese and basil. Serve warm or cold. Serves four. (I add feta cheese instead of Parmesan and also kalamata olives —yum!)

RECIPE CORRECTION

In the April, 29, 2009 issue of the *Original Irregular*, in *Recipes from the Ridge* on page 21, for the recipe, "Sour Cream Chocolate Cake," there were missing ingredients and instruction: **1/2 cup cocoa & 1/2 cup oil (or 1 stick butter) — Add the cocoa to the dry ingredients and the oil to the wet. Follow recipe as published.** "Thank you Ray from Oquossoc for noticing! —Jano"

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