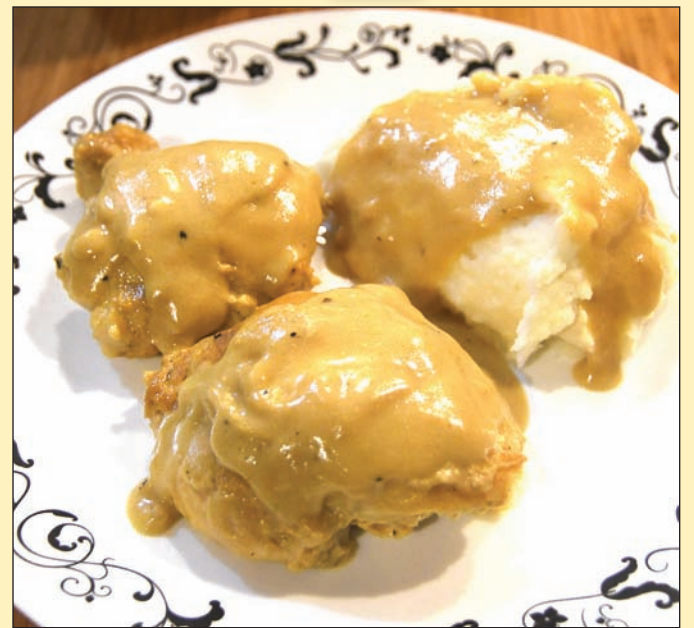


Recipe Roundup 2016



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Recipe Roundup 2016

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Cover photo: Chris Thew

Not only money matters

Financial adviser has blog to share his love of cooking

By **CHRIS THEW**
The Chronicle

OMAK - Two years ago, Doug Sklar decided to start a blog to share with friends his love for all things cooking and entertaining with friends.

"I've always loved cooking," said Sklar, a financial adviser with an Edward Jones office in Omak. "I've loved it as a way for me sharing."

While his blog is not packed with recipes, Sklar gives some good ideas on techniques that anyone can try and some insightful comments on new products he is trying.

"Quite honestly my biggest problem with putting recipes on there is I do it by feel and I forget about how much I put of things," Sklar said.

However, he said he's considering doing YouTube videos where he could show his process and how much of each ingredient is being used.

Sklar said most of his blog posts are about cooking at home, dining out when he and his wife Jacqueline travel and quite a bit about wines.

Last week, Sklar and his wife attended cooking classes in Sonoma, California to learn how to use their Mugnaini outdoor wood oven.

Sklar said he often uses his wood oven, an Argentinian grill, a Traeger grill and a Big Green Egg to make some pretty beautiful and tasty dishes.

Lately, Sklar has been really impressed with the Big Green Egg, a domed ceramic charcoal cooker.

The last few weeks, he and friends have been testing out dishes with various grills and smokers to see how the new gadget stacks up.

He said it has been getting rave reviews.

Sklars blog can be found at foodbydoug.blogspot.com



Sklar



Steak accompanied by a simple salad of tomatoes, mushrooms, avocados, grapes and shredded parmesan cheese. The dressing was simple grape seed oil and vinegar. DOUG SKLAR/FOODBYDOUG.BLOGSPOT.COM



Big Green Egg Pear with fresh thyme, gorgonzola, and balsamic glaze cooked on a cedar plank DOUG SKLAR/FOODBYDOUG.BLOGSPOT.COM



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Sklar From Page 3

Gorgonzola Cedar Plank Pears

Red Bartlett or Bosc Pears
Crumbled gorgonzola cheese
Fresh thyme
Melted butter
Balsamic Glaze/reduction
Soaked cedar plank

Directions

Soak cedar plank in water for at least one hour before using
Cut pears in half and clean out middle making a well to place cheese
Brush with melted butter
Hand crush thyme rubbing between fingers over buttered pears.
Pack firmly with cheese.
Brush a little butter over cheese.
Sprinkle whole thyme leaves over pears and cheese.
Place on cedar plank on grill heated to about 300 degrees with lid closed for 10 - 15 minutes.
Remove and glaze with balsamic reduction sauce.
Note: Don't bother trying to make the glaze yourself, the Safeway Select Balsamic is just fine and easy.

This recipe is adapted from the book 'Grilling Like a Pro'.

Fired up Bananas Foster

4 Bananas (cut in half then sliced down the center)
1/2 to full stick sweet butter
About a half cup brown sugar...more or less
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 shot fireball

Directions:

Place bananas directly on grill
Cook on cloth side until you have some nice grill marks. You do not want to over cook them.
Place cast iron skillet directly on hot grill and melt butter (you can do this while grilling the bananas). Once butter is melted add dry ingredients and mix into melted butter.
Add the grilled bananas. Call friends around Bbq (because everyone like cooking with fire) and add at least one shot of fireball. Light on fire and continue cooking until alcohol burns off. Serve over ice cream or pound cake with plenty of sauce for guest to enjoy.



Turkey burger with a salad of artichoke quarters, garbanzo beans, kidney beans, and Italian dressing.

DOUG SKLAR/FOODBYDOUG.BLOGSPOT.COM

Watermelon Feta Basil Salad

1 small to medium watermelon cut into bit size pieces
One bunch of fresh basil
5 oz package of crumbles feta cheese

Directions:

Combine and enjoy as a simple but different side dish for a hot day meal or bbq. I have to give credit to Kerry Malone for inspiring me on this one.



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LOCAL GOURMETS



Fry Bread can be made with a faster baking soda variant or with a yeast mix. Either one makes a perfectly tasty bun for a hamburger (above) or, obviously, Indian tacos.
ANGELEE NANAMKIN/SPECIAL TO THE CHRONICLE

Fry Bread (with baking soda)

Submitted by Ronnie Warbus, Omak

2 cups flour (or more)
8 teaspoons baking powder (4 teaspoons for every cup of flour)
1 teaspoon sugar (or more, if needed).
Dash of salt
Milk, if desired

Directions:

Mix dry ingredients together and then add water until you make a dough. Make it about 2-3 hours before cooking. Make equal size balls or pull the dough as needed. Fry in a skillet filled halfway with shortening or vegetable oil (whichever you prefer).

Cook until golden brown and the dough is done in the center.

Fry Bread (with yeast)

Submitted by Angelee Nanamkin, Okanogan

1 1/8 cup of water
3 cups of flour
1 teaspoon of salt
2 tablespoons of sugar
1 1/2 Tablespoons of powdered milk
1 1/2 tablespoons of butter
1 1/2 teaspoons of Rapid rise dry yeast

Directions:

Mix all ingredient together and knead the dough for a few minutes. Let rise for about an hour, knead covered dough again, let rise for one more hour.
Pull the dough into your desired frybread size and deep fry until golden brown.

"This fry bread recipe works great for donuts or hamburger buns." - Angelee Nanamkin, Okanogan

Linguine with Shrimp Sauce

Submitted by Marilyn Fillis, Omak

1 pound cleaned, raw shrimp
1 pound linguine, cooked with 2 tbs salt
1 cup heavy cream
1/2 cup butter or margarine, divided
1 Tablespoon garlic, finely chopped
3 Tablespoons fresh basil, chopped or 1 teaspoon dried basil
1/2 teaspoon dried thyme
Black pepper
1/2 cup Parmesan cheese, grated
1/4 cup parsley flakes

Directions:

Slowly heat cream in a sauce pan, DO NOT BOIL. In a large skillet, add half the butter, shrimp, garlic, basil, thyme and freshly ground black pepper, stir gently to prevent scorching. When shrimp are cooked, remove from heat. Quickly drain linguine and place on a large heated platter. Add sauce and toss. Add remaining butter, cheese, parsley and salt to taste. Toss again. Serve immediately.

"This is a big hit every time I serve it." - Marilyn Fillis, Omak

Korn Dog Casserole

Submitted by Lisa Carper, Oroville

2 cups finely chopped celery
1 1/2 cups finely chopped green onions
2 Tablespoons butter
1 pound Keilbasa sausage
2 eggs
1 1/2 cups milk
1/4 teaspoon black pepper
2 small corn bread mixes
2 cups shredded cheese

Directions:

Saute onion and celery in butter for 5 minutes. Place in large bowl.
Place keilbasa in skillet and brown. Add to bowl with veggies. Add corn bread mix, milk and 1 1/2 cups cheese. Put into a greased baking dish and top with remaining cheese. Bake at 350 degrees for 30-35 minutes or until done.

"Very tasty and yummy." - Lisa Carper, Oroville

Aunt Marion's Sweet & Sour Sauce

Submitted by Kate MacKenzie, Omak

1 cup brown sugar
3/4 cup vinegar (apple cider is best)
1/4 c Heinz 57 sauce
1 cup water
1 tablespoon cornstarch (and water to mix)
Soy sauce
1 large can crushed pineapple

Directions:

Combine all ingredients except for cornstarch in a saucepan and cook over medium heat. When sauce starts to come up to temperature, mix corn starch with a small amount of water and add to sauce. Cook until thickened.



Bread pudding is tasty with or without a dollup of whipped cream and works with any type of bread. CHRIS THEW/THE CHRONICLE

Fresh Corn Pudding

Submitted by Kate MacKenzie

- | | |
|--------------------------------------------------|-------------------------------|
| 2 tablespoons butter | 1/2 teaspoon granulated sugar |
| 1 onion, minced | 1/2 teaspoon salt |
| 1 red bell pepper, chopped | 1/2 teaspoon black pepper |
| 1 stalk celery, minced | 2 eggs |
| 5 cups fresh corn kernels or frozen corn, thawed | 1 tablespoon flour |
| 2 cups light (10%) cream or evaporated skim milk | |

Directions:

In a saucepan, melt butter over medium heat. Cook onion, pepper and celery until tender. Stir in corn, cream, sugar, salt and pepper. Bring to a boil, reduce and simmer for 10 minutes. Remove from heat and cool slightly.

Whisk together eggs and flour in a separate bowl. Add a small amount of vegetable mixture. Stir eggs into vegetable mixture. Pour into prepared dish. Bake 40 minutes or until custard is set and lightly browned. Stand 5 minutes before serving.

Banana Bread

Submitted by Lisa Carper, Oroville

- | | |
|------------------------|---------------------------------|
| 1 cup bananas | 1/2 teaspoon salt |
| 1 cup brown sugar | 1/2 teaspoon vanilla |
| 2 cups flour | 1/2 cup butter |
| 2 eggs | 1/2 cup nuts or chocolate chips |
| 1 teaspoon baking soda | |

Directions:

Mix bananas and butter together. Add vanilla. Blend well. Add sugar, baking soda, eggs and salt. Slowly add flour. Mix well. Pour into greased loaf pan. Bake for one hour at 350 degrees.

Bread Pudding

Submitted by Linda Mullen, Omak

- 1 loaf bread
- 2 cups milk
- 1 cups sugar
- 2 eggs
- 1 1/2 teaspoons Cinnamon (to taste)

Directions:

Break up the loaf of bread into bite size pieces in the 9x13 greased pan. Mix milk, sugar, eggs, and cinnamon. Pour over the bread and mash to moisten the bread.

Bake 30 min. at 350°
Serve with whipped topping.

Farm House Biscuits

Submitted by Lisa Carper, Oroville

- 1 tube of refrigerator biscuits
- 1 pound hamburger
- 1/2 cup ketchup
- 3 Tablespoons brown sugar
- 1 Tablespoon cider vinegar
- 1/2 teaspoon chili powder
- 1 cup shredded cheese

Directions:

Separate and flatten biscuits and place in greased muffin tins. Cook hamburger in a skillet and drain any fat. Mix in ketchup, brown sugar, vinegar and chili powder. Stir until smooth and spoon mixture into muffin cups. Sprinkle with cheese. Bake at 375 degrees for 18-20 minutes or until golden brown. Cool two minutes before removing.



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NO LEFTOVERS

Holy yum! This chicken is good

CHRIS
THEW

Hopefully, the people who read this column for the recipes — or just look to see how poorly I can mess up a dish — found the column this week.

I figured it made sense to put the recipe column in the extra pages that had recipes, though I'll say that the others are prepared by people who probably aren't so clumsy in the

kitchen.

This week I chose a chicken dish, because my kids' diets consist mostly of chicken — with some vegetables and fruit most of the time left on the plate. The lone exception most days is fish. My daughter loves fish, which surprises me completely. Must be the English blood.

I found this week's recipe on recipe blog, Table for Two, which can be found at www.tablefortwoblog.com, but the original recipe actually comes from the I Love Trader Joes Cookbook by Cherie Mercer Twohy.

I was a bit concerned with the load of Dijon mustard going into the dish and, I have to admit, thought the flavor was odd at first. But after a few bites I was enjoying it.

I did dump in a couple extra tablespoons of rice vinegar into the sauce when I cooked it up. I don't like my chicken too sweet. For those of you who don't know (I didn't), rice wine vinegar and rice vinegar are the same, but you could likely use white vinegar to get the same result.

If you are like me and you forget the sauce for whatever reason, carefully remove it to a saucepan and add cornstarch. With a quick whisk, cornstarch will not clump in this recipe and doesn't need any extra preparation.

My kids love chicken, but they aren't really fans of mustard unless it accompanies a corndog — and that isn't very often, so if you aren't a fan of the yellow condiment (even though this uses Dijon), it would probably be best to pass on this one.

The recipe says to pair with potatoes, but I think if I make it again, I'll serve it with yellow rice or just plain ol' white rice.

Holy Yum Chicken

1 1/2 - 2 pounds boneless, skinless, chicken thighs (most of the fat cut and discarded)

1/2 cup Dijon mustard (must be Dijon mustard, no substitutes)

1/4 cup pure maple syrup (again, no substitutes. No fake Aunt Jemima



Holy Yum Chicken was a different taste, but not bad in any way. Gravy worked nicely on mashed potatoes, but would have also been nice served over rice. CHRIS THEW/THE CHRONICLE

stuff)

1 tbsp. rice wine vinegar (seasoned or unseasoned)

1/4 tsp. salt

1/4 tsp. ground black pepper

1 tbsp. cornstarch

2 tsp. fresh rosemary for garnish

Directions

Preheat oven to 450 degrees.

Line a 8x8" pan with 2 layers of aluminum foil.

In a small bowl, combine Dijon mustard, syrup, rice (wine) vinegar, salt and pepper.

Place chicken in the foil-layered pan and pour the mixture on top of it. Turn the chicken to coat it in the sauce.

Bake, uncovered, for 40 minutes.

Remove pan from oven and let sit for 5 minutes before transferring chicken to a plate.

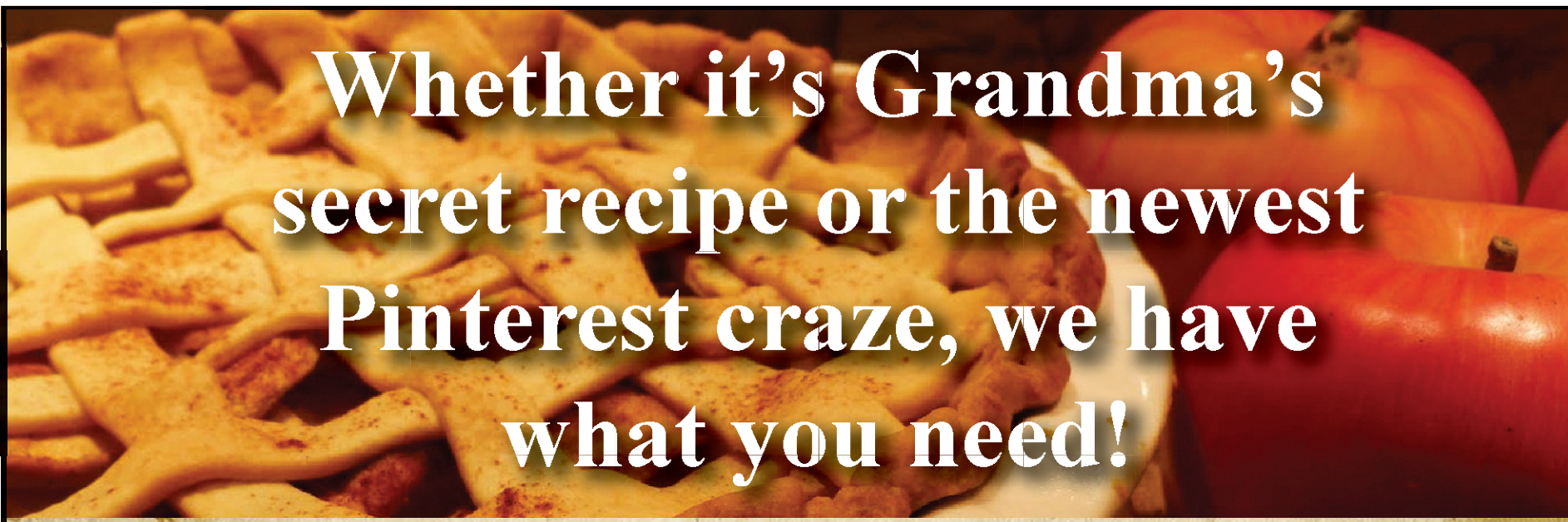
Add cornstarch to the remaining liquid and whisk until sauce thickens.

Add a bit of rosemary to add additional

flavor and appearance before serving.

If you are considering making this in a larger pan, just remember that you may need to more than double the recipe to make sure that the sauce is nearly covering the chicken, because it soaks up quite a bit of the sauce.

Chris Thew is managing editor of The Chronicle. If you have a suggestion for the column or a recipe, you can contact him by email at cthew@omakchronicle.com or call 509-826-1110.



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