



AAUW Gourmet Group Menus

**March/April (Suggested
Date: 3/14)**

Appetizer – Sausage-stuffed Mushrooms

*Main – Scaloppine of Chicken with Roasted Tomato,
Olive and Feta*

Sides – Green Spring Vegetables, Fettucine Alfredo

Dessert – Pistachio Cake

*Scaloppine of Chicken with Tomatoes and Olives**

INGREDIENTS

8 Roma tomatoes, halved

½ cup good olive oil, plus extra for brushing

1 medium red onion, cut in ¼ inch dice

4 cloves garlic, minced

½ tsp sugar

¼ cup sherry vinegar

1 cup dry vermouth

1 cup orange juice

2 cups chicken stock

Salt and black pepper

2 Tbsp lemon juice

¼ cup chopped chives, Italian parsley, basil, or a mixture of the two

16 to 24 quality olives (Kalamatas, Nicoise, Greek)

¾ cup crumbled feta

8 five-to-six-ounce boneless, skinless chicken breast halves

2 cups flour, mixed with 1 Tbsp each salt, pepper, thyme, marjoram

DIRECTIONS

Preheat the oven to 375 degrees. Lay the tomato halves cut-side down on a lightly oiled sheet pan. Brush with a touch of olive oil and roast on the upper rack of the oven for 12 to 15 minutes or until the skin shrinks and begins to brown a little. Take from the oven and set aside until cool enough to handle.

Meanwhile, heat the oil in a heavy 2-quart saucepan. Add the onion and garlic and sauté until translucent. Sprinkle with the sugar and a tiny bit of salt and pepper. Add the vinegar and vermouth and simmer for a few minutes. Pull the skins from the tomato halves and discard. Chop the tomato halves into large chunks and add to the pan, along with any juices. Add the orange juice and the stock and bring to a brisk simmer, reducing by a third. Taste and add salt and pepper and lemon juice to brighten the flavors. Stir in the chopped herbs and cook for one minute more. Set aside while preparing the chicken breasts.

Trim the breast halves of any extra fat, rinse and pat dry. Lay out a 2-foot piece of plastic wrap on the work surface. Place the breasts, smooth side down, on the plastic, and cover with another piece of wrap. Pound the breasts with a meat hammer until flattened to half their original size. Dredge each pounded chicken breast in the seasoned flour and set aside on a clean sheet pan.

Heat a large skillet and add one tablespoon olive oil. Brown the breasts, in batches, until golden brown and cooked through, 2-3 minutes per side. Transfer to a baking pan, about 9x13 inches, overlapping slightly. Ladle about 3/4 cup of the sauce over the breasts, cover with foil and bake for 15 minutes. Serve over pasta with a little more sauce, a sprinkling of feta and 2-3 olives on each serving.

This dish is a great do-ahead and keeps well for several days. The sauce can be prepared to the point of adding herbs, then cooled and held until the next day.

****Sharing the Table at Garland's Lodge***

*Green Spring Vegetables**

Serves 6-8

INGREDIENTS

¼ lb French string beans (haricots verts), ends removed

¼ lb sugar snap peas, ends removed

¼ lb asparagus, ends removed

½ lb broccolini, ends removed

1 Tbsp good olive oil

1 Tbsp unsalted butter

3 large shallots, sliced

½ tsp black pepper and ½ tsp salt

DIRECTIONS

Blanch the string beans in a large pot of boiling salted water for 1 minute only. Lift the beans from the water with a slotted spoon and immerse them in a bowl of ice water. Add the snap peas to the boiling water and cook for 1 minute, until al dente, adding them to the ice water and the beans. Cut the asparagus into 2-inch lengths diagonally and cook in the boiling water for 2 minutes, and add to the ice water. Cut the broccolini in half, boil for 1 minute, and add to the ice water. When all the vegetables in the water are cold, drain well.

When ready to serve, heat the butter and oil in a very large saute pan or large pot. Saute the shallots over medium heat for 5 minutes, tossing occasionally until lightly browned. Add the drained vegetables to the shallots with ½ tsp salt and the pepper, and toss. Cook just until the vegetables are heated. Serve hot.

INA GARTEN *BAREFOOT CONTESSA AT HOME

*Lemon Alfredo Sauce**

INGREDIENTS

¼ cup butter,
¼ cup olive oil
1 ½ cup heavy cream
1 ¼ cup chicken broth
½ cup scant fresh lemon juice
¼ cup lemon zest
¼ cup Italian parsley, coarsely chopped
1 cup shredded Parmesan cheese
Salt and pepper to taste

DIRECTIONS

Melt butter and olive oil. Add cream, broth and juice and bring to a slow boil reduce until thickened to about 1/3 original volume. Keep warm. Correct for salt and pepper.

Cook purchased fresh fettucine until barely tender. Save 3 Tbsp pasta water before draining noodles.

Transfer pasta to heavy 3 qt sauce pan. Add 3 Tbsp water, 1/2 parmesan, fresh ground pepper, warm lemon cream and half lemon zest. Check for salt and pepper. Mix in the rest of the lemon zest and most of parsley reserving some for serving. Serve on warm plates with a sprinkling of parsley.

***GARLAND LODGE**

*Pistachio Cake**

INGREDIENTS

Cake

- 1 yellow cake mix
- 1 3.4 oz Jello brand instant pistachio pudding and pie filling
- 3 eggs
- 1 cup water or club soda
- ½ cup vegetable oil
- ½ tsp almond flavoring
- ½ cup chopped pistachios
- 7 drops green food coloring (optional)

Frosting

- 1 small instant pistachio pudding mix
- 1 cup whipped topping thawed
- ½ cup milk
- Few drops of green food coloring
- Crushed pistachios for garnish

DIRECTIONS

Preheat oven to 350 degrees. Grease and flour tube pan or 9x13 pan. Can also use 8-inch or 9-inch cake pans.

Mix cake mix with dry pudding mix. Mix well and add rest of ingredients. Beat for two minutes at medium speed. Bake 30-50 minutes depending on cake pan used.

Let cake cool before icing.

Frosting

To make frosting, put instant pistachio pudding mix into a mixing bowl. Add ½ cup cold milk. Stir until combined. Stir in thawed whipped topping. Put a few drops of green food coloring.

Spread frosting onto cooled cake, and garnish with crushed pistachios. Refrigerate for at least two hours prior to serving.

****THE COUNTRY COOK***