

## Chicken Stroganoff (Russian) Monday

4 boneless skinless chicken breasts  
3 tablespoons oil  
1 onion, thinly sliced  
8 ounces mushrooms, sliced  
1 1/4 cups sour cream or plain yogurt  
Salt  
Pepper  
1 tablespoon parsley

1. Place chicken breasts, one at a time, between two sheets of plastic wrap & flatten each to a thickness of 1/4 inch with a rolling pin.
2. Cut into 1-inch strips diagonally across the fillets.
3. In large frying pan, heat 2 tablespoons of oil, & cook sliced onion slowly until soft but not colored.
4. Add mushrooms & cook until golden brown, then remove & keep warm.
5. Increase heat, & add remaining oil.
6. Fry chicken very quickly, in small batches, for 3-4 minutes until lightly colored. Remove & keep warm while frying remaining chicken.
7. Return all chicken, onions & mushrooms to frying pan & season with salt & pepper, then stir in sour cream & bring to boil.
8. Sprinkle with fresh parsley & serve immediately.

\*\*Note we are using leftover smoked chicken. We just pulled it off the bone. We also serve this over rice or noodles with a salad.

\*\*For dessert we are having:

## Blini- Russian Pancakes

- 1 teaspoon yeast
- 1 cup milk
- 1/2 cup water
- 1 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 cup Butter
- 1 egg
- 1-1/3 cup flour
- 1 teaspoon oil
- Peach preserves

1. Place yeast in large mixing bowl.
2. Combine half the milk and all the water in sauce pan and heat until lukewarm. Add the liquid to the yeast along with the sugar and salt, mix until dissolved.
3. Melt butter and add to mixture. Beat eggs, lightly and add with whisk. Gradually add flour, whisking to remove lumps, scrapping sides of bowl. Cover with plastic wrap and let stand in warm place for 1-1/2 hours.
4. After 1 hour, stir the mixture, recover and leave for remaining 1/2 hour.
5. Heat rest of milk until lukewarm and stir into mixture.
6. Heat a small heavy frying pan on medium heat. Pour enough mixture to thinly cover bottom of pan and cook until firm and lightly golden. Flip and repeat on the other side.
7. Place a tablespoon preserves in center of blini and roll. Dust with powdered sugar.

\*\*Make extra empty blini's and use them in Thursday's dinner.

## Hawaiian Chicken (Hawaiian)

Tuesday

- 5 skinless, boneless chicken breast halves
  - 1-2/3 cups teriyaki sauce, divided
  - 5 pineapple rings
  - 1/3 cup and 1 tablespoon and 1 teaspoon butter, melted
  - 1/2 cup and 2 tablespoons packed brown sugar
  - 1/2 cup and 2 tablespoons soy sauce
  - 1/2 cup and 2 tablespoons unsweetened pineapple juice
  - 1/4 cup and 1 tablespoon Worcestershire sauce
1. Place the chicken breast halves in a dish with the 1 1/2 cups of teriyaki sauce. Cover and refrigerate 8 hours or overnight.
  2. Preheat a grill for high heat.
  3. Lightly oil the grill grate. Place chicken breasts on grill, and discard marinade. Cook for 8 minutes per side, or until juices run clear. Brush with the remaining teriyaki sauce during the last 5 minutes. When almost done, place one pineapple ring on top of each breast, and brush with melted butter.
  4. In a small saucepan over medium heat, mix the brown sugar, soy sauce, pineapple juice, and Worcestershire sauce. Cook, stirring occasionally, until sugar is dissolved. Serve with chicken for dipping!

\*\*We are also using leftover smoked chicken, deboned. We are having asparagus, and baked potatoes.

\*\*For dessert we are having:

## Hawaiian Dessert Recipe

- 1 package yellow cake mix (18.5 oz)
- 2 packages (3-4 oz.) French vanilla instant pudding mix
- 1 package (3-4 oz.) coconut cream instant pudding mix
- 4 cups milk
- 1 1/2 teaspoons coconut extract
- 1 package cream cheese - softened (8 oz.)
- 1 can pineapple (20 oz.) crushed, well drained
- 16 ounces Cool Whip - thawed
- 2 cups coconut - toasted

Prepare cake according to directions.

Pour into 2-9" greased and floured cake pans.

Bake according to directions. Cool completely.

Beat pudding, milk and coconut extract together in large bowl.

Add softened cream cheese and beat well.

Stir in crushed pineapple.

Lay 1 cake on serving platter. Spread 1/2 cup cream cheese mixture on top. Place other cake on top. Spread 1/2 cup cream cheese mixture on top.

Spread whipped topping over entire cake.

Sprinkle with toasted coconut.

**\*\*Note:** For those of you who are like us and prefer to bake our own cakes, the following page has the recipe for a homemade yellow cake. We find that it is thriftier to bake our own. Not to mention it taste much better to us. I hope it helps you make your meal extra special.

## Yellow cake recipe

- 1 cup butter
  - 2 1/2 cups white sugar
  - 3 eggs
  - 1 1/2 teaspoons vanilla extract
  - 2 1/2 cups buttermilk
  - 3 3/4 cups all-purpose flour
  - 2 1/4 teaspoons baking powder
  - 2 1/2 teaspoons baking soda
1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9x13 inch pans. Sift together the flour, baking powder and baking soda. Set aside.
  2. In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the buttermilk, mixing just until incorporated. Pour batter into prepared pans.
  3. Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

## Spanish Rice Chicken II (Spanish)

Wednesday

- 2 tablespoons olive oil, divided
- 1 (2 to 3 pound) whole chicken, cut into pieces
- 1 onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 cup uncooked white rice
- 1 (14.5 ounce) can whole peeled tomatoes, with liquid
- 1 3/4 cups chicken broth
- 1 bay leaf
- 2 teaspoons paprika
- 1/4 teaspoon ground black pepper

1. Heat 1 tablespoon oil in a large skillet over medium high heat until hot, not smoking. Add chicken pieces and sauté until browned, about 5 minutes each side. Remove chicken from skillet and set aside.
2. Heat remaining 1 tablespoon oil in skillet, then add onion and bell pepper and sauté, stirring frequently, until onion is translucent (about 5 minutes).
3. Add rice and sauté about 2 minutes, stirring, to coat the rice with the oil. Then add the reserved chicken, tomatoes with liquid, chicken broth, bay leaf, paprika and ground black pepper. Bring to a boil.
4. Reduce heat to medium low and simmer for 20 minutes, stirring occasionally. Remove bay leaf and serve.

\*Again this is made with leftover smoked chicken. We always smoke a 10 pound bag at one time and split it into meals after it cools.

\*\*For dessert we are having leftover cake from the night before.

## **Cinnamon Broiled Chicken with Raita** (Indian) **Thursday**

Salt and pepper

1/4 teaspoon cinnamon

1 (3 pound) chicken, cut up

1 cucumber, peeled, seeded, and chopped

1/4 cup whole-milk plain yogurt

1/4 cup sour cream

2 tablespoons chopped fresh cilantro or parsley

1/4 teaspoon ground cumin

1. Preheat the broiler. In a small bowl, mix 3/4 teaspoon salt, 1/4 teaspoon pepper, and cinnamon. Sprinkle on the chicken. Put chicken, skin side down, on a broiler pan, and broil about 6 inches from the heat for 15 minutes. Turn chicken, and broil until skin is crisp and brown, about 15 minutes more.

2. Meanwhile, in a small bowl, stir together cucumber, yogurt, sour cream, cilantro, cumin, and 1/4 teaspoon each salt and pepper. Serve chicken hot, with raita on the side.

\*\*because Indian food tends to be spicy we are having ice cream for dessert.

\*\*If you have any left over empty Blini's from Monday's desert this is a good place to use them. Just use them like a wrap for the food. Also try serving it with rice as Indian food doesn't seem to fill all of the family up.

## German Chicken Salad (German)

Friday

2 pounds leftover chicken  
1 can pineapple  
1 can peas  
1 cup mayonnaise  
Salt & pepper

Remove fat and skin from chicken; shred by hand into bite size pieces.  
Add mayonnaise, crushed pineapple and peas.  
Stir mixing well.  
Add salt and pepper to taste.

\*\*Serve on hoagie rolls with tomatoes, lettuce and pickles. We are having homemade chips with our sandwiches.  
\*\*for dessert try:

### **Nanaimo Bars**-German Cookie

- 1-1/4 cup butter
- 1-1/2 cups coconut
- 2 cups confectioner's sugar
- 1 egg
- 2-1/2 tablespoons milk
- 1 cup rolled oats
- 1/2 semisweet chocolate
- 1/3 cup sugar
- 1-1/2 teaspoon vanilla
- 1/2cup chopped walnuts

1. Grease baking pan and sit aside.
2. In sauce pan melt 1/4 cup chocolate with 1/2 cup butter.
3. Remove from heat.
4. In medium bowl, mix egg, oats, coconut, nuts, sugar and 1 teaspoon vanilla. Pour into pan; refrigerate for 1 hour.
5. In medium bowl beat confectioner's sugar, 3 tablespoons butter, milk and vanilla until smooth.
6. Spread over the mixture; chill another 1/2 hour.
7. Melt the rest of the chocolate with 1 tablespoon butter and spread over the bars; refrigerate for 4 hours.
8. Cut.

## **Mediterranean Chicken and Sausage** (Greek)

- 1 pound sweet Italian sausage (we will be using kielbasa)
  - 1/2 cup KRAFT Greek Vinaigrette Dressing, divided (we use leftover sweet and sour sauce)
  - 1 (3 pound) roasting chicken, cut up
  - 1/2 pound medium mushrooms, halved
  - 1 (14.5 ounce) can chicken broth
  - 2 tablespoons cornstarch
  - 1/4 cup water
  - 6 cups hot cooked MINUTE White Rice
1. Pierce sausage with fork. Cook in large skillet on medium-high heat 15 to 20 min. or until browned. Remove from skillet. Cut into pieces; set aside.
  2. Add 1/4 cup of the dressing and chicken to skillet; cook 10 min. or until chicken is browned on both sides. Stir in sausage, mushrooms, broth and remaining 1/4 cup dressing.
  3. Dissolve cornstarch in water; add to skillet. Bring to boil. Reduce heat to low; cover. Simmer 15 min. or until chicken is cooked through. Serve over rice.

Yield: 12 servings

\*\*We will have carrots and peas with this to make it balanced.

\*\*For dessert we are having:

### **Vasilopita** Greek Cake

- 1 cup sliced almonds
- 1 cup butter
- 2 cups sugar
- 6 eggs (beat whites first and put them aside)
- 3 1/2 cups flour
- 2 tsp baking powder
- 1 cup milk
- round stainless steel pan

Slice almonds. Beat the butter and blend with the sugar. Add egg yolks. Mix in the flour and baking powder. Warm milk and pour into butter mixture. Beat the egg whites until thick and pour into flour mixture. Stir mixture with spatula and blend in the almonds. Spray round baking pan with non stick baking spray and pour mixture into pan.

Bake 350 degrees for 40 minutes.

## Moroccan Peach Roasted Chicken (African)

- 1/4 cup margarine or butter
  - 1/4 cup honey
  - 1 teaspoon rose water
  - 1 teaspoon salt
  - ground black pepper to taste
  - 4 pounds bone-in chicken pieces, with skin
  - 1 pound fresh peaches, pitted and sliced
  - 1 tablespoon white sugar
  - 1/2 cup toasted slivered almonds (optional)
1. Preheat the oven to 425 degrees F (220 degrees C).
  2. In a glass measuring cup, combine the margarine, honey, rose water, salt and pepper. Heat in the microwave until margarine has melted, about 30 seconds. Place chicken in a baking dish and pour the margarine mixture over it. Stir to coat the chicken completely. Place the dish of chicken into the oven.
  3. Cook uncovered in the preheated oven until chicken pieces have browned, about 15 minutes. Reduce the oven temperature to 350 degrees F (175 degrees C). Add the peaches to the dish and sprinkle with sugar. Continue to roast until chicken is cooked through, about 20 more minutes.
  4. Remove chicken pieces to a serving dish and pour the juices from the pan over them. Garnish with slivered almonds.

\*\*We have some peaches that we put up last summer that we are going to use in this recipe.

\*\*As African meals don't normally have a dessert following them, we will have fruit.