

Pollo Chiliqueles En Salsa Verde

- 8 corn tortillas, lightly toasted
- 1-1 1/2 lbs. chicken, cooked (or pork or beef) *
- 1 lg. onion, sliced, sautéed
- 1 1/2 can red beans, drain, rinse
- 1 1/2-16 oz. Monterey Jack cheese, shredded
- 3-4 c. Salsa Verde - jarred or homemade **
- 3 cloves garlic, minced (roasted is milder)

Toss cooked chicken with onions, beans, and 1 c. of the grated cheese to combine evenly. Stir in 3-4 T. of salsa verde.

Spoon salsa verde on bottom of 9x13 casserole. Just to coat lightly. Put 2 tortillas slightly overlapped on bottom of casserole. Top with a light layer of meat mixture. Add 2 more tortillas and meat until you have 2 stacks. Top with enough salsa to cover well. Sprinkle on cheese. Bake uncovered 275° 30-40 minutes until bubbly and cheese is browned.

For variation use black beans or add roasted sweet potato cubes.

* To cook chicken quickly: Butterfly chicken breast and lightly pound. Slice very thinly with sharp knife. Drop into boiling water for only 30-40 seconds until just turned white. To use later store in cooled broth.

** Salsa Verde: 2 lbs. tomatillos (15-20) small bunch cilantro
 2-3 garlic cloves 1 lg. onion, quartered 3 scallions, chopped
 1 poblano or jalapeño 3 T. lime

Roast veggies to char lightly. Peel poblano if desired. Puree ingredients until lightly chunky. Add cilantro. Pulse to chop. Season to taste. Cook covered 10 minutes to combine flavors and reduce. Add broth to thin.

Kapusnacki (Cabbage Balls)

To make dough:

1 ½ cup milk (scalded)

Add 1 cup melted butter

Sift 6 or 7 cups flour, add 1 cup sugar, 1 tsp salt

Dissolve 2 dry yeasts in ¼ cup lukewarm water. Add 1 tsp sugar. Put aside.

Beat 4 eggs, add to flour (make well in flour)

Add yeast to flour, then milk. Mix with hands and knead. Add flour while kneading if necessary.

Let raise about 1 ½ hours. Then cut into squares or round and fill with cabbage. Close up and put pinched side down on cookie sheet. Let raise till double. Bake 350 till brown (20 minutes)

Can use frozen Rhodes dinner rolls for shortcut

Filling:

Cook shredded cabbage until almost tender. Drain well, cool. Squeeze out water.

Sauté 1 cup margarine and 1 cup chopped onion, salt and pepper. Add to cabbage, mix well. May add some cottage cheese to mixture.

Warm before filling rolls.

Greek Lasagna - Pastitsio with Bechamel Topping



1. Cook macaroni according to package directions. In a large skillet, cook beef and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in the tomato sauce, water and seasonings. Cover and simmer for 10 minutes, stirring occasionally.
2. Drain macaroni and place in a large bowl. Stir in egg and cheese; set aside.
3. For sauce, in a large saucepan, melt butter; stir in flour and cinnamon until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until slightly thickened. Remove from the heat. Stir a small amount of hot mixture into eggs; return all to pan, stirring constantly. Stir in Parmesan cheese.
4. In a greased 3-qt. baking dish, spread half of the macaroni mixture. Top with beef mixture and remaining macaroni mixture. Pour sauce over the top. Bake, uncovered, at 350° for 45-50 minutes or until a thermometer reads 160°. Let stand for 5 minutes before serving.

GREEK PASTA & BEEF

This casserole gives everyday macaroni and cheese an international flavor. A co-worker who's a pro at Greek cooking shared the recipe.

—Dorothy Bateman, Carver, MA

Prep: 30 min. • **Bake:** 45 min.

Makes: 12 servings

- 1 package (16 ounces) elbow macaroni
 - 1 pound ground beef
 - 1 large onion, chopped
 - 1 garlic clove, minced
 - 1 can (8 ounces) tomato sauce
 - ½ cup water
 - 1 teaspoon salt
 - ½ teaspoon ground cinnamon
 - ¼ teaspoon ground nutmeg
 - ¼ teaspoon pepper
 - 1 large egg, lightly beaten
 - ½ cup grated Parmesan cheese
- SAUCE**
- ¼ cup butter
 - ¼ cup all-purpose flour
 - ¼ teaspoon ground cinnamon
 - 3 cups 2% milk
 - 2 large eggs, lightly beaten
 - ⅓ cup grated Parmesan cheese

Grape Leaves Stuffed with Rice & Herbs

Dolmadakia

Makes 6-8 servings

Ingredients

- ½ lb (220 g) fresh grape leaves OR 1 jar (16 oz / 450 g) brine-packed grape leaves
- ½ cup Greek extra virgin olive oil, divided
- 4 large onions, finely chopped
- 2 garlic cloves, finely chopped
- 1 cup long-grain rice
- 1 scant teaspoon ground cumin
- Salt and freshly ground black pepper
- 4-5 cups water (divided)
- ½ cup finely chopped fresh dill
- ½ cup finely chopped fresh flat-leaf parsley
- 1/3 cup finely chopped fresh mint
- Juice of 2 lemons, strained
- Plain Greek yogurt (optional, for serving)

Instructions

- **Prepare the Leaves:** If using brined leaves, rinse well and blanch in boiling water for 2-3 minutes. Transfer to ice water, drain, and rinse again. If using fresh leaves, trim stems and use directly.
- **Make the Filling:** Heat ¼ cup olive oil in a large skillet over medium heat. Add onions and cook until soft (8-10 minutes). Add garlic and cook 1 minute. Stir in rice and cook 5 minutes. Add cumin, salt, pepper, and 1 cup water. Cover and simmer until rice softens but is not fully cooked and water is absorbed (about 10 minutes). Remove from heat, cool slightly, then stir in dill, parsley, and mint.
- **Roll:** Line the bottom of a saucepan with small or torn leaves. Place 1 teaspoon filling in the center of each leaf. Fold sides over filling and roll tightly from bottom to top. Arrange seam-side down in the pot.
- **Cook:** Drizzle with remaining olive oil and lemon juice. Add enough water to cover by about ¾ inch. Place parchment and a small plate on top. Cover and simmer on low for 40 minutes, until leaves are tender and rice is fully cooked.
- **Serve:** Enjoy warm or cold, with yogurt if desired.

Country of Origin: Icaria, Greece



Roasted Garlic Whipped Feta Dip

★★★★★

Creamy garlic feta dip made with a whole head of roasted garlic, protein-packed Greek yogurt, fresh lemon juice, and feta cheese. You'll love the savory, salty, tangy flavors whipped together in this easy garlic feta dip! Top with fresh herbs and serve with veggies, crackers, and more.

Course	Appetizer, Gluten Free, Grain Free, Low Carb, Nut Free, Snack, Vegetarian
Cuisine	American
Keyword	garlic feta dip, roasted garlic feta dip
Prep Time	10 minutes
Cook Time	45 minutes
Total Time	55 minutes
Servings	6 servings
Calories	130cal
Author	Monique Volz of AmbitiousKitchen.com

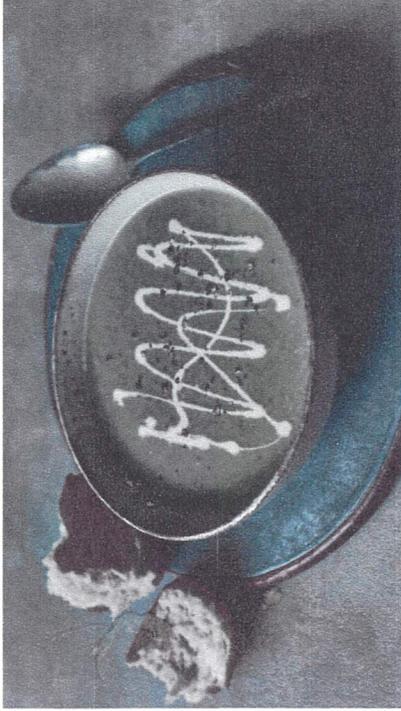
Ingredients

- **For the roasted garlic:**
- 1 head of garlic
- 1 tablespoon extra-virgin olive oil
- **For the whipped feta yogurt:**
- $\frac{3}{4}$ -1 cup plain Greek yogurt (2% or whole milk preferred!)
- 4 ounces feta, crumbled
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- Freshly ground salt and pepper, to taste
- **To garnish:**
- Extra-virgin olive oil
- 1 -2 tablespoons fresh chopped leafy herbs, such as parsley, chives or dill
- Red pepper flakes, optional

Instructions

Leek and potato soup

★★★★☆ 4.5 | 245 ratings



*Submitted by
Marty Oakley*

Prepare

Less than 30 mins

Cook

10 to 30 mins

Serve

Serves 6

Dietary

Egg-free | Gluten-free | Nut-free |
Pregnancy-friendly | Vegetarian

A smooth, creamy leek and potato soup that's ready in 15 minutes and full of flavour. Make it into a meal with plenty of bread and butter. With such a simple recipe, seasoning really makes a difference so take the time to taste it and add salt and pepper accordingly.

Each serving provides 207 kcal, 3g protein, 11g carbohydrates (of which 4g sugars), 16g fat (of which 8.5g saturates), 3g fibre and 1.2g salt.

By The BBC Food team

LEEK AND POTATO SOUP – SWP CENNIN A THATWS

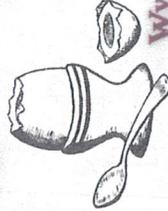
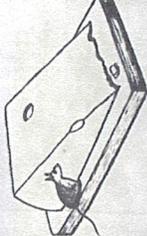
- 3 leeks
- 1 lb. potatoes
- 2 oz. butter
- 1 oz. flour
- 3 pints chicken stock
- 1 cup milk
- 3 sprigs parsley
- salt and pepper

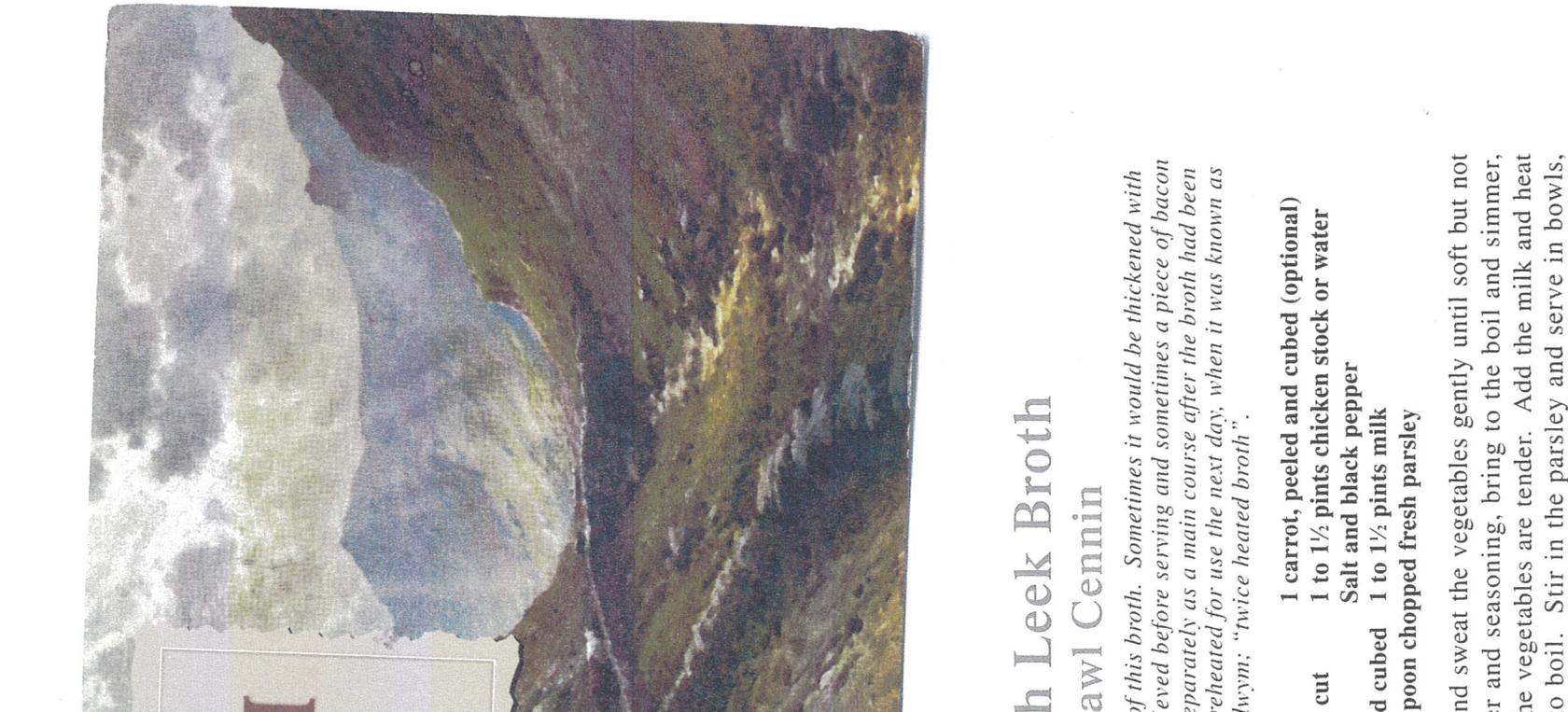
Trim the leeks, wash thoroughly and slice finely. Peel and dice the potatoes. Place the leeks and potatoes with 1 oz. of the butter in a large saucepan. Cover with the lid and heat gently for 5 minutes until the leeks are very lightly coloured. Shake the saucepan gently to prevent the vegetables burning. Pour on the stock and simmer for ¾ hour. Melt the rest of the butter in a small saucepan and stir in the flour using a wooden spoon. Stir in the milk making sure that there are no lumps. Simmer for 2-3 minutes on a gentle heat and then add to the soup. Stir well and bring back to the boil. Serve hot garnished with parsley.

THE WELSH DRESSER

More Recipes from Wales

by Sian Llewellyn

<p>Bread and Butter</p>  <p>Bara Menyn</p>	<p>Fish</p>  <p>Pysgodyn</p>	<p>Wine</p>  <p>Gwin</p>	
<p>Egg</p>  <p>Wy</p>	<p>Soup</p>  <p>Cawl</p>		
<p>Cheese</p>  <p>Caws</p>			



**FAVOURITE
WELSH
RECIPES**

Traditional Welsh Fare
Bwyd Traddodiadol o Gymru

Welsh Leek Broth Cawl Cennin

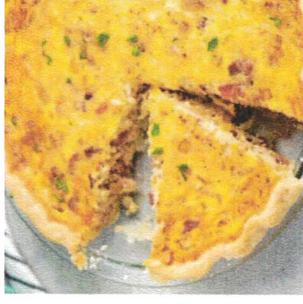
There are a number of versions of this broth. Sometimes it would be thickened with oatmeal, sometimes it would be sieved before serving and sometimes a piece of bacon would be included, to be eaten separately as a main course after the broth had been served. Any left over broth was reheated for use the next day, when it was known as Cawl Eiddwym; "twice heated broth".

- 1 oz. butter
- 1 carrot, peeled and cubed (optional)
- 6 leeks, washed, trimmed and cut into 1 inch pieces
- 1 to 1½ pints chicken stock or water
- 3 medium potatoes, peeled and cubed
- Salt and black pepper
- 1 to 1½ pints milk
- 1 dessertspoon chopped fresh parsley

Melt the butter in a saucepan and sweat the vegetables gently until soft but not brown. Add the stock or water and seasoning, bring to the boil and simmer, covered, for 30 minutes until the vegetables are tender. Add the milk and heat thoroughly, but do not allow to boil. Stir in the parsley and serve in bowls, accompanied by crusty bread. If desired, the broth can be served sprinkled with grated cheese or snippets of crisply fried bacon. Serves 4 to 6.

Classic Quiche Lorraine Recipe

The PERFECT easy Quiche Lorraine Recipe - from scratch crust baked perfectly with bacon and cheese filling - this quiche has the perfect texture and is the perfect easy recipe.



Prep Time	Cook Time	Total Time
30 mins	45 mins	1 hr 15 mins

Course: Breakfast Cuisine: American Servings: 10 servings
Author: [Dorothy Kern](#) Cost: \$10



No ratings yet

Ingredients

- 1 recipe [all butter pie crust](#)
- 8 slices bacon
- 1 medium onion , diced
- 4 large eggs
- 1 cup milk
- ½ cup half and half
- ¼ teaspoon salt
- 1 ½ cups (6 ounces) shredded Swiss or Gruyère cheese
- 1 tablespoon all-purpose flour

Instructions

1. Preheat oven to 450°F. Partially bake your pie crust: line the bottom of the chilled crust with parchment paper and pie weights. Bake for 8 minutes, then carefully remove parchment and weights. Poke holes in the bottom with a fork and bake again for 5 minutes. Lower the oven temperature to 325°F. (See notes.)
2. Meanwhile, cook bacon over medium heat in a large skillet. Cook until crispy, then reserve fat and drain on paper towels and crumble.
3. Cook onion in some of bacon fat until tender and translucent, about 3-5 minutes over medium heat in the same skillet.
4. Toss cheese with flour. Set aside.
5. Whisk eggs, milk, half and half, and salt. Stir in bacon, onions, and cheese. Add to hot crust.
6. Place pie on a cookie sheet and cover with a pie shield.
7. Bake for an additional 45-50 minutes or until the center is slightly wobbly (not rolling when tapped) and the egg looks very light golden.
8. Cool at least 1 hour before slicing and serving.
9. Store leftovers in the refrigerator in an airtight container.

Made by Sharla Cook

Notes

For more details on pre-baking pie crust, see my [blind baking](#) post.

Nutrition

Serving: 1 serving | Calories: 278kcal | Carbohydrates: 12g | Protein: 11g | Fat: 20g | Saturated Fat: 9g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 8g | Trans Fat: 0.03g | Cholesterol: 99mg | Sodium:

Brazilian-Style Shrimp Stew

- 2 Tbsp. olive oil
- 1 medium onion, diced
- 1 medium red bell pepper, diced
- 4 Tbsp. chopped fresh cilantro or parsley
- 3 cloves garlic, minced
- 1 tsp. sweet paprika
- ¼ tsp. cayenne pepper
- 1 14.5 oz. can diced tomatoes
- 2 Tbsp. fresh lime juice
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 cup coconut milk
- 1 ¼ lb. large shrimp, peeled, deveined and tails removed
- Cooked rice

Sautee the onion and bell pepper in the olive oil until soft, about 5 minutes. Stir in 1 Tbsp. cilantro, garlic, paprika and cayenne pepper and cook for 30 seconds.

Stir in tomatoes, lime juice, salt and black pepper.

Increase heat to medium high and bring mixture to a boil. Cook for 5 minutes, so that the liquid reduces slightly. Add the coconut milk and return to a boil. Reduce heat to medium and stir in the shrimp. Simmer and stir for 3-5 minutes, until the shrimp are pink and opaque. Sprinkle with remaining cilantro and serve over rice.

Sri Lanka Ground-Beef Curry

Cinnamon and coconut are the ingredients that so often make the curries of Sri Lanka (formerly Ceylon) so memorable. In this recipe, diced potatoes help to stretch the meat. Dal (page 197) is a traditional Sri Lanka accompaniment to curry.

6 servings

- 1 pound ground beef
 - 2 medium onions, chopped
 - 2 medium potatoes, diced
 - 1 green pepper, chopped
 - 2 tablespoons vegetable oil
 - 2½ cups water
 - ¼ cup shredded coconut
 - 2 tablespoons tomato paste
 - 2 thin slices ginger root
 - 1 stick cinnamon
 - 1 whole clove
 - 1½ teaspoons salt
 - 1 teaspoon curry powder
 - 1 teaspoon chili powder
 - ½ teaspoon ground turmeric
 - ½ teaspoon ground cardamom
 - 3 cups hot cooked rice (page 253)
- Chutney or fresh pineapple chunks

Cook and stir beef, onions, potatoes and green pepper in oil in 12-inch skillet over medium heat until beef is brown; drain. Stir in remaining ingredients except rice and chutney. Heat to boiling; reduce heat. Simmer uncovered until vegetables are tender and mixture is desired consistency, 20 to 30 minutes. Remove ginger root, cinnamon and clove. Serve with rice and chutney.

*From Betty Crocker's
International Cookbook
Made by: Sue Perkins*

- 1 Soup Pot

INGREDIENTS

- 1 cup Pearl Barley 200 gram
- 1 Tablespoon Butter
- 1 5-7oz Onion Diced 150-200 gr
- 3-4 Carrots Sliced into ¼ inch rounds
- 3 Celery Stalks Sliced into ¼ inch slices
- 8 cup Chicken Broth approx. 2 liter
- 2 Bay Leaves
- ½- 1 lb Kielbasa Sausage Sliced into rounds 225-450 gram
- ½ teaspoon salt
- ½ teaspoon pepper

Top with

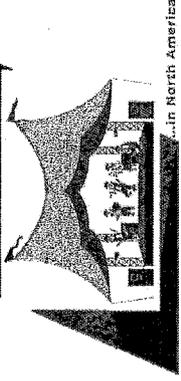
- 2-3 Tablespoons Fresh Parsley chopped

[Get Recipe Ingredients](#)

INSTRUCTIONS

1. In a soup pot or Dutch Oven melt the butter over medium heat. Add the diced onion and cook, stirring, until the onion becomes translucent.
2. Add the carrots and celery slices, cook for another minute, stirring.
3. Add the rest of the ingredients: Chicken Broth, Barley, Bay Leaves, Sausage, Salt & Pepper. (Save Parsley for serving) Stir.
4. Bring to a boil, then reduce to simmer. Put the lid on the pot, and let the soup simmer for 30 minutes.
5. After 30 minutes, check for seasoning. Add salt or pepper if needed.
6. Sprinkle with fresh parsley and serve

Germany



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