

## Dinner & A Book Recipes

### Episode #1409 - I Know Why the Caged Bird Sings

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#### Chicken Orzo Pilaf Serves 6

½ c. yogurt  
2 tomatoes  
1/2 c. chopped cilantro  
1 2-inch piece ginger  
2 cloves garlic  
2 green chilies

2 pounds boneless skinless chicken (you can use thighs)

For the pilaf:

1/3 c. oil  
2 onions, thinly sliced  
1 (2-inch) cinnamon sticks, broken into smaller pieces  
2 or 3 green cardamom pods  
3 cloves  
1 c. Orzo  
2 ½ cups chicken broth 1 t. saffron

For the finish:

1 T. oil or butter  
1 T. sliced almonds  
1 T. pine nuts  
1 T. finely chopped fresh mint

Directions:

1. To marinate the chicken: Place the yogurt, tomatoes, cilantro, ginger, garlic and green chilies in a blender and puree. Place the chicken in a bowl and toss with the marinade to coat. Set aside for at least 2 hours.
2. Heat the oil in a large skillet. Add the onions and cook, stirring often, until they soften and turn a golden brown, about 10 minutes. Stir in the cinnamon sticks, cardamom pods and cloves.
3. Add the chicken with marinade and cook and stir often for 6-7 minutes, until the mixture is somewhat dry. Stir in the saffron and turn off the heat. Cover and let this rest for 20 minutes.
4. Stir in the orzo and broth and bring to a simmer and cook for about 6 minutes.
5. Stir in the saffron and turn off the heat. Cover and let this rest for 20 minutes.
6. For the finish: Heat the oil and stir in the almonds and pine nuts and cook until pale golden. Stir in the mint. Add to the pilaf and serve immediately.

Pears in Port wine Serves 4

4 ripe, firm pears  
3 c. ruby port wine  
¼ c. sugar  
1 jigger (3 T.) Cointreau  
2 t. pure vanilla extract

1. Peel the pears and leave them whole. Cut off a thin slice at the bottom so that the pears can stand upright. Keep the stem intact.
2. In a nonreactive saucepan, bring the port, sugar and 2 c. water to a boil.
3. Place the whole pears in the liquid, lower the heat and simmer, uncovered for about 35 minutes, turning the pears occasionally, until they are tender.
4. Remove the pears with a slotted spoon and set aside to cool.
5. Increase the heat under the saucepan and reduce the liquid by half by boiling vigorously for 20 minutes to a medium-thick syrup. Add the Cointreau and vanilla.
6. Place the pears upright in a serving dish and spoon the reduced syrup over them. Chill for at least 2 hours before serving.

Serving size: 1 pear or if half a pear satisfies, offer vanilla ice cream with the first serving