

Dinner and A Book

Episode #401

Menu:

Meatloaf
Smothered Vegetables
Fruit Compote
Drunken Walnut Sauce

Smothered Vegetables:

Lima Beans, artichokes and peas. A good dish with meatloaf, cornbread and salad. Cook a frozen package of each as directed on the box. Drain. In a microwave dish big enough to hold the drained vegetables, melt in a microwave dish a half a quarter pound of butter and a tablespoon of lemon juice. When melted, add a quarter cup of mayonnaise and mix together. Add the vegetables and season with salt; pepper and either garlic powder or 1 clove chopped garlic. Can be made ahead and heated in the microwave right before serving.

Fruit Compote:

Use as a side dish with a roast or as a topping over pound cake or over vanilla pudding with whipped cream. In a colander, drain a large can of peaches, plums, pears and any other fruit of choice. You can also use pineapples or mango. Place in a baking dish, sprinkle with brown sugar and 1/2 cup of red wine. Bake at 350 degrees for 45 minutes.

Drunken Walnut Sauce:

Use as sauce over ice cream with a cookie on the side. Fill a jar 2/3 full with walnut pieces, cover the nuts with real maple syrup, add a shot of liquor of choice, put on the lid, shake and keep in the refrigerator. The sauce stays good for months.

For a comfort food party, serve menu on a table decorated with a checkered tablecloth, paper napkins, a butter dish, a small garden arrangement (preferably geraniums). Invite guests to dress in 50's flair. Use your favorite music from the 50's (Bill Halley) or 60's (Joan Baez).