

Dinner & A Book Recipes

Episode #1516 –Brooklyn

Fish Chowder for 2

1. Use shrimp with peelings.
2. In a pan add 2 T. butter, 2 minced pieces of garlic, heat the shrimp peelings.
3. Add 1/4 c. white wine.
4. Cook over a low heat.
5. Drain peelings and discard.

Béchamel Sauce

Directions:

1. In another pan add 1 T. melted butter, 1 T. flour and 1 c. cream.
2. To this roux, add salt and pepper, 2 T. chopped green onions, 1 T. cognac and the shrimp stock from the peelings.
3. Cook over low heat. Do not burn.
4. Add the shrimp which has been chopped into pieces.
5. Serve with chopped parsley as a first course.

Brown Bread

Ingredients:

2 c. Coarse Whole Meal Flour
1 c. Bran
1 c. (1/2 c. Wheatgerm, 1/4 c. porridge oats and 1/4 c. pin head oats. – I used small oats and Wheatgerm)
2 T. Brown Sugar
1 t. Soda
1 t. Salt
1 pint Buttermilk

Directions:

1. To the dry mix, add buttermilk and mix well.
2. Mound the mixture and bake either in a 2 pound loaf tin or on a cookie sheet.
3. Bake about 1 hour at 350 degrees.