

BUTTERMILK BISCUITS

Makes 1 dozen

2 cups flour, plus flour for dusting 2 tbl sugar (optional)
4 tsp baking powder ½ tsp teaspoon salt
½ cup butter, chilled ¾ cup buttermilk
2 tbl butter, melted

1. Preheat oven to 425°. In a 3-quart bowl, sift together flour, sugar (if used), baking powder and salt. Dice chilled butter into ½ -inch cubes and, using 2 knives or a pastry blender, cut butter cubes into flour mixture until mixture resembles coarse crumbs.
2. Make a depression in center of flour-butter mixture and gently stir in buttermilk, taking care not to over-mix dough. Mix only until dry ingredients are moistened.
3. Lightly dust work surface with flour. Place dough on work surface and pat into a 1½ -inch-thick rectangle. Cut biscuits with a round cutter or into squares with a knife. Place on an un-greased baking sheet. Bake until golden brown on top (about 15 minutes). Serve hot.



BAKED POTATO STICKS

Both recipes serve 6

6 medium baking potatoes
4 table spoons butter or olive oil, or a mixture
1½ teaspoons salt
1 teaspoons freshly ground pepper

1. Preheat oven to 425°. Scrub and quarter potatoes. Melt butter in a 9-by-12-inch ovenproof baking dish in oven.
2. Place potato quarters in dish and toss to coat with melted butter; arrange potatoes cut side down and sprinkle with salt and pepper. Bake until tender when pierced with a sharp knife (about 30 minutes).



BAKED STUFFED ARTICHOKEs

Serves 2

Topped with tomato sauce and Parmesan, baked artichokes stuffed with seasoned bread crumbs and anchovies make a hearty supper for two or a tasty appetizer for four. Removing a 3/4-inch slice from the top of the artichokes before steaming them will make it easier to remove the choke and stuff them.

2 medium steamed artichokes 1 ½ cups seasoned bread crumbs
1 hard-cooked egg, chopped 2 anchovy fillets, finely chopped
2 teaspoons olive oil 1 cup canned tomato sauce
¼ cup freshly grated Parmesan cheese Salt and freshly ground pepper, to taste

1. Allow steamed artichokes to cool until they can be handled. To create a cavity for stuffing, gently spread the fleshy outer leaves and pull out the cone of small center leaves with a teaspoon; scrape out the interior fuzzy choke just above the heart. Discard the small center leaves and choke.
2. Preheat oven to 350° F. To prepare filling, combine bread crumbs, egg, anchovies, and salt and pepper to taste.
3. Stuff about two-thirds of the prepared filling into the center cavity each artichoke; use a teaspoon to insert remaining filling in between outer leaves. Drizzle 1 teaspoon olive oil over each artichoke.
4. In a greased, shallow, 9-inch baking dish, pour ½ cup tomato sauce. Stand artichokes upright in dish and pour rest of sauce over them. Sprinkle with Parmesan cheese, and cover dish with aluminum foil.
5. Bake for 20 to 30 minutes. Remove foil for last few minutes of cooking to allow sauce to thicken. Artichokes are done when the base can be pierced easily with a metal skewer or sharp-tined fork.



VEGETARIAN CHILI

Makes 8 servings

1 cup minced onion ½ cup minced celery
1/3 cup minced green bell pepper (optional) 1 tablespoon minced garlic
½ cup dry red wine ½ cup diced canned green chiles
2 cans (14oz ea) chopped tomatoes 3 cups cooked pinto beans
2 teaspoon cumin 1 teaspoon chopped cilantro (optional)
1 tablespoon chili powder or to taste 1½ teaspoon dried oregano
2 cups vegetable stock 3 tablespoon tomato paste
Salt, to taste

1. In a large stockpot over medium-high heat, cook onion, celery, bell pepper (if used) and garlic in red wine for 10 minutes. Add chiles and tomatoes and cook 3 minutes.
2. Add beans, cumin, cilantro, chili powder, oregano, stock and tomato paste. Raise heat to high, bring to a boil, then lower heat to medium. Cover pot and cook until chili is thick (45 minutes to 1 hour).
3. Taste for seasoning, add salt, if needed, and serve hot.

