

-- Spencer's Weekly Recipes --

Anniversary Chicken I



2 tbsp. vegetable oil
6 skinless, boneless chicken breast halves
1/2 cup teriyaki basting sauce
1/2 cup Ranch-style salad dressing
1 cup shredded Cheddar cheese
3 green onions, chopped
1/2 (3 oz.) can bacon bits

1 tbsp. chopped fresh parsley, for garnish

Directions

1. Preheat oven to 350°F.
2. In a large skillet, heat oil over medium-high heat. Add chicken breasts, and sauté 4 to 5 min. each side, until lightly browned.
3. Place browned chicken breasts in a 9x13 inch baking dish. Brush with teriyaki sauce, then spoon on salad dressing. Sprinkle with cheese, green onions and bacon bits.
4. Bake for 25 to 35 min, or until chicken is no longer pink and juices run clear. Garnish with parsley and serve.

<http://allrecipes.com/recipe/9038/anniversary-chicken-i/>



It's the first week of October
which basically means
Halloween is tomorrow,
Thanksgiving is later this
week, and Christmas is next
weekend.

Word Porn

Hasselback Potatoes

8 tbsp. (1 stick) butter, softened (or melted)
1/2 cup extra-virgin olive oil
1/3 cup finely chopped chives
Kosher salt and freshly ground black pepper
6 medium russet potatoes, scrubbed



Directions

- Preheat the oven to 450° F.
- Stir together butter, olive oil, chives and some salt and pepper in a small bowl. (I'd add crushed garlic too ~T).
- Place a potato between handles of 2 wooden spoons or 2 chopsticks. Slice the potato into thin slices, leaving 1/4 inch at the bottom unsliced; the spoon handles will prevent you from slicing the potato all the way through. Repeat with the remaining potatoes.
- Put the potatoes on baking sheet and brush on the butter mixture, making sure to get in between all the slices. Bake until tender and crisp, 55 to 60 minutes. Re-baste as needed during cooking. Serves 6.

<http://www.foodnetwork.com/recipes/ree-drummond/hasselback-potatoes.html>



Filet Mignon with Blueberry-Bourbon Barbecue Sauce



Blueberry-Bourbon Barbecue Sauce

1 1/2 tsp. canola oil
1/2 small red onion, chopped
2 cloves garlic, chopped
1 jalapeño pepper, seeded and chopped
1/4 cup bourbon
1 cup fresh or frozen (not thawed) blueberries
1/4 cup ketchup
3 tbsp. cider vinegar
1 tbsp. brown sugar
1 1/2 tsp. molasses
Pinch of ground allspice
1 tbsp. chopped fresh thyme
1 tbsp. extra-virgin olive oil
3/4 tsp. kosher salt
1/2 tsp. coarsely ground pepper
1 lb. filet mignon, 1 1/2 to 2 inches thick, trimmed and cut into 4 portions

1. --To prepare sauce: Heat oil in a small saucepan over medium heat. Add onion and cook, stirring occasionally, until tender and just starting to brown, 2 to 4 min. Add garlic and jalapeno and cook, stirring, until fragrant, about 30 seconds. Add bourbon, increase heat to high and bring to a boil; cook until most of the liquid has evaporated, 2 to 5 min. Stir in blueberries, ketchup, vinegar, brown sugar, molasses and allspice; return to a boil. Reduce the heat and simmer, stirring occasionally, until thickened, 15 to 20 min.
2. --Preheat grill to high. Combine thyme, oil, salt and pepper in a small bowl. Rub the mixture on all sides of steaks. Grill the steaks 3 to 5 min. per side for medium-rare. Let steaks rest for 5 min. before serving with sauce.

<http://www.eatingwell.com/recipe/251883/filet-mignon-with-blueberry-bourbon-barbecue-sauce/>

Spinach-&-Artichoke Dip

- 2 cups (8 oz.) shredded part-skim mozzarella cheese, divided
- 1/2 cup fat-free sour cream
- 1/4 cup (1 oz.) grated fresh Parmesan cheese, divided
- 1/4 teaspoon black pepper
- 3 garlic cloves, crushed
- 1 (14-oz.) can artichoke hearts, drained and chopped
- 1 (8-oz.) block 1/3-less-fat cream cheese, softened
- 1 (8-oz.) block fat-free cream cheese, softened
- 1/2 (10-oz.) pkg. frozen chopped spinach, thawed, drained, and squeezed dry (some reviewers recommended using entire pkg. of spinach)
- 1 (13.5-oz.) pkg. baked tortilla chips (about 16 cups), pita chips, or



whatever your favorite dipper is.

Preparation

Preheat oven to 350°. Combine 1 1/2 cups mozzarella, sour cream, 2 tablespoons Parmesan, and next 6 ingredients (through spinach) in a large bowl; stir until well blended. Spoon mixture into a 1 1/2-quart baking dish. Sprinkle with remaining 1/2 cup mozzarella and remaining 2 tablespoons Parmesan. Bake at 350° for 30 minutes or until bubbly and golden brown. Serve with tortilla chips.

<http://www.myrecipes.com/recipe/spinach-and-artichoke-dip>

Individual Chocolate Melting Cakes

10 oz. semisweet or bittersweet chocolate, chopped
4 tbsp. unsalted butter
5 eggs
1/2 cup sugar
3/4 cup all-purpose flour
1 1/2 tsp. baking powder
1/8 tsp. salt
caramel sauce
coffee ice cream



DIRECTIONS

1. Heat oven to 325° F. Lightly coat a 12-cup muffin tin with vegetable cooking spray.
2. Melt the chocolate and butter in a large bowl over a saucepan of simmering water. Remove from heat.
3. In another large bowl, beat the eggs and sugar at medium-high speed until light and fluffy. Add the flour, baking powder, salt, and melted chocolate. Mix with a spoon until well blended.
4. Divide the batter evenly into 8 muffin tins and bake until the cakes have just cooked through, about 15 minutes.
5. The cakes will still look a bit moist on top. Remove from the oven and let cool 5 minutes. Serve warm with the caramel sauce and ice cream.

<http://www.realsimple.com/food-recipes/browse-all-recipes/individual-chocolate-melting-cakes>

Cornflake-Crusted Halibut with Chile-Cilantro Aioli



Aioli:

2 tablespoons minced fresh cilantro
3 tablespoons fat-free mayonnaise
1 serrano chile, seeded and minced
1 garlic clove, minced

Fish:

1 cup fat-free milk
1 large egg white, lightly beaten
2 cups cornflakes, finely crushed
1/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons olive oil
4 (6-ounce) halibut fillets
4 lemon wedges

Preparation

---To prepare aioli, combine cilantro, mayonnaise, serrano, and minced garlic, stirring well.

---To prepare fish, combine milk and egg white in a shallow dish, stirring well with a whisk. Combine cornflakes, flour, salt, and black pepper in another shallow dish.

---Heat 2 tablespoons olive oil in a large nonstick skillet over medium-high heat. Dip fish in milk mixture, and dredge in cornflake mixture. Add fish to pan, and cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve fish with aioli and lemon wedges.

<http://www.myrecipes.com/recipe/cornflake-crusted-halibut-with-chile-cilantro-aioli>