

FOOD

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: www.foods@portlandobserver.com

Thai Chili Pepper Beef (Prep time: 30 minutes; Cook time: 30 minutes)

Preparation:

- Place the strips of beef, the minced garlic, the grated ginger, and the chopped chilies and curry paste into a bowl, mix thoroughly.
- Heat some oil in a pan and add the beef and stir-fry on medium heat, until the beef is brown.
- When browned take the beef out and set to the side. In the same pan used for the beef: add the wedges of onion and stir-fry for about 3



- minutes on medium heat.
- When the onions are golden add the bell peppers, corn, bamboo shoots and the water chestnuts and stir-fry 5 minutes or until vegetables are tender.
- Return the beef to the pan, stir in the fish sauce, the stock and the sugar, mix thoroughly and simmer for 10-15 minutes, stirring occasionally. Keep an eye on the level of the stock; you want to reduce it some but not much.
- Serve when beef is tender.

Ingredients:

- 2-3 garlic cloves, minced
- 1 tbsp. Grated fresh ginger
- 1-2 tbsp Thai red curry paste
- 1 green bell pepper chopped
- 1 red bell pepper chopped
- Babysweet corn
- 2 small cans bamboo shoots
- 1 tbsp. Fish sauce
- 1 tbsp. Brown sugar
- 125 ml beef stock
- 2-3 Birdseye chilis
- Oil
- Can of water chestnuts (optional)
- 2-pound rump steak, cut into strips
- 1 medium onion cut into wedges



Cardamon Honey Chicken Recipe

From New Zealand (LOW CARB)

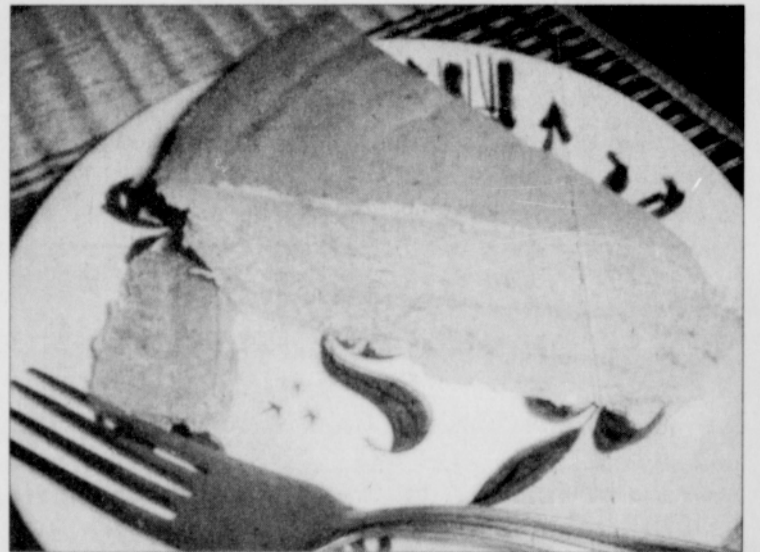
MARINADE

- 4 Tbsp. Honey
- 2 Tbsp. Sherry
- 1 tsp. Cardamom seeds, ground
- 1 tsp. Peppercorns, ground

CHICKEN

- 6 chicken breasts, or one whole chicken, cut into parts
- 2 Tbsp. Olive oil
- 1 lemon, thinly sliced
- Salt and pepper

- Preheat oven to 350°F. Warm the honey, stir in the sherry, cardamom and peppercorns. Place marinade and chicken in a large bowl, coat chicken with marinade. Cover with plastic wrap and let sit at room temperature for 30 minutes.
- Heat olive oil in a large frying pan at medium high heat. Sear the chicken, skin side down, until golden.
- Place lemon slices in a roasting pan. Lay the chicken pieces on top. Brush with the marinade. Season generously with salt and pepper. Place in the oven and bake until done, approximately 30 minutes for breasts, 20 minutes for thighs, wings and drumsticks. Remove from oven and let rest for 10 minutes before serving. Pour out drippings from the pan into a gravy boat for gravy.
Serve with rice, mashed potatoes, or couscous.



Delicious Sweet Potato Pie Recipe

To make a potato pie, you need:

- 4 large potatoes
- 2 cups sugar
- 1 stick butter
- 1 pinch cinnamon
- 1 pinch nutmeg
- 1 store-bought pie crust (or your can just line a pan with vanilla wafers)
- 1/2 cup milk

ingredients in the bowl of potatoes. Stir until well mixed.
Whether you used a ready made pie crust or just cookies, pour the potatoes mixture into the crust.
Put into an oven preheated to 375 degrees. Cook for about 35-40 minutes or until a toothpick inserted in the center comes out dry.
It's best to eat the pie while still hot. It's good cold too though.

Boil the potatoes until tender. When you stick a fork in them it should go in easy but you don't want them to fall apart.

Let the potatoes cool and then peel them.

Put the potatoes in a large mixing bowl and mash them thoroughly with a potato masher. Melt the butter and pour it and the other

If you want you can make a meringue topping by blending confectionary sugar with egg whites. After the pie is almost done, spread the meringue thinly across the top. Continue baking until the meringue turns light brown. If you use the meringue, you can add the egg yolks to the pie if you like. I prefer my pie without eggs, so I just save the yolks for breakfast

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