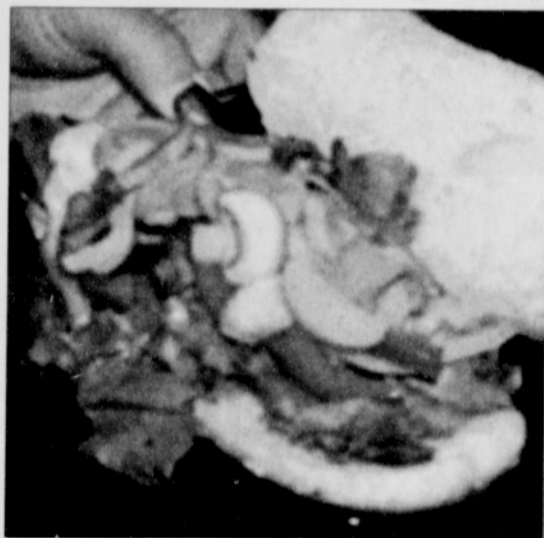


# FOOD

To make life easier for meal preparations, the 'Food Section' will present an assortment of hearty, healthy and user-friendly winter and holiday recipes. For recipe requests or suggestions contact: SharonS@portlandobserver.com Subject: Food Section

## Griddle Style Philly Steak Sandwiches



*"This is a simple and delicious recipe for a hot sandwich that is a snap to make, and sure to be a real crowd-pleaser."*

### INGREDIENTS:

- 1 (8 ounce) can sliced mushrooms-drained. May substitute 1 quart fresh sliced mushrooms
- 1 onion-sliced
- 1 green bell pepper- seeded, thinly sliced strips
- Salt and pepper to taste
- 8 slices provolone cheese. May substitute Swiss cheese if desired
- 1 pound thinly sliced roast beef. May substitute with 'Steak-Ums' (grocers freezer section)
- 4 Tbs. Olive Oil
- 4 deli rolls

### Citrus Toddy

Wonderful for those days when you have a sore throat or if you feel that you are coming down with the flu. This can be kept warm in a crock-pot and also is easy to increase servings.

#### Ingredients:

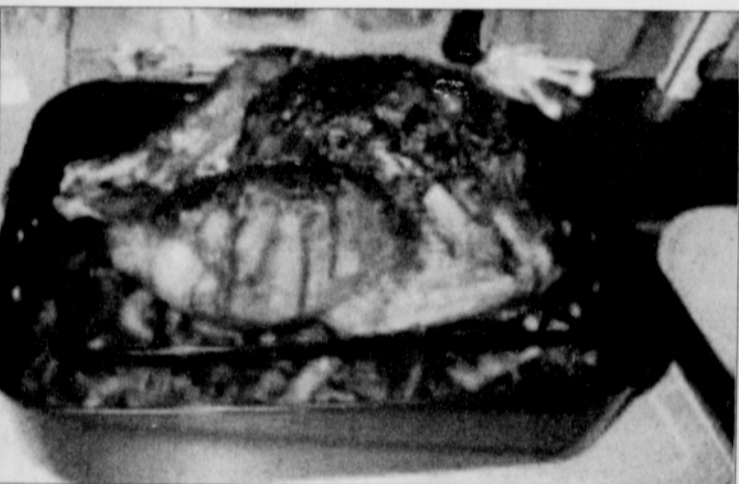
- 2 1/2 cups water
- 4 whole cloves
- 1/3 - 1/2 cups honey
- 1 cup orange juice
- 6 tbs. lemon juice
- 1/4 cup lime juice
- 4 lime slices for garnish

#### Directions:

- In a saucepan bring water and cloves to a simmer, cover and simmer for 10 minutes
- Stir in 1/3-cup honey, stirring to dissolve.
- Stir in juices
- Cover and heat through but do not boil
- Taste and stir in additional honey, if desired
- Ladle into four mugs, garnishing with lime slices

### DIRECTIONS:

1. Preheat Griddle: medium-high heat.
2. To prevent sticking, lightly coat with oil.
3. On one half of the griddle, place the mushrooms, onion, and pepper. On the other side, place the roast beef. Cook and stir each group separately, chopping the beef into smaller pieces as it cooks, add salt and pepper.
4. When the vegetables are tender and the beef is hot, place the slices of cheese over the meat to melt. Turn off the griddle. Scoop the cheesy grilled beef into sandwich rolls, and top with onion and pepper mixture.



## Apricot-glazed Turkey with Onion and Shallot Gravy

Do you need a recipe that will impress? This, low-carb turkey is recently becoming a Thanksgiving staple. The turkey is always very tender and the gravy is to die for.

### Apricot Glaze

- 1-cup apricot nectar
- 1-cup apricot preserves
- 2-Tbs. minced fresh ginger
- 1-Tbs. honey

### Onion Mixture

- 2-Tbs. unsalted butter
- 3- large onions, thinly sliced (about 2 pounds)
- 6-ounces shallots, thinly sliced (about 6 large)

### Herb Butter

- 3/4 cup unsalted butter
- 1-Tbs. dried thyme
- 1-Tbs. dried rubbed Sage
- 1 1/2 Tsp. Salt
- 1-Tsp. ground black pepper

### Turkey

- 21-22Lbs. turkey
- 1- (14 1/2 oz.) can low sodium chicken broth
- 1/2-Tsp. dried thyme
- 1/4-Tsp. dried sage

### Gravy

- 1- (14 1/2 oz.) can low sodium chicken broth

### Glaze:

- Combine all ingredients in small saucepan and bring to boil.
- Reduce heat to medium-low, let simmer stirring occasionally, until thickened and reduced to 1-1/4 cups, about 15 minutes.

### Herb Butter:

- Blend all ingredients in small bowl. Set aside.

### Onion Mixture:

- Melt butter in large skillet on medium heat.
- Add onions & shallots. Sauté until soft and light brown, 20 minutes.
- Cover separately and chill.

### Turkey:

- Place oven rack at lowest level. Pre-heat to 400 F
- Pat turkey with dry paper towels
- Season turkey cavity with salt and pepper
- Place turkey on rack set in large roasting pan.
- Slide hand under skin of turkey breast to loosen skin.
- Spread half of the herb butter over breast under skin.
- Put remaining herb butter in saucepan, stir over low heat: until melted.
- Brush melted herb butter over outside of turkey
- Tie legs together loosely to keep the turkeys shape
- Roast turkey 30 minutes.
- Reduce oven temperature to 325 F
- Roast turkey 1 1/2 hours, basting occasionally with pan drippings
- Tent turkey with heavy-duty foil; roast 45 minutes longer.
- Add onion mixture plus: 1 can broth, thyme and sage to pan.
- Roast 15 minutes
- Bring glaze to simmer and brush 1/2 cup glaze over the turkey.
- Continue to roast turkey until meat thermometer registers 180 F
- Brushing occasionally with glaze (add more broth to pan if needed) roast turkey about 40 minutes longer
- Place turkey on platter, tent with foil and let stand for 30 minutes.
- Reserve mixture in pan for gravy.

### Gravy:

- Pour contents of roasting pan into a strainer; set over large bowl.
- Spoon fat from pan juices in bowl.
- Transfer onion mixture in strainer to blender.
- Add 1-cup pan juices to blender and puree until smooth, adding more pan juices and chicken broth if necessary to thin sauce to desired consistency.
- Transfer sauce to large saucepan and bring to boil, stirring constantly.
- Cook until color deepens, skimming off any foam, about 5 minutes.
- Season to taste with salt and pepper and serve turkey with gravy.

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