



Celebration Feast

Kwanzaa derives from the Swahili word for first fruits of the season. Devoted to the celebration of African-American culture and community, Kwanzaa is a culinary festival as much as it is a cultural one.

Kwanzaa is a seven-day festival celebrating a time of endings and beginnings. It is a time of celebration, community gathering and reflection.

Share in the bounty of the earth with these scrumptious Kwanzaa recipes at your celebration feast. This Kwanzaa recipe collection embraces the rich flavors of southern New Orleans cuisine.

FOOD



Southern Kale

"If there is only one argument to make for the healthfulness of Southern food, it's the variety and sheer amount of leafy greens. I prefer kale, but mustard, turnip and collards all have their champions, and many cooks mix them."

Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 teaspoons minced garlic
- 2 ounces country ham pancetta or prosciutto, diced (about 1/2 cup)
- 15 cups stemmed, torn and rinsed kale (1-2 bunches)
- 2 cups water
- 1/4 teaspoon crushed red pepper

Directions

1. Heat oil in a wide deep skillet over medium-high heat. Add garlic, stir, and immediately add ham (or pancetta or prosciutto). Add kale by the handful, stirring to make room for more leaves.
2. When all the kale has been added, add water and crushed red pepper; stir to combine. Bring to a simmer, cover and cook, stirring occasionally, for 15 minutes.
3. Uncover and continue to simmer, stirring occasionally, until most of the water has evaporated and the kale is tender, 10 to 15 minutes more. Serve warm.



Chicken and Sausage Gumbo

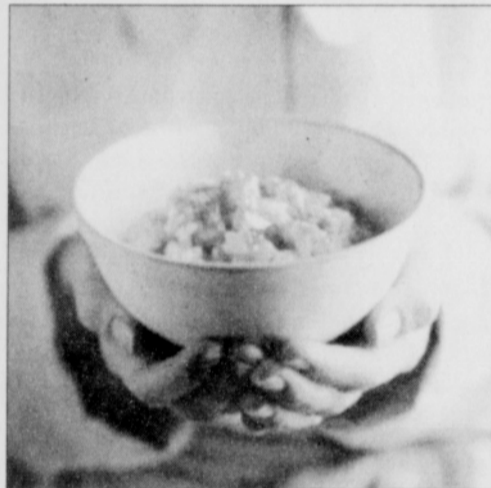
Directions

1. Place chicken in a deep skillet with enough cold water to cover; bring to a boil and cook 2 minutes. Remove from heat; cover and let stand 40 minutes. Strain broth into a large bowl and reserve. Remove chicken. When cool enough to handle, remove meat and tear into large pieces, discarding skin and bones.
2. Over medium heat; heat oil in large Dutch oven. Add flour and cook, stirring constantly, until mixture becomes a nutty brown color, 15 minutes. Add onions, green bell pepper, and celery. Cook about 10 minutes, stirring occasionally; until vegetables are just tender. Add garlic and cook 1 minute more.
3. Gradually whisk in 4 cups of the reserved chicken broth. (Cool remaining broth. Cover and freeze for another use.) Add chicken meat, salt, thyme, and red pepper (if desired); bring to a boil and simmer 10 minutes. Add sausage and okra; continue to cook until okra is tender, about 15 minutes. Serve over rice.

Ingredients

- 1 whole chicken (3-lbs.), quartered
- 3 Tbs. vegetable oil
- 1/3 cup all-purpose flour
- 2 cups chopped onions
- 3/4 cup chopped green bell peppers
- 1/2 cup chopped celery
- 1 tsp. minced garlic
- 3/4 tsp. salt
- 1/4 tsp. dried thyme
- 1/8 tsp. ground red pepper (optional)
- 8-oz andouille or smoked garlic sausage, halved lengthwise and sliced 1/4-inch thick
- 1 package (10-oz.) frozen cut okra, thawed
- Cooked rice

"This lusty stew from New Orleans gets its unique flavor from roux -- flour and oil slowly cooked to a rich, dark brown."



Caramel Rice Pudding

"This pudding delivers a double delight of caramel flavor -- first in the crunchy top, then in the pudding itself."

Ingredients

- 1/2 cup Arborio rice or short-grain rice
- 1 Tbs. butter or margarine
- 3 cups milk
- 1/2 tsp. ground cinnamon
- 1 tsp. vanilla
- 1/3 cup caramel ice cream topping
- 1/3 cup sugar
- 2 drops hot water

Directions

1. In a medium saucepan cook and stir uncooked rice in hot butter or margarine for 2 minutes. Carefully stir in milk and cinnamon (mixture may splatter).
2. Bring to a boil. Cover and cook over low heat about 30 minutes or until most of the milk is absorbed, stirring occasionally. (Mixture may appear curdled.)
3. Remove saucepan from heat. Stir in vanilla. Swirl in caramel ice cream topping. Transfer to four individual serving bowls. Keep warm.
4. In a small saucepan heat the 1/4 cup sugar over medium-high heat until sugar begins to melt, shaking saucepan occasionally to heat sugar evenly. Do not stir until sugar begins to melt.
5. Reduce heat and cook for 3 to 5 minutes more or until sugar is melted and golden in color. Remove pan from heat. Stir in the 2 drops of hot water.
6. Quickly drizzle the topping over each serving of rice pudding.

Moroccan-Rubbed Grilled Steak & Sweet Potatoes

"A Moroccan-inspired spice rub, coats the steaks and is tossed with the sweet potatoes as well. The foil-pocket cooking method for the sweet potatoes yields excellent results (and fewer dishes). Make it a Meal: Sautéed greens, such as arugula, kale or spinach, and a glass of Zinfandel round out the meal."



Ingredients

- 1 teaspoon ground allspice
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper
- 1 pound strip steak, trimmed of visible fat and cut into 4 portions
- 2 medium sweet potatoes (about 1 pound total), peeled and very thinly sliced
- 1 medium red onion, halved and very thinly sliced
- 4 teaspoons canola oil
- 1 teaspoon freshly grated orange zest

Directions

1. Preheat grill to high.
2. Combine allspice, cumin, ginger, salt, cinnamon, coriander and cayenne in a small bowl. Sprinkle steaks with 4 1/2 teaspoons of the spice mixture. Toss sweet potatoes and onion with canola oil, orange zest and the remaining spice mixture.
3. To make a packet, lay 2 24-inch sheets of foil on top of each other (the double layers will help protect the ingredients from burning); generously coat the top piece with cooking spray. Spread half of the sweet potato mixture in the center of the foil in a thin layer. Bring the short ends of foil together, fold over and pinch to seal. Pinch the seams together along the sides to seal the packet. Repeat with two more sheets of foil and the remaining sweet potato mixture.
4. Place the packets on the hottest part of the grill and cook, switching the packets' positions on the grill halfway through cooking, 5 minutes per side. Place the steaks in the front or back and cook, turning once, about 3 to 4 minutes per side for medium-rare. Transfer the steaks to plates and let rest while the packets finish cooking. Open the packets (be careful of steam) and serve alongside the steaks.



Skillet Corn Bread

"Let some of the honey butter melt over the cornbread, and then pass more to spread on individual servings."

Ingredients

- 1 Tbs. butter
- 1 Tbs. cooking oil
- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 Tbs. sugar
- 1 Tbs. baking powder
- 1 tsp. cracked black pepper
- 1/2 tsp. salt
- 1 cup milk
- 1/4 cup cooking oil or shortening, melted
- 2 eggs, slightly beaten

Directions

1. Preheat oven to 425F. Place 1 Tbs. each of butter and oil in a large ovenproof or cast-iron skillet. Preheat skillet in oven for 5 minutes; do not heat longer or mixture may burn.
2. In a medium bowl, mix together flour, cornmeal, sugar, baking powder, 1/2 tsp. cracked black pepper, and salt. Make a well in the center of the dry mixture; set aside.
3. In another bowl blend together the milk, the 1/4 cup cooking oil or melted shortening, and the eggs. Add egg mixture all at once to dry mixture. Stir just until moistened. (the batter will be slightly lumpy.)
4. Spoon batter into the prepared pan and spread with spoon. Sprinkle with remaining 1/2 tsp. cracked black pepper. Bake 20 minutes or until a toothpick inserted in center comes out clean.

Honey Butter

Ingredients

- 1/2 cup margarine or butter, softened
- 2 Tbs. honey

Directions

1. In a medium bowl beat the 1/2 cup softened butter with an electric mixer for 30 seconds on medium speed. Add honey; beat on high speed for 1 minutes more or until fluffy.
2. To serve, immediately place a dollop of honey butter in the center of the hot cornbread; serve the remaining honey butter with meal.

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