

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](mailto:www.foods@portlandobserver.com)

# FOOD

## Oprah Winfrey's Unfried Chicken

In 2003, it was disclosed that **Oprah Winfrey** was the first African-American woman to become a billionaire. Oprah Winfrey was named one of the 100 Most Influential People of the 20th Century by Time magazine, and in 1998 received a Lifetime Achievement Award from the National Academy of Television Arts and Sciences. In 1991, motivated in part by her own memories of childhood abuse, she initiated a campaign to establish a national database of convicted child abusers, and testified before a U.S. Senate Judiciary Committee on behalf of a National Child Protection Act. President Clinton signed the "Oprah Bill" into law in 1993, establishing the national database



Oprah Winfrey

she had sought, which is now available to law enforcement agencies and concerned parties across the country.

### Ingredients

- 6 chicken drumsticks
- 6 chicken breast halves
- 3 1/2 cups ice water
- 1 cup plain nonfat yogurt
- Vegetable oil
- Breading
- 1 cup dried Italian bread crumbs
- 1 cup all-purpose flour
- 1 tablespoon Old Bay seasoning
- 1/2 teaspoon each: garlic powder, thyme, basil, oregano
- 1/8 teaspoon black pepper



## Porterhouse -- Perfect for Grilling

Beef is king when it comes to grilling. According to the Hearth, Patio and Barbecue Association biannual report\*, burgers and steaks are the most popular choices for the grill. So celebrate this summer with a perfect Porterhouse and treat your guests like royalty.

Porterhouse and T-Bone steaks are actually "two steaks in one" -- a top loin (also known as a strip steak) and a tenderloin, separated by the distinctive T-shaped bone. The only difference between the two cuts is the size of the tenderloin. (For T-Bone, the diameter of the tenderloin must be no less than 1/2 inch; for Porterhouse, no less than 1-1/4 inches.) They can be used interchangeably in recipes.

Thanks to its natural tenderness and inherent bold, beef flavor, a Porterhouse tastes great simply grilled as is. Or, try Grilled Porterhouse Steaks with Garlic-Herb Peppercorn Crust. The steaks are rubbed with a mixture of ground peppercorns, parsley, thyme and garlic, which makes a delicious crust on the steak. Easy and special in just 30 minutes!

## Grilled porterhouse steaks with garlic-herb peppercorn crust

### Steak

- 2 beef Porterhouse or T-bone steaks, cut one inch thick (about one pound each)
- 1 teaspoon coarsely ground mixed peppercorns (black, white, green and pink)
- salt

### Seasoning Ingredients

- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh thyme
- 5 cloves garlic, minced
- 2 teaspoons coarsely ground mixed peppercorns (black, white, green and pink)

### Directions

**Total preparation and cooking time:** 30 to 35 minutes

1. Combine seasoning ingredients in small bowl; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 14 to 16 minutes for medium rare to medium doneness, turning occasionally.
3. Remove bones from steaks; carve into slices. Season with 1 teaspoon peppercorns and salt, as desired. Makes 4 servings.

**Cook's Tip #1:** To prepare on gas grill, preheat grill according to manufacturer's directions for medium heat. Grill steaks, covered, 15 to 19 minutes for medium rare to medium doneness, turning occasionally.

**Cook's Tip #2:** To easily grind whole peppercorns, use a pepper mill or coffee grinder (used only for seasonings). They can also be crushed in a food-safe plastic bag. Place the peppercorns in the bag, squeeze out the air and seal. Use the bottom of a custard cup, rolling pin or side of a heavy pan to crush the peppercorns.

**Nutrition information per serving:** 226 calories; 10 g fat (4 g saturated fat); 5 g monounsaturated fat; 61 mg cholesterol; 108 mg sodium; 2 g carbohydrate; 0.6 g fiber; 29 g protein; 5.0 mg niacin; 0.5 mg vitamin B6; 2.4 mcg vitamin B12; 4.4 mg iron; 11.2 mcg selenium; 5.5 mg zinc.

Recipes and photos courtesy The Beef Checkoff

### Directions

1. Remove skin from chicken. Place chicken in large bowl with ice water. Put yogurt into medium bowl. Set aside.
2. Spray a baking sheet with vegetable oil. Breading: Combine all ingredients in large tight-sealing bag; shake to mix. Remove two pieces of chicken from ice water. Roll each piece in yogurt. Put chicken into

- plastic bag, seal and shake, coating thoroughly. Transfer breaded chicken to oiled baking sheet. Repeat until all 12 pieces are breaded. Spray chicken lightly with vegetable oil. Place baking sheet on bottom shelf of 400 degree F (200 degree C) oven and bake for 1 hour, turning pieces every 20 minutes for even browning.
3. Serve hot or at room temperature.

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