

FOOD



Stuffed Dover Sole

Ingredients

- 2 lbs dover sole (fresh & skinless) .
- 1 tsp green onions .
- 1 lobster tail .
- 2 small crab legs (fresh or cooked...about 1 to 2 Tablespoons) .
- 1 tbsp butter .
- 6 shrimp (cooked or raw, cleaned & deveined) .
- 1 tsp fresh parsley (about 5 tops) .
- 1 tsp white wine

Directions

1. Use your food processor/blender for this recipe. If you don't have one (really try to borrow one from a neighbor).
2. Most Dover Soles have a natural crease in the middle, if yours does not, make one vertical (so you can fold it) Left to right or right to left.
3. Place Dover Soles in small Baking Dish (ungreased).
4. In food processor/blender, Parsley, lobster tail, you want texture, Onion, place shrimp, Crab, 1 Tablespoon of white wine & puree'(but not that much, I think I Puree the ingredients for about 1-3 seconds.
5. Spoon out the mixture 3 tps & place on one half of the Dover(spread evenly).
6. Fold the side that has no mixture over to the other side that has the mixture (taco shaped).
7. Add 1/4 c of White Wine & 1 tbsp of butter to the bottom of the baking dish, so put this mixture in After you stuff the Dover Soles.
8. The butter does not have to melted, it will melt when it cooks in the oven.
9. Preheated oven of 325.
10. Cook for 20-25 mins.
11. In between cooking spoon white wine & butter mixture over the Dover Sole to keep it moist.
12. When you remove the Dover Soles from the Baking Dish throw the liquid mixture away.
13. Serve with Tartar Sauce.

Grilled Chile Citrus Turkey Breast

Ingredients

- 3 pounds turkey breast or 1 bone in turkey breast (4-6 pounds)
- 1 package of 5 dried poblano chiles - found in the mexican section of your local grocery store
- 3 tablespoons lime juice - fresh or purchased
- 3 tablespoons orange juice
- 5 gloves of garlic
- 1 small white onion, diced
- 1 tsp coarse salt



Directions

1. Place the poblano chiles in a small bowl and cover them with boiling water.
2. Let sit for 10 minutes. Place chiles in a colander to drain.
3. When cool enough to handle, cut the stems off and remove any seeds.
4. Put in blender.
5. Add orange and lime juices, garlic, onion and salt.
6. Blend until smooth.
7. Save 3/4 to 1 cup of this sauce and put it in the refrigerator.
8. Rub turkey with remaining sauce, place on a plate and cover with plastic wrap.
9. Allow this to marinate for at least 2 hours.
10. If grilling, preheat the grill to medium heat. Grill, covered, until a thermometer reaches 165° (1-1 1/2 hours) or roast in an oven covered at 400° for 1 hour and 20 minutes. These times are approximate depending on size of turkey .
11. Transfer to a cutting board, let sit for 15 minutes before slicing.

Broccoli Casserole

Ingredients

- 3 poundsounds broccoli, cooked
- 2 cups rice, cooked
- 21 ounces cream of mushroom soup
- American cheese, sliced
- salt, to taste

Directions

1. Mix cooked broccoli, rice, cream of mushroom soup and salt together.
2. Spread mixture in a 9 x 13 pan.
3. Arrange sliced cheese on top of mixture.
4. Bake at 350 F until cheese melts.



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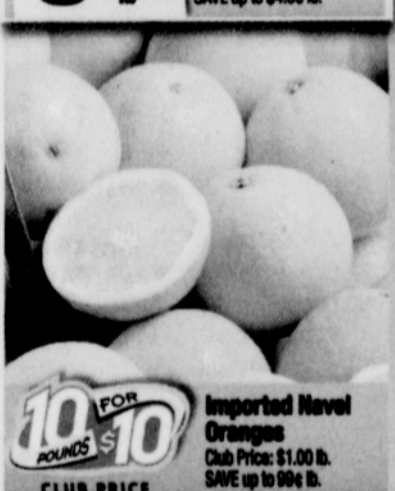
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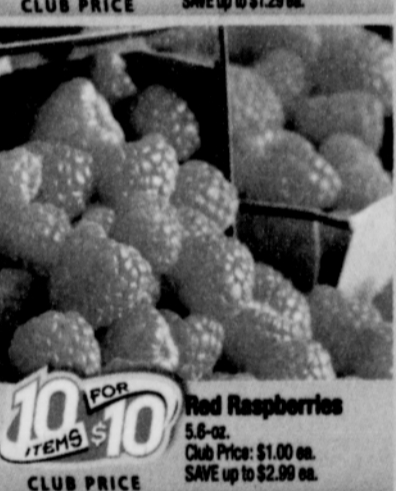
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