

This Is Atlanta Cooking

Presented by PBA30

Chanterelles

Sautéed Turkey Breast in Marsala Wine Sauce

as featured in the *Atlanta Journal-Constitution*, March 17, 1996
(4 servings)

2 tbsp. butter
4 four-ounce slices turkey breast, pounded ¼" thick
2 tbsp. flour
6 medium mushrooms, sliced
10 ounces Quick Brown Sauce (recipe follows)
2 tsp. brown sugar
½ cup Marsala wine
salt and pepper to taste

Melt the butter in a 12" skillet over medium heat. Dust the turkey slices with flour. Brown in skillet about 4 minutes per side. Remove the turkey and add mushrooms. Cook, stirring, for 2 minutes, then add Quick Brown Sauce and brown sugar. Cook for 2 minutes. Stir in the wine and return the turkey to the pan. Heat through. Season to taste with salt and pepper.

Quick Brown Sauce

makes 2 cups

4 tbsp. butter
4 tbsp. all-purpose flour
½ clove garlic, chopped
2 cups beef broth
½ tbsp. ketchup
2 tbsp. brown sugar
salt and pepper, dried herbs to taste

Melt the butter over medium heat and stir in flour. Add garlic. Gradually add beef broth, stirring constantly. Stir in ketchup and brown sugar and bring to a boil. Reduce heat and simmer until thickened. Add salt, pepper, and herbs if desired.

Shrimp Creole

1 pound shrimp, peeled and deveined

4 cups chopped tomatoes

1 1/3 cup chopped onions

1 1/3 cup chopped celery

1 1/3 cup chopped green pepper

1 clove garlic, chopped

Olive oil

2 bay leaves

2 tbsp. brown sugar

Salt and pepper, to taste

Red pepper, to taste

Oregano, thyme, and rosemary, optional

Chopped parsley to garnish

Poach the shrimp in salted water. Set aside.

Sauté tomatoes, onions, celery, green pepper, and garlic in olive oil. When transparent, add bay leaves, and herbs and seasonings taste. Stir in shrimp and warm in sauce. Serve over rice.

Curried Lamb

3 pounds cubed leg of lamb

½ stick margarine

½ cup flour

2 cups beef or chicken stock

1 chopped carrot

1 chopped green pepper

3 chopped stalks of celery

1 chopped onion

3 bay leaves

1 14-ounce can coconut milk

1 tbsp. Madras curry powder

1 ripe banana

2 tbsp. chopped tomato

Red pepper, to taste

salt and pepper, to taste

dried herbs, to taste

Brown lamb cubes in melted margarine. Stir in flour and stir until flour disappears. Cover lamb cubes with stock, and stir in chopped vegetables, seasoning, banana, and tomato. Simmer for 30 minutes. Serve over rice.

Red Cabbage Chanterelles

1 head red cabbage, sliced
1 large onion, chopped
Vegetable oil for sautéing
1 cup chunky applesauce
10 ounces guava jelly
1 cup whole-berry cranberry sauce
1 cup Burgundy
1 cup red wine vinegar
2 bay leaves
pinch salt

Combine all ingredients in a large sauce pan and sauté until cabbage is thoroughly cooked, approximately 20 minutes.

Cauliflower Au Gratin

1 head cauliflower, broken in florets
1 cup milk
1 cup half-and-half
¼ cup cornstarch
4 ounces room temperature butter
½ cup shredded Cheddar cheese
½ cup shredded mozzarella cheese
½ cup grated Parmesan cheese
2 tbsp. bread crumbs
salt and pepper to taste

Poach the cauliflower in salted water until just done. Drain and pour into baking dish.

Warm the milk and half-and-half until the mixture just starts to simmer. Mix cornstarch with just enough water to make a paste and then stir into milk. When the mixture thickens, stir in butter. Reserve a portion of the shredded cheese and stir the rest into the sauce. Pour over cauliflower. Sprinkle reserved cheese and breadcrumbs over the cauliflower and sauce, and bake at 350° until hot throughout and browned at the edges.