

Lunch With Lynn

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Chicken Salad

1 cup cooked chicken cut in bite-sized chunks
 ½ cup diced celery
 ½ cup mayonnaise
 ¼ teaspoon salt
 1 tablespoon sour cream

Yields 1½ cups. Add fruit and nuts as desired.

You can use your favorite chicken salad or this basic recipe and add red grape halves and small pieces of canned pineapple or matchstick almonds, or all three. Serve on a curly piece of Boston lettuce.

Lemon Loaf

1 medium lemon
 2¼ cups flour
 1½ teaspoons baking powder
 ¼ teaspoon salt
 1½ cups sugar
 ¼ cup butter
 3 eggs
 ¾ cup milk

Heat oven to 350°. Grate 1 tablespoon lemon rind. Squeeze 4½ teaspoons lemon juice. Set aside.

Grease one 9x5 loaf pan or two small ones. I cut a piece of parchment paper to fit in the bottom.

In a large bowl with fork, mix flour, baking powder, salt, sugar. Cut in butter with pastry blender. Stir in peel.

In small bowl whisk eggs, lightly and stir in milk. Stir this mixture into flour mixture just until flour is moistened. Spoon into pan.

Bake 2 small pans about 40 minutes or one loaf pan about 1½ hours. But watch carefully, for loaf or loaves are done when bread pulls from sides of pan and toothpick comes out clean. Cool 10 minutes in pan. Remove and peel off paper.

In small saucepan over medium high, heat lemon juice, 2 tablespoons sugar to boiling. Cook, stir until thick, about five minutes. With pastry brush, spread sugar mixture evenly over top of bread. Take care that loaf doesn't stick to wire rack while cooling.

For thin slices, use an electric knife. Make ahead, wrap well and freeze.

Poppy Seed Bread

3 eggs beaten
 3 cups flour
 1½ teaspoons salt
 1½ teaspoons baking powder
 1½ teaspoons butter flavoring
 ¼ -½ cups poppy seeds
 1½ teaspoons almond flavoring
 1½ cups milk
 1½ cups oil
 2¼ cups sugar
 1½ teaspoons vanilla

Add all ingredients to beaten eggs. Mix with mixer 1-2 minutes. Pour into 2 lightly greased small loaf pans that have a piece of parchment lining the bottom. Bake about 40 minutes at 350°, checking for bread to pull from sides of pan and for doneness with a toothpick.

Glaze: Mix ¼ cup orange juice, ¼ cup sugar, ½ teaspoon vanilla and ½ teaspoon butter flavoring. Mix in saucepan and cook until sugar dissolves. Pour over loaves while still warm. Cool, taking care that loaves don't stick to wire cooling rack. Wrap well and freeze.

This yummy quickbread recipe comes from Market Fare Restaurant in Lancaster. It's very moist if not over-baked. Wrap and freeze.

Townhouse Cheese Soup

4 small carrots, cut into 1" matchsticks
 3 celery stalks, cut into 1" matchsticks
 1½ cups chicken stock
 2 tablespoons (¼ stick) butter
 2 tablespoons finely chopped onion
 ¼ cup flour
 3 cups hot chicken stock
 1 cup fine shredded sharp cheddar cheese
 (1) 8½ ounce can tomato wedges undrained, chopped
 10 drops hot pepper sauce
 ½ teaspoon nutmeg
 salt to taste (I only used ½ teaspoon)
 1½ cups whipping cream, heated
 chopped parsley for garnish

Add carrots and celery to 1½ cups chicken stock on a 1-2 quart saucepan. Bring to boil, reduce heat and simmer until tender, about 15 minutes. Set aside.

Melt butter in a 4-5 qt. saucepan over medium heat. Add onion and saute until transparent but not brown. Add flour, blend well and cook 5-7 minutes, stirring continuously. Do not brown. Slowly stir 3 cups hot chicken stock into flour mixture and cook over low heat, whisking constantly until sauce thickens. Blend in cheese and stir until cheese melts. Add tomatoes and undrained vegetables. Season with pepper sauce, nutmeg, salt. Just before serving soup, stir in hot cream. Garnish with chopped parsley. Serves 6.

This is a light soup; perfect for lunch.

Cream Puff Swans

1 cup water
 ½ cup butter or margarine
 ¼ teaspoon salt
 1 cup flour
 4 eggs
 1 cup heavy cream
 1 3¼ -3¼ box vanilla instant pudding
 1¼ cup milk
 ½ teaspoon almond extract

Grease large cookie sheet. In 2 quart saucepan over medium heat, heat water, butter or margarine and salt until butter melts and mixture boils. Remove saucepan from heat. Add flour all at once. With wooden spoon, vigorously stir until mixture leaves sides of pan and forms a ball.

Add eggs one at a time, beating well with wooden spoon after each addition. Cool slightly.

Preheat oven to 375°. Spoon ¼ cup of batter into pastry bag with large round tip, about ½" in diameter. Pipe eight three inch long "question marks" for swans' necks, making a small dollop at the beginning of each for head.

Drop remaining batter, using a large spoon, onto cookie sheet into 8 large oval mounds 3" apart. Using moistened finger, gently smooth batter.

Bake necks 20 minutes or until golden. Remove necks to wire rack. Continue baking mounds 45-50 minutes longer. Remove to wire racks to cool.

Prepare filling. This can be made ahead of time. In small bowl with mixer at medium speed, beat 1 cup heavy cream until soft peaks form. Set aside. Prepare pudding using 1¼ cups milk. With rubber spatula, gently fold whipped cream and ½ teaspoon almond extract into pudding. Refrigerate.

To assemble swans: cut off top third of cream puffs (swans' bodies). Set aside. Divide almond cream into 8 bodies. Place necks into bodies. Cut reserved piece of body in half and set cut edges into sides for wings. Refrigerate until serving time.

Cream puff swans with almond cream filling may look difficult to make but really aren't. One drawback is that they cannot be made more than a day in advance. You'll need a reusable or disposable pastry bag to form the neck.

Sesame Thins

1¼ cups flour
 ¼ cup cornmeal
 2 tablespoons sugar
 ½ teaspoon baking soda
 ¼ teaspoon salt
 ¼ cup butter or margarine, softened, divided
 ¼ cup water
 2 tablespoons vinegar
 2 tablespoons sesame seeds

Into large bowl measure flour, cornmeal, sugar, baking soda, salt. With pastry blender cut ¼ cup butter or margarine into flour mixture for coarse crumbs. Stir in water and vinegar. With hands, knead flour mixture until well-blended.

Preheat oven to 375°. Divide dough into 30 small balls. On lightly floured surface, with floured rolling pin, roll dough into 4½" paper thin circles. (Edges may be ragged.)

With pancake turner, place circles one inch apart on ungreased cookie sheet.

In small saucepan over low heat, melt other ¼ cup butter or margarine. With pastry brush, lightly brush each dough circle with butter or margarine. Sprinkle with some sesame seeds. With back of a teaspoon carefully press seeds into dough. Bake 8-10 minutes or until lightly browned. Remove to wire rack to cool completely. Store in tightly covered container. Makes 30.

These light paper-thin crackers feature the nutty rich flavor of sesame seeds. Easy to do ahead - up to one week.

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