

Chicken Marsala (for two)

2 (6-oz) pieces of skinless, boneless chicken breast meat or an equivalent weight of chicken tenders, with tendon removed

1/8 teaspoon salt

1/8 teaspoon pepper

1 Tab. Flour (or more)

2 teaspoons butter

1 cup sliced mushrooms

1/4 cup Marsala wine

1/4 cup chicken broth (I use "Better than Bouillon")

Parsley for garnish

Put chicken between plastic wrap and flatten to 1/2 inch thickness with a mallet or rolling pin. Sprinkle both sides of meat pieces with salt and pepper and then dredge in flour.

Heat butter in a large skillet over medium-high heat. Add chicken and quickly brown --- don't want to over cook.

Remove the chicken from the pan and keep warm. Add the mushrooms, wine, and broth to the pan and simmer about 10 minutes. (Add more broth, if needed.)

Return chicken to pan, turning to coat. Heat to serving temperature. Aim at getting the meat just done and not over-cooked. Sprinkle with parsley to serve.

Chicken Salad

1-lb of chicken tenders (remove tendon)

1 "rib" of celery - dice or cut in thin slices, as you prefer

1/2 cup (more or less) mayonnaise - this depends on personal taste - start with less salt and pepper to taste

tarragon (dry is okay) - optional

Cook the chicken in a small amount of water until just done. Cool until able to handle and cut into chunks. Combine with the celery, seasonings, and mayonnaise. (Plus tarragon, if desired.)

Deviled Eggs

6 hard-cooked eggs
3 Tab. Mayonnaise or more, if needed
1 teaspoon vinegar
1 teaspoon mustard
1/8 teaspoon salt

Halve eggs lengthwise; remove yolks and mash the yolks with a fork. Stir in mayonnaise, vinegar, mustard, and salt. Fill egg whites with yolk mixture. Garnish with paprika, if desired.

Macaroni and Cheese

6 oz. Elbow macaroni (1-1/2 cup)
3 Tab. Butter
2 Tab. Flour
1/2 teaspoon salt
2 cups milk
1/2 lb. Colby cheese – shredded or cubed
a mixture of fine bread crumbs and grated Parmesan for topping

Cook macaroni according to package directions and drain. For the cheese sauce, melt the butter in a saucepan. Stir in the flour and salt. Add the milk, stir, and cook until thickened. Turn the heat to very low; add the cheese and stir until melted.

Stir the macaroni into the sauce. Turn the mixture into a 1-1/2 casserole. Top with the crumb/Parmesan mixture.

Bake at 325°F for about 30 minutes until heated through but before not so long as to “break” the sauce.

Stovetop Scalloped Potatoes

About 3 medium-sized baking potatoes – peeled and sliced to a uniform thickness, about 1/16th inch thick

1-1/2 Tab. Butter

1/2 teaspoon salt

1-1/2 Tab. Flour

1 cup milk

Cheese, such as Colby, for topping

The ideal pan is Teflon-lined, stove-top casserole, about 9-inches across.

Make white sauce in the casserole. Stir in the potato slices. Top with some cheese. Cook for about 45 minutes or until potatoes are done.

Crepes (to fill)

1/2 cup flour

1/4 teaspoon salt

3 eggs

1 cup milk

2 Tab. Butter

Melt the butter (it's good to start by melting in a microwave with the butter in the mixing bowl that you will use for the recipe). Using a whisk, mix in the milk and then the salt and flour. Work to eliminate lumps. Then mix in the eggs.

Most crepe recipes recommend a rest period of at least 30 minutes. This is to let the gluten "relax." Refrigerate if the resting period is longer than an hour.

To make the crepes use a Teflon or cast-iron pan of about 8 or 9 inches.

For each crepe, use about 3 Tab of batter. I like to use a 1/4-cup measuring cup. Butter the pan to start. Pre-heat over medium heat. Cook each crepe until the top is set and the bottom is golden. Turn and cook until the second side is lightly brown.

Keep the finished crepes between wax paper. Stir the batter between each crepe and continue.

Fillings: Here you can be creative. You can fill, for example, with cheese, for mushrooms and cheese, or shredded cooked-chicken. Also, the crepes may be heated on the stove-top or in the oven, with a sauce or not. For sauce, you can use cream, half-and-half, white sauce, or cheese sauce.