

Chicken and Dumplings

Kay's Barbeque Restaurant and Catering Company, Sarasota, Florida

1 3 to 5lb Chicken cut into pieces
1/2 tsp Lawry's seasoning salt
1/2 tsp freshly ground black pepper
1/8 tsp ground nutmeg
1/8 tsp ground basil
1/8 tsp ground oregano
1/4 tsp of paprika
All purpose flour for dredging chicken
7 Tbs. of olive oil or bacon drippings or both
1 medium onion chopped
1 bell pepper diced
1 celery stalk chopped
2 carrots chopped
2 bay leaves
6 to 8 Cups of water
1 to 2 Maggi chicken boullion cubes

For Dumplings

1 1/4 Cups of all purpose flour
1 1/2 tsp of baking powder
1 tsp Lawry's seasoning salt
1 egg beaten
1/2 Cup of Buttermilk
1 Tbs of melted butter

Season chicken pieces with all the above spices and dredge in flour. Heat 2 tbs of the olive oil or bacon drippings in skillet and saute chopped onion until golden. Remove onions from skillet and add the remaining 5tbs of oil and fry chicken in batches until golden brown. Place pieces in large pot and add the browned onion, bell pepper, celery, carrots, bay leaves, water and bouillon. Bring to a boil, then reduce heat and let simmer 30 minutes.

For the dumplings sift together flour, baking powder and seasoning salt. Add beaten egg, melted butter and buttermilk and blend to form a soft sticky ball of dough.

remove lid on pot and using a regular tablespoon drop 1 tbs. of dough into stew at a time until all dough is gone. Cover pot for 20 minutes and let simmer. Dumplings will get puffy when done.

Remove bay leaves and serve. If you want to brown the dumplings which is what Kay's does, transfer to an ovenproof dish and place in 350F oven for 10 minutes . Serves 4 to 6

Mashed Rutabega & Potatoes

Harry's Continental Kitchen - Longboat Key, Florida - Chef Harry

1 large rutabega peeled and cubed
Equal amount of potatoes peeled and cubed the same size as rutabega
1 stick of unsalted butter
Salt & freshlly ground pepper to taste
1/2 Cup to 1 Cup of heavy cream
Just a hint of freshly ground nutmeg

Starting in cold water boil rutabega and potatoes until fork tender. Rutabega may take longer so start with it and add potatoes when they are half cooked. Drain and put vegetables back in pot to steam out excess moisture on a very low heat for 30 seconds, don't scorch. Add butter, salt , pepper and mash. Add warmed cream a little at a time until you get the consistency you like. Add

a hint of nutmeg.

Liver with Apples and Onions

Frankenmuth Inn - Frankenmuth Inn, Frankenmuth, Michigan

4 slices of calf's liver

1 Cup of whole milk

1/4 Cup of flour

Salt & freshly ground pepper to taste

4Tbs. Butter

1 medium onion , sliced

1 apple, cored and sliced

Soak the liver in milk for 1 hour, dry well, coat lightly with flour, and season to taste with salt and pepper. Melt 2 tablespoons of the butter in a pan and fry the liver over high heat, browning quickly on both sides; remove from the pan and keep warm.

Add the remaining butter to the pan, deglaze, and sauté the onion briefly. Add the apple slices, cover the pan, and cook over low heat for 5 minutes. Uncover the pan, raise the heat, and cook for 1 to 2 minutes more to caramelize slightly. Serve the liver topped with onions and apples.

Serves 2 , Suggested side dish would be chef Harry's Mashed Rutabega & Potatoes.