



COOKING WITH JAN ~ October 2, 2019

Sponsored by Coborns & Performance Radio

Recipes at Coborns & kokk.com
IT'S ALL ABOUT FALL RECIPES

APPLE CIDER CHICKEN

2 TBLS OLIVE OIL	2 TBLS BUTTER
SALT & BLACK PEPPER	1/2 VIDALIA ONION, CHOPPED
3 CLOVES GARLIC, MINCED	2 TSPS DRIED THYME
2 BAY LEAVES	2 TBLS FLOUR
1 1/2 CUPS APPLE CIDER	1 GRANNY SMITH APPLE
4 BONELESS, SKINLESS CHICKEN BREASTS	

CORE & SLICE APPLE INTO 1/4" WEDGES; HEAT OIL & 1 TBLS BUTTER IN SKILLET. SEASON CHICKEN WITH THE SALT & PEPPER TO TASTE; ADD TO PAN & SEAR UNTIL GOLDEN, ABOUT 4 MINUTES PER SIDE. REMOVE FROM PAN & SET ASIDE. ADD THE REMAINING BUTTER, ONIONS, APPLES, GARLIC, THYME, BAY LEAVES TO THE PAN. SAUTE UNTIL APPLES BEGIN TO GET COLOR & ONIONS SOFTEN, ABOUT 6 MINUTES; ADD FLOUR & STIR FOR 2-3 MINUTES. PLACE CHICKEN BACK INTO THE PAN; ADD CIDER & BRING TO A BOIL. REDUCE TO SIMMER, THEN COVER & COOK UNTIL CHICKEN IS COOKED THROUGH, ABOUT 12 MINUTES. MAKES 4 SERVINGS!

SLOW COOKER CREAMY HAM & WILD RICE SOUP

2 CUPS DICED COOKED HAM	1 CUP MATCHSTICK CUT CARROTS
3/4 CUP UNCOOKED WILD RICE	1/2 CUP CHOPPED ONIONS
1 3/4 CUPS CHICKEN BROTH	1 CAN CREAM OF CELERY SOUP
1/4 TSP BLACK PEPPER	3 CUPS WATER
1 CUP HALF & HALF	1/4 CUP SLICED ALMONDS
2 TBLS DRY SHERRY	1/4 CUP CHOPPED FRESH PARSLEY

SPRAY 3-4 QUART CROCK POT WITH COOKING SPRAY. IN CROCK POT, MIX ALL INGREDIENTS **EXCEPT** THE HALF & HALF, ALMONDS, SHERRY & PARSLEY. COVER; COOK ON LOW HEAT SETTING 7-8 HOURS. STIR IN REMAINING INGREDIENTS; INCREASE HEAT SETTING TO HIGH. COVER; COOK 10-15 MINUTES LONGER OR UNTIL HEATED THROUGH. MAKES 6 SERVINGS!

GRILLED CHEESE WITH APPLES & BACON

Served with ROASTED TOMATO SOUP

2 1/2 LBS TOMATOES (HEIRLOOM, VINE & PLUM)	1/2 CUP OLIVE OIL
6 CLOVES GARLIC	2 ONIONS, SLICED
KOSHER SALT & BLACK PEPPER	1 QUART CHICKEN STOCK
2 BAY LEAVES	4 TBLS BUTTER
1/2 CUP CHOPPED FRESH BASIL	3/4 CUP HEAVY CREAM
1/2 CUP CHERRY TOMATOES FOR GARNISH (OPTIONAL)	

FOR SANDWICH: SPREAD DIJON MUSTARD ON 4 SLICES WHITE BREAD. TOP EACH SLICE WITH 2 SLICES CHEDDAR CHEESE, COOKED & CRISPY BACON & 3-4 SLICES GRANNY SMITH APPLES THEN TOP WITH 4 SLICES WHITE BREAD. BUTTER THE SANDWICHES; COOK IN SKILLET UNTIL CHEESE IS MELTED & BREAD IS GOLDEN, ABOUT 3 MINUTES PER SIDE. SERVE WITH THE ROASTED TOMATO SOUP.

SOUP: PREHEAT OVEN TO 450 DEGREES. CORE & HALVE THE TOMATOES (NOT THE CHERRY ONES). HEAT A ROASTING PAN TO MEDIUM HIGH HEAT; DRIZZLE WITH 1/2 CUP OLIVE OIL, THEN SPREAD ALL THE SLICED TOMATOES, GARLIC & ONIONS IN THE PAN. COOK, STIRRING GENTLY, UNTIL THE GARLIC IS BROWNED, ABOUT 5 MINUTES. SEASON WITH SALT & PEPPER AND TRANSFER THE PAN TO THE OVEN & ROAST UNTIL ALL THE TOMATOES ARE CARAMELIZED, 20 TO 30 MINUTES. REMOVE TOMATOES PLUS FROM OVEN; TRANSFER TO A LARGE SOUP POT SETTING ASIDE THE CHERRY TOMATOES FOR GARNISH. ADD 3 CUPS CHICKEN STOCK, THE BAY LEAVES & BUTTER; BRING TO A BOIL. REDUCE HEAT TO MEDIUM AND CONTINUE COOKING UNTIL THE LIQUID IS REDUCED BY A THIRD, ABOUT 15-20 MINUTES. REMOVE BAY LEAVES. ADD BASIL; WITH IMMERSION BLENDER, PUREE THE SOUP UNTIL SMOOTH. IF NO IMMERSION BLENDER, PUREE IN REGULAR BLENDER AND RETURN TO SOUP POT. REDUCE HEAT TO LOW; ADD HEAVY CREAM & ADJUST CONSISTENCY WITH THE REMAINING 1 CUP OF STOCK, IF NECESSARY. SEASON WITH SALT & PEPPER; POUR INTO SERVING BOWLS, TOP WITH ROASTED CHERRY TOMATOES, DRIZZLE WITH OLIVE OIL & SERVE WITH GRILLED CHEESE & APPLE SANDWICH. NOTE ~ IF POURING INTO BLENDER, LET SOUP COOL FOR 5-8 MINUTES BEFORE PUTTING IN THE BLENDER, FILLING ONLY HALF WAY. MAY HAVE TO DO IN TWO FILLINGS.