

HOMIE *style*

Serve a healthy meal with this French country chicken recipe

MAYO CLINIC

These boneless, skinless chicken breasts are sautéed and topped with a creamy mushroom sauce. Serve over whole-wheat spaghetti or fettuccini with steamed broccoli and carrots on the side.

FRENCH COUNTRY CHICKEN WITH MUSHROOM SAUCE

Serves 4

- 4 boneless, skinless chicken breast halves, each 4 ounces
- 2 tablespoons olive oil, divided
- 4 shallots, thinly sliced (about 4 tablespoons)
- 1/4 pound mushrooms, thinly sliced
- 1 tablespoon all-purpose (plain) flour
- 1/4 cup white wine
- 1/2 cup low-sodium chicken stock
- 1 tablespoon fresh rosemary (or 1 teaspoon dried rosemary)
- 2 tablespoons chopped parsley

Place the chicken breasts between wax paper and pound with a mallet to flatten. Cover the chicken with plastic wrap and refrigerate until firm.

In a small frying pan, heat 1 tablespoon of the olive oil over medium heat. Add the shallots and sauté for about 3 minutes. Add the mushrooms and cook for 2 minutes more, stirring occasionally.

In a small bowl, whisk together the flour and white wine until all the lumps are gone.

Add the flour mixture to the shallots and mushrooms. Stir in the chicken stock and cook over medium-high heat. Stir until the sauce thickens, about 5 minutes. Remove from heat and add the rosemary.

In a large, nonstick skillet, heat the remaining 1 tablespoon of olive oil over medium heat.

Add the chicken and sauté for about 5 minutes until the chicken is no longer pink or until a thermometer inserted into the chicken reads 170 F.

To serve, transfer the chicken breast halves onto each plate.

Spoon mushroom sauce over the chicken and garnish with parsley. Serve immediately.

Nutritional analysis per serving:

- Serving size: 1 chicken breast with 1/4 of the gravy
- Calories: 251
- Total carbohydrate: 7 g
- Cholesterol: 83 mg
- Dietary fiber: 1 g
- Monounsaturated fat: 6 g
- Protein: 27 g
- Saturated fat: 2 g
- Sodium: 65 mg
- Total fat: 10 g



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This image released by Voracious shows a recipe for coconut cream pie with pineapple upside-down topping, from the cookbook "50 Pies, 50 States: An Immigrant's Love Letter to the United States Through Pie" by Stacey Mei Yan Fong, shown below.

LITTLE TASTE OF HAWAII

STACEY MEI YAN FONG

Associated Press

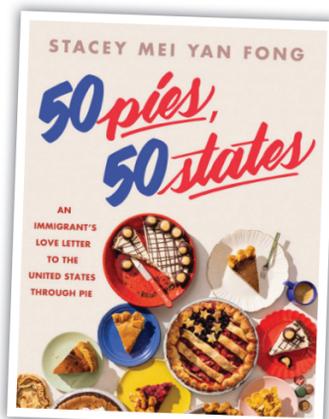
When I think of Hawaii, I think of coconut trees softly swaying above white beaches with big blue waves crashing against the shore, and I think of the many days I spent swimming and drying off in the sun while eating pineapple. I have tried to capture these feelings with this pie from my cookbook "50 Pies, 50 States."

A popular dessert in Hawaii is haupia, or coconut custard,

which is the main component of my pie, paired with pineapple to set it apart. This coconut cream pie has a graham cracker crust, a pineapple upside-down cake topping and a little '60s flair.

The cold-set pie can be made a day in advance, but don't make the pineapple topping until you are ready to serve!

Stacey Mei Yan Fong is the author of "50 Pies, 50 States." Her pies have been featured on CBS News Sunday Morning, NPR and Eater. Excerpted from "50 Pies, 50 States" by Stacey Mei Yan Fong.



COCONUT CREAM PIE WITH PINEAPPLE UPSIDE-DOWN TOPPING

Servings: one 10-inch pie

Equipment

10-inch cast-iron or other circular oven-safe pan

Ingredients

Crust

■ Store-bought or homemade Graham Cracker Crust

Filling

- 1 cup unsweetened coconut flakes
 - 1 (13.5-ounce) can coconut milk
 - 1 1/2 cups heavy cream
 - 3 large egg yolks
 - 3/4 cup granulated sugar
 - 1/3 cup cornstarch
 - 1/4 teaspoon kosher salt
 - 1 teaspoon vanilla extract
- ##### Pineapple upside down topping
- 1/4 cup (1/2 stick) unsalted butter
 - 1 cup packed light brown sugar
 - 1 (8-ounce) can sliced pineapple in pineapple juice
 - 7 maraschino cherries

Directions

Make the Filling: Preheat the oven to 350°F. Spread the filling in an even layer on a rimmed baking sheet lined with parchment. Toast the coconut in the oven for 10 to 15 minutes, tossing every 5 minutes and making sure it doesn't burn,

until the coconut is golden brown. In a medium saucepan, combine the coconut milk, cream, egg yolks, granulated sugar, cornstarch, and salt. Bring the mixture to a boil over medium-low heat and cook, stirring constantly, until very thick, about 10 minutes. Remove from the heat and add the toasted coconut and vanilla. Let cool slightly before filling the pie.

Fill the pie: Pour the filling into the baked graham cracker crust and smooth the top with a spatula. Chill the pie in the fridge for 2 to 4 hours, until the filling is set.

Make the Topping: Preheat the oven to 350°F. In a cast-iron or oven-safe 10-inch pan, melt the butter over medium-high heat. Add the brown sugar and blend. Arrange seven pineapple slices in the pan, covering the bottom. Place a cherry in the center of each ring. Bake for 30 minutes, until the pineapple is caramelized, checking every 10 minutes to make sure the pineapple caramelizes but does not burn.

Finish the Pie: This is tricky. Take the chilled pie and place it upside down in the cast-iron skillet; the top of the pie should touch the pineapple mixture. Turn a plate upside down and place on the bottom of the pie, then flip everything over in one swift motion, setting the pie on the counter on the plate. Carefully remove the skillet; if a pineapple slice or cherry sticks to the skillet, just use a fork to move it to the top of the pie. Let the topping cool slightly and then slice and serve!

ON THE MENU

GRANNY'S IRISH SODA BREAD

The recipe was handed down from my mother-in-law, Catherine, who learned to make it as a child from her mother, Nellie Kerrigan Foy, who was born in Bundoran, County Donegal, in 1892.

- 2 cups unsifted all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 tablespoons butter, softened
- 1 cup seedless raisins, half dark and half golden, optional
- Approximately 1 cup buttermilk

Preheat oven to 350 degrees. Lightly grease cookie sheet.

In large bowl sift flour, sugar, baking powder, baking soda and salt. Cut in softened butter with pastry blender or fork until it looks like fine crumbs. Add raisins. Add buttermilk, starting with a little less than a cup, and mix with fork only until dry ingredients are moistened, adding additional milk as needed to get the right consistency.

Turn out on lightly floured board and knead gently about 1 minute. Shape in a ball and place on cookie sheet; flatten into a 7-inch circle (dough will be about 1 1/2 inches thick) and press a large floured knife into center halfway through to the bottom. Repeat at right angle to form a cross.

Bake 30-40 minutes or until top is golden brown and loaf sounds hollow when tapped.

Remove to wire rack to cool. Optional: Melt another tablespoon of butter and pour over the top.

Makes 1 loaf.

— Catherine Foy McKay

DUBLIN CODDLE

Every Irishman or woman has his or her own variation of a Dublin coddle, but this hearty, one-pot meal always combines four Irish staples: potatoes, onions, bacon and pork sausage. It is sometimes simmered in a light broth made with Guinness Stout. I used Italian sausage.

- 12 ounces bratwurst or mild Italian sausage (around 3 fat links)
- 2 tablespoons olive oil
- 6 slices unsmoked bacon, chopped
- 1 onion, peeled and sliced
- 4 cups diced potatoes
- 4 medium carrots, peeled and thickly sliced
- 4 cups water or chicken stock
- Salt and pepper, to taste
- 3 sprigs of thyme, leaves picked
- 2 handfuls of finely shredded kale or cabbage

Remove the skins from the sausages and roll them into little meatballs.

Heat two tablespoons of olive oil in a wide, heavy-based pan. Fry the sausage meatballs until they get a little color, then set them aside but don't wipe out the pan.

Add diced bacon and fry until crispy at the edges.

Add onion to the pan and sauté for a minute or so until it softens.

Add potato and carrots and return the sausage to the pan. Pour in the stock, season with salt, pepper and thyme. Simmer gently for 25 minutes, then add finely shredded kale or cabbage. Simmer for a further 5 minutes until the potatoes are just cooked through.

Taste for seasoning, then ladle into bowls.

Serves 4-6

— adapted from *The Irish Times*

Recipes provided by Gretchen McKay, Pittsburgh Post-Gazette (TNS)