



Romantic Monday SWEET RICE PUDDING

- 3 eggs, beaten
- 1 cup milk
- ½ cup evaporated milk
- ¼ cup sugar
- ¼ cup brown sugar
- 1 teaspoon vanilla
- pinch cinnamon
- pinch salt
- ½ cup raisins, optional
- 2 cups cooked rice

1. Preheat oven to 325 degrees. In a medium bowl combine eggs, milk, evaporated milk, sugar, brown sugar, vanilla, cinnamon & salt. Beat mixture until blended. Stir raisins & rice (I prefer Uncle Ben's rice) into the milk mixture.
2. Coat an 8x8 inch glass baking dish with butter, to prevent sticking. Pour the rice mixture into the baking dish. Place the baking dish inside of a larger baking pan. Pour 1-inch of boiling water into the larger pan. This is called a "water bath", to help the custard cook evenly.
3. Bake for 50 minutes, stirring every 15 minutes. Remove from oven, let stand for 15 minutes then serve warm.

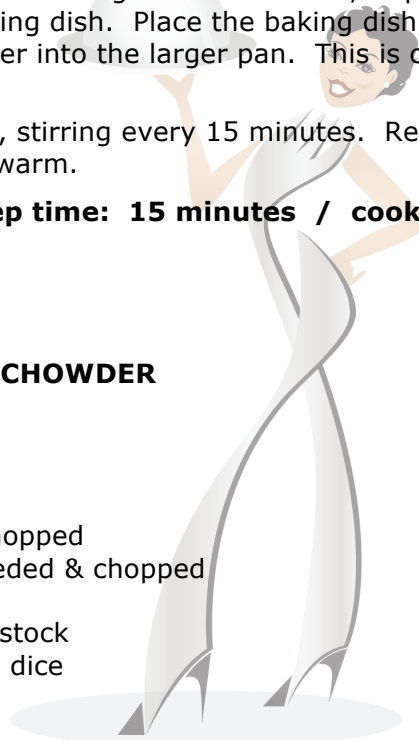
servings: 8 / prep time: 15 minutes / cook time: 50 minutes

Quality Time Tuesday CREAMY CRAB & CORN CHOWDER

- 4 slices bacon
- 4 tablespoons butter
- 1 cup onion, chopped
- 1 tablespoon garlic, chopped
- 1 jalapeno pepper, seeded & chopped
- ¼ cup flour
- 4 cups fish or chicken stock
- 2 cups potatoes, small dice

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- 1 cup fresh corn
- 2 cups heavy cream
- 2 cups crab meat
- ¼ cup Sherry
- 1 bay leaf
- 2 tablespoons fresh thyme leaves
- 1 cup Parmesan cheese, grated
- 1 teaspoon Old Bay Seasoning
- sea salt, to taste
- white pepper, to taste

1. In a large heavy pot on medium heat, cook bacon. Remove bacon from pan leaving drippings. Add butter, onion, garlic & jalapeno to pan then sauté for 7 minutes on medium-high heat.
2. Stir in flour until well blended. Slowly stir in stock until smooth. Add potatoes & corn then simmer for 10 minutes. Add cream, crab meat, Sherry, bay leaf & thyme to pot.
3. Stir in Parmesan, Old Bay, salt & pepper. Lightly simmer for 15 minutes before serving. Smash some of the potatoes to thicken the chowder.

servings: 8 / prep time: 15 minutes / cook time: 35 minutes

Waistline Wednesday

TOMATOES & BASIL WITH BALSAMIC VINEGAR

- 4 vine ripe tomatoes
- 8 fresh basil leaves, chopped
- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar

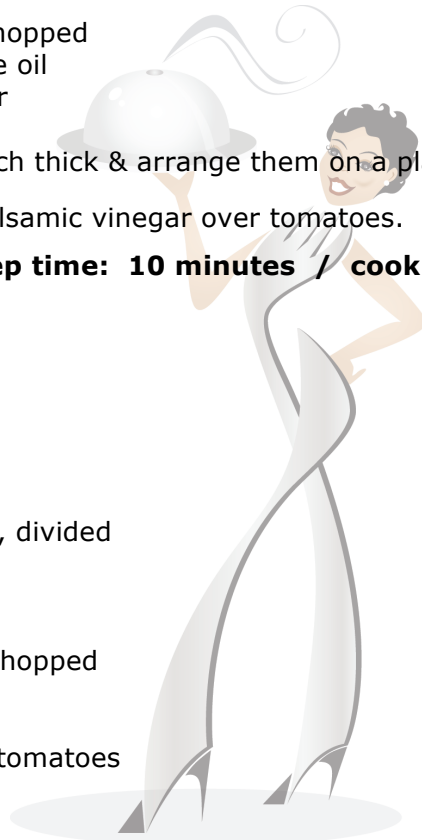
1. Slice tomatoes ¼-inch thick & arrange them on a platter. Sprinkle basil over tomatoes.
2. Drizzle olive oil & balsamic vinegar over tomatoes.

servings: 8 / prep time: 10 minutes / cook time: 0 minutes

Thoughtful Thursday

CARIBBEAN OXTAILS

- 3 pounds oxtails
- 4 tablespoons olive oil, divided
- sea salt
- pepper
- 1 cup onion, chopped
- 2 tablespoons garlic, chopped
- 1 bay leaf
- 1 cup white wine
- 1 28-ounce can diced tomatoes



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- ¼ cup brown sugar
- 2 tablespoons fresh thyme leaves
- 2 tablespoons red wine vinegar

1. Preheat oven to 325 degrees. Rinse oxtails with cold water & dry with paper towels. Heat a large heavy ovenproof pot with 2 tablespoons of oil on medium-high heat. Season with salt & pepper then brown oxtails in batches, about 5-7 minutes per batch.
2. Set oxtails aside then add 2 more tablespoons of oil to pot. Sauté onion, garlic & bay leaf, on medium heat for 10 minutes. Add wine & simmer for 5 minutes. Add oxtails & tomatoes then bring to a simmer. Cover pot with foil & place in oven for 3 1/2 hours.
3. Skim fat from top of sauce then stir in brown sugar, thyme & vinegar. Season with additional salt & pepper if needed. Serve in a large deep platter over Spanish rice.

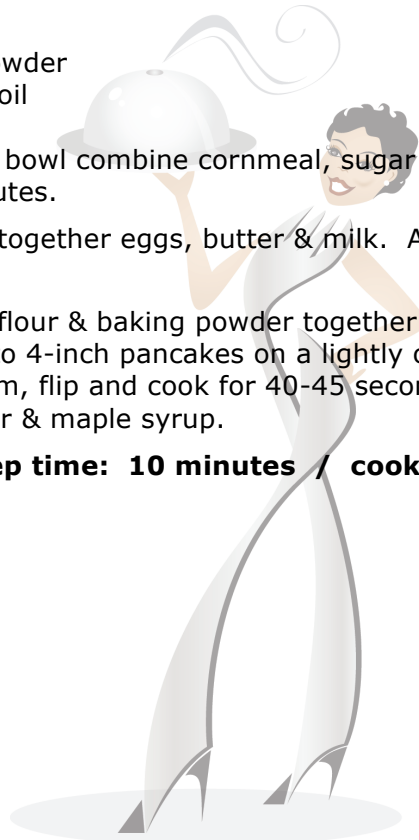
servings: 8 / prep time: 25 minutes / cook time: 4 hours

Fun Friday CORNBREAD PANCAKES

- 2 cups cornmeal
- ¼ cup sugar
- 1 teaspoon salt
- 1 cup boiling water
- 2 eggs
- ¼ cup butter, melted
- 1 cup whole milk
- 1 cup flour
- 1½ teaspoons baking powder
- Safflower or Canola oil

1. In a medium mixing bowl combine cornmeal, sugar & salt. Slowly stir in boiling water & let stand for 10 minutes.
2. In a small bowl mix together eggs, butter & milk. Add egg mixture to cornmeal mixture & stir well.
3. In a small bowl mix flour & baking powder together. Add flour mixture to batter & stir well. Pour batter into 4-inch pancakes on a lightly oiled griddle or skillet. Cook until bubbles begin to form, flip and cook for 40-45 seconds more or until golden underneath. Serve hot with butter & maple syrup.

servings: 8 / prep time: 10 minutes / cook time: 15 minutes



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