

Across the Fence

'Pink Ribbon Cooking' Recipes – October 16, 2012

Egg Drop Soup (serves 4)

1 1/2 quart chicken broth, organic, low-sodium
2 tbsp. corn starch
2 tbsp. water
2 large eggs, separated, whites reserved, yolks discarded
1 pinch sea salt
1 pinch black pepper, freshly ground

1. In a medium-sized sauce pot bring the chicken broth to a boil.
2. In a small bowl combine the cornstarch and water and mix well. Add the cornstarch and water mixture to the boiling broth and mix well to combine.
3. Return the broth to a boil and reduce heat to low. Simmer soup for five minutes.
4. While soup simmers lightly beat the eggs.
5. Add the egg whites to the soup and stir to make strands of egg throughout the soup.
6. Divide the soup into bowls and serve.

Egg drop soup is simple and quick to make yet rich, indulgent and a dish that is full of flavor on a busy week night. If you are cooking with kids they love watching the final step of adding the eggs to the soup.

Grilled Skirt Steak with Tomato Salsa (serves 4)

4 6-oz skirt Steaks, trimmed	1/4 cup fresh lime juice
2 large tomatoes, chopped	1 tsp. cumin, ground
1/4 cup white onion, finely diced	1 tbsp. chili powder
1 small jalapeño pepper, seeded, finely diced	1/2 cup cilantro leaves, chopped
	1 pinch salt
	1 pinch pepper

1. Preheat grill to medium high heat.
2. When grill is ready, place skirt steaks on medium high section of the grill and grill for 3 minutes on each side, turning and moving the steaks once, only to flip them.
3. Remove from heat and allow to rest for a few minutes, then slice on a bias and diagonal angle, making sure you cut across the "grain" of the meat.
4. In a non-reactive mixing bowl combine all ingredients. Mix well to combine.
5. Plate the dish by spooning some salsa onto the center of each plate, then top with slices of skirt steak.
6. Garnish with cilantro and lime wedges.

Store-bought tomatoes can often be disappointing in flavor compared to their appearance. Salsa is a way for other ingredients to support the tomatoes we are most familiar with. If possible buy fresh local and ripe tomatoes.

Grilled Broccoli with Walnut Sauce

1 bunch broccoli, cut into 3-inch long florets
2 tbsp. olive oil
1 cup walnuts
2 tbsp. Dijon mustard
2 tbsp. orange juice, fresh squeezed
1/4 cup olive oil
3 tbsp. white wine vinegar
1 tbsp. honey
1 tbsp. chervil leaves, chopped serves 4

1. Preheat a grill to high heat
2. In a small food processor combine the walnuts, Dijon, orange juice, olive oil, vinegar, honey and chervil. Puree until smooth. Season with salt and pepper.
3. Toss the broccoli with the olive oil and place on the grill. Cook until the broccoli is well browned on all sides. Remove from heat and arrange on a platter.
4. Spoon walnut sauce over broccoli and serve.

Everything cooked on a grill tastes great, and broccoli is no exception.

Greek Yogurt Blue Cheese Dressing

1/4 cup Blue cheese crumbles
1 cup non-fat Greek yogurt
1/4 cup skim milk
1 tablespoon extra virgin olive oil
1 tablespoon Worcestershire sauce
2 tablespoons chives, chopped
tt salt (salt to taste)
tt pepper, fresh ground (pepper to taste)

1. In a large mixing bowl combine all ingredients. mix well to combine. Allow dressing to rest for at least 30 minutes to mature the flavors of the cheese. Mix well again and serve.

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