

MENU;

STEAK, BAKED POTATOE, BROCOLLI WITH GARLIC, CHICKEN GUMBO, WATERGATE SALAD, ROCKY ROAD CANDY

TABLESCAPE;

A MIXTURE OF VALENTINES AND MARDI GRAS. CENTERPIECE OF BEAUTIFUL VALENTINE CANDY BOXES SAVED FROM PAST YEARS (EMPTY OF CANDY) WITH A SPRINKLING OF COLORFUL MARDI GRAS BEADS, MANY FAVORITE ONES SAVED FROM PAST MARDI GRAS EVENTS. AND YOU CAN ADD A SMALL FOOTBALL FOR OUR NEW ORLEANS SAINTS.

STEAK

T-BONE STEAKS

LEA & PERRY AND A-1 STEAK SAUCE

LA. TABASCO SAUCE

LEMON PEPPER & SEASONING SALT

STEAK SEASONING

5 MINUTES BEFORE COOKING STEAK POUR 2 TABLESPOONS LEA & PERRY SOY SAUCE AND A-1 STEAK SAUCE AND 2 DROPS OF TABASCO ON EACH SIDE OF STEAK. MEANWHILE, I PREPARE THE GRIDDLE I'M GOING TO COOK THEM ON WITH OLIVE OIL AND BLACK CRACKED PEPPER. TURN HEAT ON HIGH UNDER GRIDDLE THEN PUT STEAKS ON. NEXT I SEASON THE STEAK SIDE THAT IS UP WITH SEASONING SALT, STEAK SEASONING AND LEMON PEPPER. WHEN THE STEAK STARTS TO SIZZLE FLIP IT OVER AND SEASON THE OTHER SIDE THE SAME WAY. WHEN IT STARTS TO SIZZLE AGAIN TURN HEAT ON MEDIUM AND WHEN IT SIZZLES AGAIN, FLIP, AND TURN HEAT TO LOW AND COOK SLOW UNTIL DESIRED TENDERNESS.

BROCOLLI

FRESH BROCOLLI CROWN

2 PODS FRESH GARLIC (OR DASH OF GARLIC POWDER)

SALT

WASH BROCOLLI CROWN, SLICE AND PUT IN POT OF WATER. ADD A LITTLE SALT AND GARLIC. BRING TO A BOIL, REDUCE HEAT TO MEDIUM, TURNING OCCASIONALLY, UNTIL DESIRED TENDERNESS, ABOUT 15 MINUTES.

CHICKEN GUMBO

7 OR MORE CHICKEN STRIPS

4 STRIPS BACON, FRIED (SAVE BACON FAT)

1/2 ONION, CHOPPED

1/2 BAG FROZEN OKRA

1 LARGE CAN TOMATOES

1/2 CUP CREAM

2 TABLESPOONS PARSLEY (FRESH OR DRIED)

3 CUPS BOILING WATER

1 CUP BOILED RICE (I USE 'BOIL IN THE BAG' RICE]

SAUTE CHICKEN STRIPS IN BACON FAT UNTIL BROWNEED. THEN PLACE IN LARGE SAUCEPAN. WHEN COOLED, CHOP CHICKEN STRIPS UP. SAUTE ONIONS AND

OKRA IN BACON FAT ABOUT 10 MINUTES UNTIL THEY START TO BROWN. THEN, ADD TOMATOES SLOWLY. SAUTE ON LOW HEAT 1/2 HOUR. THEN POUR INTO SAUCEPAN ADDING 3 CUPS WATER, SALT, PEPPER AND PARSLEY. BRING TO A BOIL THEN TURN TO LOW HEAT AND SIMMER 1 HOUR. LAST, ADD CREAM AND COOKED RICE.

WATERGATE SALAD

1 LARGE CAN CRUSHED PINEAPPLE, DRAINED
1--9OZ. KOOL WHIP
1--3.4 OZ. PISTACHIO INSTANT PUDDING MIX (SMALL SIZE)
1/2 CUP CHOPPED PECANS
1/2 CUP COCONUT
1 CUP MINATURE MARSHMALLOWS

MIX ALL INGREDIENTS AND CHILL 4 HOURS OR OVERNIGHT. CAN BE USED AS A SALAD OR AS A DESERT. RECIPE CAN BE DOUBLED TO SERVE MORE PEOPLE.

ROCKY ROAD CANDY

(FOR VALENTINES, TRY MAKING SOME HOMEMADE CANDY)

INGREDIENTS; BUTTER, SUGAR, SMALL CAN PET MILK, PKG. LARGE MARSHMALLOWS, PKG. SMALL MARSHMALLOWS, 6 OZ. BAG CHOCOLATE CHIPS

MIX TOGETHER AND BOIL 5 MINUTES;

2 1/4 CUP SUGAR
1 SMALL CAN PET MILK
1/4 CUP BUTTER

THEN ADD:

16 LARGE MARSHMALLOWS
6 OZ. PKG. CHOCOLATE CHIPS

IN LONG PAN, POUR 1/2 OF HOT MIXTURE, THEN PUT A LAYER OF 1/2 PKG. SMALL MARSHMALLOWS, THEN ANOTHER LAYER OF HOT MIXTURE AND TOP WITH LAYER OF SMALL MARSHMALLOWS.

ENJOY THESE GREAT RECIPES THIS BUSY FEBRUARY MONTH AND REMEMBER TO " MAKE COOKING AND EATING AT HOME FUN!" LOVE AND GOD BLESS YOU EACH DAY THIS MONTH. SALLY AND BIG MOMMA