



## ARTICHOKE AND ASPARAGUS SALAD

The 1920s brought a significant change in women's fashion. While corsets and body-shaping garments were by no means discarded completely, the prevailing shape was less sculpted and more apparently natural. Slender boyish figures were favored, and the new flapper-style dresses with their dropped waists and casual necklines meant that a few daring women with exactly the right kind of body were able to wear less heavily boned undergarments. Others found that the need to flatten one's bust and disguise protruding stomachs took just as much effort, but with more strong elastic and slightly less whalebone than previously. Additionally, calorie-controlled diets appeared on the scene, including the Hollywood diet, which largely revolved around coffee and grapefruit. Salads became popular, and authors of cookbooks promoted new ways with vegetables. This very simple salad is typical of the era.

SERVES 4

### INGREDIENTS

6 tablespoons (90 ml) heavy cream	12 well-drained canned or jarred globe artichoke bottoms or hearts, halved
Zest (in long, fine strips) and juice of 2 lemons	24 asparagus spears, trimmed, cooked, and cut into 1-inch (2.5-cm) pieces
2 tablespoons ground almonds	2 tablespoons sliced almonds, toasted (optional)
Salt and black pepper	

Stir together the cream, lemon juice, and ground almonds in a small bowl. Season well with salt and pepper.

Combine the artichokes and asparagus in a serving bowl. Add the cream mixture and mix gently to coat. Sprinkle with the sliced almonds, if using, and lemon zest and serve.

# Cheese Buns (so easy and delicious!)

♥♥♥♥♥

Rated 5.0 by 1 reader



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- Prep Time: 15 min
- Cook Time: 15 min
- Ready in: 1 h
- Yield: 20 buns

## Ingredients

- 1 cup (235ml) warm water (somewhere between 105°F / 40°C and 115°F / 45°C)
- 2 tablespoons yeast
- 2 tablespoons sugar
- 2 teaspoons garlic powder
- 1/4 cup (56 grams) melted butter
- 1/4 cup (60ml) olive oil
- 2 teaspoons salt
- 2 cups (250 grams) all-purpose flour
- 1 cup (125 grams) more all-purpose flour or white whole wheat flour or whole wheat flour
- 8 ounces (225 grams) cheddar or Gouda cheese, cut into 3/4" chunks
- 1 cup (100 grams) shredded cheddar or Gouda, optional
- 2 tablespoons melted butter, optional
- oregano, optional

## Directions

1. In the bowl of your stand mixer, combine the water and yeast and let it sit for 10 minutes. Add the sugar, garlic powder, melted butter and oil.
2. Add the salt and flour, half a cup at a time, and mix with the dough hook of your mixer (or by hand). Knead on low for 10 minutes. The dough should not be sticky. If it is, add a little flour at a time until it's no longer sticky. Cover the bowl and let the dough rise in a warm place for 30 minutes.
3. Preheat the oven to 375°F / 190°C. Divide the dough into 20 pieces and place a 3/4" cheese chunk into

the center of each piece. Pinch the edges tightly together.

4. Place the buns on a Silpat or parchment lined baking sheet, with the pinched side down. Sprinkle the buns with the shredded cheese, which I find unnecessary for the taste but it makes them look a little nicer. Bake for 11 - 15 minutes or until the buns are golden brown and the cheese is bubbly.
5. Remove from the oven and brush with melted butter and sprinkle with oregano, if you like, and serve warm.

Adapted from [Peeta's Stuffed Cheese Buns](#)

Permalink: <https://www.texanerin.com/whole-wheat-stuffed-cheese-buns/>

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## Taste of Home

## Apples 'n' Cream Pancake



Taste of Home

**TOTAL TIME:** Prep/Total Time: 25 min.**YIELD:** 6 servings.

*This cozy recipe is delicious for breakfast or brunch. I usually make a double batch because everyone wants more! With our own orchard, we have plenty of Delicious and Winesap apples—they make this a true midwestern meal. —Ruth Schafer, Defiance, Ohio*

## Ingredients

1/2 cup 2% milk

2 large eggs, room temperature

1/2 cup all-purpose flour

1/4 teaspoon salt

1 to 2 tablespoons butter

≈ 1/4 cup packed brown sugar (LESS)

3 ounces cream cheese, softened

1/2 cup sour cream

1/2 teaspoon vanilla extract

1-1/2 cups thinly sliced unpeeled apples

1/4 cup chopped walnuts (SUB. PECANS)

+ 1/4 TSP. CINNAMON (SUB. APPLE PIE SPICE)

## Directions

1. In a small bowl, combine milk, eggs, flour and salt. Beat until smooth. Heat a cast-iron or ovenproof skillet in at 450° oven until hot. Add butter to the skillet; spread over entire bottom. Pour in batter; bake for 10 minutes or until golden brown.

+ ADD APPLES + BAKE.

RECIPE INSPIRED BY  
MINIATURE TV SHOWS

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GRIFITH SHOW, THIS COZY  
RECIPE IS DELICIOUS FOR  
BREAKFAST OR BRUNCH,  
I USUALLY MAKE A DOUBLE  
BATCH BECAUSE EVERYONE  
WANTS MORE. —RUTH SCHAFFER,  
DEFIANCE, OHIO.

# THE BEST CLASSIC NEW ENGLAND CREAMY CLAM CHOWDER

*This classic, Creamy New England Clam Chowder recipe is even better than what you'll find at the best seafood restaurant. Unlike Manhattan Clam Chowder, it's creamy and filled with bacon, potatoes and tender clams. The flavor is unbeatable!*



**Author:** Nicole Gaffney (ColeyCooks.com)

**Prep Time:** 30 minutes      **Cook Time:** 40 minutes      **Total Time:** 1 hour 10 minutes

**Yield:** 6-8 servings

**Category:** soup

**Method:** stovetop

**Cuisine:** american

## INGREDIENTS

- 6 ounces bacon, diced
- 1 very large or 2 smaller onions, finely chopped
- 6 celery stalks, finely chopped
- 2 cloves garlic, minced
- 1/3 cup all purpose flour
- 4 cups clam juice \*see note
- 2 cups water
- 1 large sprig thyme
- 1 bay leaf
- 2 lbs red skinned potatoes, diced
- freshly cracked black pepper to taste
- 1 1/2 cups finely chopped clams \*see note
- 2 cups heavy cream
- fresh chives or parsley, minced
- salt, only as needed
- crusty bread for serving

# INSTRUCTIONS

1. Add the bacon to a large pot or Dutch oven over medium-high heat and cook for about 10 minutes or until done and crispy.
2. Transfer the bacon to a plate with a slotted spoon and discard most of the fat, leaving about 1 tablespoon in the pot. Add the chopped onions and celery and cook for 8 minutes or until translucent. Add the garlic and cook for 2 more minutes. Stir in the flour for an additional minute.
3. Add the clam juice, water, thyme, bay leaf, and potatoes. Bring the mixture to a boil, then reduce it to a simmer. Season with black pepper, cover, and simmer for 20 minutes or until the potatoes are tender.
4. Remove from the heat and stir in clams, bacon (reserve a little on the side for garnish), heavy cream and chives or parsley. Discard bay leaves and thyme sprig (if desired). Taste and adjust seasoning as needed.
5. Ladle into bowls and garnish with reserved bacon and more fresh herbs if desired. Serve hot with crusty bread on the side.

## NOTES

- \*If using fresh clams, you'll need about 6 lbs of cherrystones to get 1 1/2 cups of meat. Steam them with a little bit of water until they just open, then remove them from the shells and chop very finely. Strain and save the cooking liquid to use as the clam juice in the broth, but taste it first. If it is very salty, go easy on it and use more water instead.
- \*\*If using canned clams and bottled juice, you'll need 4 bottles of clam juice and 3 6.5 ounce cans of chopped clams.
- Chop the clams up very finely. If too large of chunks are left, they can become rubbery as they continue to cook in the broth.
- If you prefer a thicker chowder, use a flour slurry to thicken it to your liking.
- Give it a taste before adding any salt. It will likely need some, but depending on the saltiness of your clams, it may not need any.

## NUTRITION

**Serving Size:** **Calories:** 661 **Sugar:** 11.8 g **Sodium:** 1213.9 mg **Fat:** 41 g  
**Carbohydrates:** 55.1 g **Protein:** 19.3 g **Cholesterol:** 125.2 mg

*Find it online: <https://coleycooks.com/ne-chowder/>*

# Clam Chowder

## Clam Chowder

*Adapted from [Voracious](#), by Cara Nicoletti. Serves two.*

*Note: I divide clams into the vague classifications of quahogs and steamers. Quahogs are hard-shelled and include common supermarket varieties like littlenecks; steamers have a flatter, thinner shell and usually have the foot hanging out. In my experience, steamers have sand in them and need to be processed differently than the recipe below calls for. The quahogs I buy aren't sandy, but do check yours once you've made the stock.*

2 dozen clams  
2 cups water  
a strip of bacon, diced  
1/2 rib celery, chopped  
a small onion, chopped  
2 tbs butter  
2 tbs flour  
a small potato, cubed  
1/2 cup corn kernels, fresh or frozen  
a sprig of thyme  
a bay leaf  
1/2 tsp salt  
1/2 cup cream  
oyster crackers to serve

Carefully wash the clams under cold running water. Add them to a medium saucepan, with two cups of cold water to cover. Bring to a boil. Cover and simmer for around five minutes, until the clams have just opened. Do not overcook. Strain, reserving both clams and boiling liquid. Ideally, you'll want to pour the clam liquid into a light-colored opaque bowl so you can see any sand. Remove the clam meat from the shells. Discard the shells.

Rinse the pot you boiled the clams in. Add the bacon, and cook over medium heat until crispy. Reserve. Turn the heat down to medium-low, add the onions and celery, and sauté until the onions are wilted and translucent. Add the butter, and let it melt. Whisk in the flour, and let it cook until it is lightly toasted and smells fragrant, like a biscuit—this should take a minute or two. Whisk in the clam liquid, a little at a time, until it is all incorporated, leaving any sand at the bottom of the bowl.

Add the corn kernels, potatoes, bay leaf, thyme leaves, and salt, and simmer until the potatoes are fork-tender, ten to twelve minutes.

Add the clam meat. Add the cream, and stir to combine. Season with salt and pepper to taste. Serve with oyster crackers.

# Lemon Madeleines

Makes 12 large cookies

Using sourdough is an unconventional approach to this classically sweet French cookie. Fragrant with lemon zest, these buttery confections have a wonderful, crunchy outer texture and a soft crumb. If you'd like a little flair, try adding  $\frac{3}{4}$  tsp. crushed lavender or thyme to the batter.

Several varieties of citrus—including the lemon, citron, and lime—were once lumped together as *Citrus medica*. These well-known and widely used fruits are actually ovoid-berries, at least in botanical terms, and have more recently been given their own species designations. In general, this genus is a promiscuous one, easily cross-pollinating to form slight variations in flavor and fruit character.

75 g pastry flour

$\frac{1}{4}$  tsp. baking powder

Pinch of salt

90 g granulated sugar

Zest from 2 small lemons  
(preferably Meyer)

2 large eggs

1 tsp. vanilla extract

50 g 100% hydration starter

85 g unsalted butter,  
melted and cooled

Preheat your oven to 350°F and butter a madeleine pan. In a small bowl, mix the flour, baking powder, and salt together. Set aside. In a separate bowl, combine the sugar and zest, smooching with a spoon to release the fragrant oils. Add the eggs and beat until thick and somewhat fluffy. Beat in the vanilla and starter until evenly combined. Add the flour mixture in small batches and lightly mix. Incorporate the cooled butter and stir until smooth. Evenly divide the batter among the molds.

Bake on the middle rack for about 12 to 13 minutes, until the edges are golden brown. Remove to a wire rack and cool completely, then dust with powdered sugar before serving.