

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

SHELDON GAS BULLETIN

JANUARY 2019

January cooking should provide some delicious, hot, satisfying dinners for the family on cold, winter nights. Served along with a salad and a vegetable, maybe a light dessert or fruit- everyone will be healthy and happy.

Lemon Chicken

4 boneless, skinless chicken breasts cut into 2" pieces
¼ cup flour
1 teaspoon salt
2 tablespoons oil
6 ounce can frozen lemonade, thawed
½ cup water
3 tablespoons brown sugar
3 tablespoons ketchup
1 tablespoon cider vinegar
1 tablespoon cornstarch
1 tablespoon cold water

Combine flour and salt and dip chicken pieces. Brown chicken pieces in oil on all sides and place in a casserole dish.

Combine lemonade and water. Once well mixed add sugar, ketchup, and vinegar. Mix well and pour over chicken. Bake at 350° for 40 minutes. Combine cornstarch and water- add slowly to chicken, stirring as you add. Return to oven for 10-12 minutes. Excellent served over rice.

Spicy Beef Roast

1 (2½-3 pound) boneless top round beef roast
2/3 cup red wine
½ cup vinegar
¼ cup soy sauce
¼ cup ketchup
2 green onions, chopped
1 tablespoon spicy mustard
3 cloves garlic, thinly sliced
¼-½ teaspoon crushed red pepper

Place roast in a shallow baking dish. Combine all remaining ingredients and pour over roast. Turn meat to coat thoroughly. Cover and refrigerate for 8 hours or overnight, turning occasionally.

Drain meat and cut about 12, 1" slits in meat and insert garlic slices from marinade. Roast uncovered for 1½-2 hours. During roasting, brush frequently with remaining marinade. Let stand for 15 minutes before serving.

Linguine with Oysters

¼ cup butter
4 green onions, minced
1 garlic clove, crushed
1 pint small, fresh oysters **not drained**
2 tablespoons minced fresh parsley
½ pound linguine, cooked al-dente
Salt & Pepper to taste
Garnish with finely minced green onions with tops
For special flavor, add 3-4 slices of bacon, crispy-fried and crumbled

Melt butter in a large skillet over medium heat. Add green onions and garlic. Sauté until just golden brown. Add oysters with their liquid and parsley. Reduce heat and simmer just until oysters are heated through but slightly soft- about 3 minutes. Add pasta and toss. Serve immediately after preparing.

Baked Sole

Quick and easy!

1 cup sour cream
2 tablespoons dry onion soup mix (shake soup mix well before measuring)
1 cup dry bread crumbs
3 tablespoons grated Parmesan cheese
1½-2 tablespoons chopped parsley
¼ teaspoons paprika
2 pounds fillet of sole, 1½" thick
¼ cup oil

Combine sour cream and soup mix in a small bowl. Mix bread crumbs, cheese, parsley and paprika in a shallow dish. Dip fish in sour cream mixture and then in bread crumb mixture. Arrange fish in a single layer 9x13" baking pan that has been greased with cooking spray. Carefully dot with the oil. Bake at 450° for about 6 minutes; carefully turn and bake for another 5 minutes or until browned. Serve immediately.

HAPPY ★ NEW YEAR