

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

APRIL 2019

Glorious Spring is here! Every day menus can easily be the foundation of a smart diet. Wonderful vegetables will now “spring up” in our gardens and supermarkets; lots of wonderful fresh fish can be caught or purchased, delicate poultry, succulent lamb, pork and beef—all at their best—our tables can be filled with foods of flavor, fitness, and served with style.

Roasted Asparagus

Always a favorite!

1 tablespoon olive oil
1 tablespoon slivered fresh garlic
1 lb asparagus, washed and trimmed
1 tablespoon red wine vinegar
Salt & pepper
½ cup bread crumbs (toasted from French bread)
Pinch of crushed red pepper flakes
2-3 tablespoons toasted almonds, chopped
2 tablespoons finely-minced parsley
¼ cup thin strips red bell pepper

Preheat oven to 500°. In a large oven-proof skillet or baking dish, combine oil and garlic. Place in oven and toast until garlic begins to brown (40-60 seconds). Be careful not to burn. Remove garlic with slotted spoon and reserve. Add asparagus to skillet, tipping skillet to coat the asparagus evenly with oil. Roast until tender and crisp, about 5 minutes (longer if asparagus is thick). With slotted spoon, transfer to serving platter and sprinkle garlic over top. Drizzle with vinegar; salt and pepper to taste and keep warm. Add the bread crumbs and pepper flakes to skillet and stir. Place skillet in oven for 2 minutes. Spoon over asparagus and toss lightly. Garnish with parsley and red pepper. Serve immediately.

Lamb Chops with Ginger

Lamb is very expensive right now but for an occasional treat, it is so-o-o good. These chops are great on the grill but equally good broiled.

8 lamb chops, 1” thick and trimmed of fat
1 cup chicken broth
2 tablespoons finely minced fresh ginger
3-4 garlic cloves, finely chopped
Fresh ground pepper
¼ cup cider vinegar
1 tablespoon butter
4 tablespoons finely chopped mint leaves

Lamb Chops with Ginger continued...

Place lamb on rack or grill for 4-6 minutes on each side for medium rare. Meanwhile, in a small saucepan over medium heat, combine broth, ginger, garlic, pepper, and vinegar. Reduce sauce by two-thirds. Whisk in butter and remove from heat. Add mint if using. Serve sauce on the side at the table. 4 servings.

Apricot Amaretto Pie

Apricots are rich in iron, only about 20 calories per fruit, & surely the most delicious in flavor of any fruit.

½ cup + 1 teaspoon sugar
2 tablespoons flour
1 teaspoons grated lemon zest
Pinch of nutmeg
4-5 cups sliced apricots, skin on
2 tablespoons Amaretto
2 unbaked 9” pie crusts
1 tablespoon skim milk

Combine ½ cup sugar, flour, lemon zest, and nutmeg; mix well. Add apricots and Amaretto; toss gently until fruit is evenly coated. Pour the filling into bottom crust and cover filling with second crust, crimp the edges and make a few slits to allow steam to escape.

Brush with skim milk and sprinkle with 1 teaspoon sugar. Bake at 400° for 10 minutes. Reduce heat to 350° and bake 30-40 minutes longer or until filling is bubbling and crust is golden brown.

Could serve 8—but more likely 5!



ANNA SHELDON HOPKINS