

GREAT EATS WITH BAY--CRAB GUMBO WITH BAY * **

Submitted By Pat Herbert

INGREDIENTS:

1 lb	Crabmeat	1	Bay leaf
1	Medium Onion; chopped	2 teaspoons	Salt
1 large	Stalk celery; chopped	1 teaspoon	Sugar
1 clove	Garlic; finely chopped	½ teaspoon	Whole thyme
¼ cup	Margarine or butter	¼ teaspoon	Chili powder
6 cups	Canned whole tomatoes	¼ teaspoon	Pepper
1 package	Frozen okra; (10 oz)	3 cups	Hot cooked rice

DIRECTIONS:

Remove all cartilage from Crabmeat.

In a 4 or 5 quart pot, **cook** onion, celery and garlic in butter or margarine until tender.

Add tomatoes, okra, and seasonings.

Cover and **simmer** for 1 hour.

Add Crabmeat and **heat** through.

Serve over hot cooked rice.

Yield: Yield: 6 Servings

*Note from Pat: "This recipe is very tasty and includes our 'Herb of the Year.'"

**This recipe is from [The Maryland Seafood Cookbook](#).

GREAT EATS WITH the pa ♥ land unit--St. Benedict Salad*

Submitted By Priscilla Plucinsky, Pennsylvania Heartland Chair

INGREDIENTS:

Salad:

1 ½ cups rice
3 medium-size cucumbers, peeled, seeded,
and cubed
½ cup golden raisins
½ cup pitted black olives, drained and
coarsely chopped
1 tablespoon capers
2 shallots, finely chopped
2 tablespoons finely chopped fresh mint
2 tablespoons fresh lemon juice

Curry Mayonnaise Dressing:

½ cup mayonnaise
1 garlic clove, minced
1 teaspoon curry powder

Plating:

Lettuce leaves

DIRECTIONS TO MAKE 6 SERVINGS:

To make the salad, **cook** the rice in salted water according to the package directions,
but **remove** from the heat when cooked but still firm.

Drain any leftover water, and then rinse the rice under cold running water.

Allow the rice to cool, and put it in a large salad bowl.

While the rice is cooling, **cut** the cucumbers in half, lengthwise, and scoop out the seeds.

Cut cucumbers into cubes, and **let** stand for about 30 minutes.

Add them to the rice in the bowl.

Add the raisins, olives, capers, shallots, mint, and lemon juice and mix well.

Whisk the dressing ingredients together in a measuring cup or small bowl until smooth.

Pour dressing over salad and toss to coat.

Chill the salad for several hours before serving.

Serve cold, mounded on top of a few lettuce leaves.

***Note from Priscilla:** Recipe from Twelve Months of Monastery Salads: 200 Divine Recipes for All Seasons, by Brother Victor-Antoine d'Avila-Latourrette

More GREAT pa ♥land EATS--BEES AT THE PARTY MIX BY NOLA GILDIN

Provided on the Pennsylvania Heartland Herbal Delights Motor Coach Garden Tour

INGREDIENTS:

3 Cups Honey Graham Cereal
 3 Cups Cinnamon Chex
 3 Cups Cheerios
 2 Cups Pretzels
 1 lb. Canned Chow Mein Noodles
 1 Cup Raisins
 1 Cup Salted Peanuts

GLAZE

1/2 Cup Butter
 3/4 Cup Honey
 1 tsp. Orange Juice
 1 T Cinnamon (to taste)

DIRECTIONS:

Preheat oven to 350 degrees. **Mix** all ingredients in a large mixing bowl, and **put aside**. In a small saucepan, over low heat, **melt** butter. **Add** honey, orange juice, and cinnamon to blend. **Pour** glaze mixture over dry ingredients, and **mix** well. **Pour** into 13" X 10" X 4" baking dish. **Bake** 10 minutes, and **stir**. **Bake** 10 minutes more, and **stir**. **Bake** final 10 minutes. **Watch** carefully during this last 10 minutes to avoid burning. **Remove** pan, and **let** cool. Mixture will be wet, but will harden as it cools. **Break up** the clumps and **enjoy**. This mix stores well in cookie tins.

NOTE: When creating a party mix, you are only limited by your imagination, and you can use any combination to create your own mix. Cereals could be rice, corn, or wheat Chex, or even Kix. Pretzels could be small twists, logs, or sticks. Nuts could include almonds or mixed nuts. Raisins could be dark, golden, or raisins. The cinnamon can be eliminated or switched for your favorite seasonings. I have also baked this mix using rimmed cookie sheets. I used 2 sheets and baked for only a total of 20 minutes (Nola).