

SUNDAY SUPPAH

Family inspired recipes by Lisa Cermack (MommaCerns)



A message from Momma Cerms...

For as long as I can remember I've loved food and everything that goes with it. One of my favorite things to do is to curl up on the couch and either watch cooking shows or read interesting recipes in a magazine, visualizing what it smells like and tastes like. As a child growing up it was all about what Grandma Vitale was whipping up in a huge pot...always delish, or what Grandma Aldous was serving for our birthday dinner... amazing. Now that my kids are grown, they call me constantly to ask how I make many of the dishes they grew up eating. Of course I never was able to give them exact specifications for anything because nothing was ever measured. Instead it was "just add a pinch of this or a dollop of that". Their response being "but how much?" So, I figured it was time to sit down and actually try to put some meaning to all the madness of the different dishes we have made and mastered over the years. Many of these recipes came from my childhood and were dishes that my two grandmothers made. Although my momma wasn't a savory cook like my grandmothers, I will say that she taught me the importance of the fundamentals of cooking which is so important. I try to keep things simple with as few ingredients as possible. Let's face it, there's nothing worse than having to go to 4 different stores to get the ingredients for one dish..puleese. Remember to always use good quality ingredients and to be willing to try something that you've never had because you "don't think" you will like it. Never thought in a million years I would be able to choke down an oyster until I tried one. Now? Oysters? Yes please!! *Stay well and enjoy!*

EGGPLANT TOWERS

INGREDIENTS:

1 large eggplant	Shredded Mozzarella
Marinara sauce	Vegetable Oil
Seasoned breadcrumbs	Ricotta Cheese
2 eggs beaten	Grated Romano Cheese

PREPARATION:

Cut ends off of eggplant and peel. Slice eggplant horizontally about 1/4 inch thick. In a shallow bowl, beat eggs with a tablespoon of water. In a different shallow bowl, mix 1 cup of seasoned breadcrumbs, 1/2 cup of grated Romano cheese, salt and pepper. In a large frying pan, heat vegetable oil. Dredge eggplant pieces in egg wash, then in in breadcrumb mixture. Place in “hot” oil and brown each side (about 1 minute each side, do not put more than 5 pieces in at a time. Place browned eggplant pieces on a cooling rack. Coat the bottom of a large casserole dish with your sauce. Arrange largest 5 pieces on the bottom of your dish and spread a teaspoon of Ricotta cheese on each one, followed by shredded mozzarella and grated romano. Spoon sauce over each piece. Repeat with remaining pieces using largest to smallest pieces to create a tower. On top piece do not put Ricotta... just sauce, then mozzarella and sprinkle grated Romano on top. Baked at 350 degrees for 35-40 minutes covered. Let cool 5 minutes before cutting.























NJ
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CHICKEN STEW

INGREDIENTS:

1.5 boneless chicken breast (cut into 1 inch pieces)
1/2 cup chicken stock
8 oz. baby carrots (cut in half)
1/4 “nice” dry white wine
8 oz. mushrooms (cut in quarters)
3/4 cup flour
1/2 large onion diced
3 cups spinach
1 tsp. McCormick chicken seasoning
Feta cheese
Olive oil

PREPARATION:

Mix seasoning, salt and pepper into your flour. Dredge each piece of chicken in flour mixture. In large frying pan, brown chicken in 2 or 3 tablespoons of heated olive oil. Do not crowd pan. Sprinkle with salt and pepper while browning. Remove chicken to dish. Add carrots, mushrooms and onion and saute. When onion starts to wilt, return chicken to pan. Add broth and wine. Bring to a boil, cover and reduce heat to simmer. Cook for 20 minutes. You will see a gravy start to form. Make sure you taste your broth and add any additional salt and pepper needed! Add spinach and stir until wilted. Crumble feta cheese on top. Serve!

We like to put it over brown rice, egg noodles or mashed cauliflower.













HOMEMADE PIZZA

INGREDIENTS:

1 ball of prepared pizza dough from a pizza parlor
Marinara sauce
Shredded mozzarella cheese
Grated pecorino romano cheese
Olive Oil
Cornmeal (or flour, but cornmeal is preferred)
Toppings to your desire!

PREPARATION:

Cook all of your toppings before preparing the pizza dough. If making mushroom and onion pie (or any other type of veggie pie), prepare the veggies by sauteing them in a little bit of olive oil until cooked. HINT: I cook all my toppings earlier in the day!

On your pizza peel, sprinkle cornmeal and take the pizza dough and place on peel and work it from the center out until you get the size you want. Drizzle a little bit of olive oil onto dough and use your fingers to even it out. Take pizza dough to the prepared grill that has been heated and is on low heat. Slide dough onto grill. Close grill and cook about 5 minutes or so. Once you see a nice brown grill on the bottom, remove it back onto the peel. Flip dough over. On the grilled side, spread the sauce, then shredded cheese, then toppings, then romano cheese. Return pizza to grill. Close lid and cook for about 5 minutes. Remove pizza from grill and cut with a pizza slicer. Enjoy!

























SIMPLE WEDGE SALAD

INGREDIENTS:

Iceberg lettuce cut into wedges
Radishes (about 5 or 6 sliced)
¼ Red onion (sliced very thin)
Gorgonzola Cheese (crumbled)
Cherry tomatoes (sliced in half)
Pepper

For the dressing:

½ cup of Olive Oil
3 tbs. white balsamic vinegar
2 tsp. Fresh squeezed lemon juice
½ tsp. Salt
¼ tsp. Pepper
1 tsp. Dried oregano
Dash of garlic powder
½ tsp. Dijon mustard (optional, I usually don't add this but if I want to zip it up I do)

PREPARATION:

Cut iceberg into wedges and arrange on platter. Top with sliced radishes, sliced red onion, tomatoes, crumbled gorgonzola, pepper. When ready to serve drizzle dressing all over wedges. Enjoy!













