

52 Sunday Suppers: Week One

Susie's Super Easy Chicken & Rice Soup

Tender, poached chicken & tasty broth. That's it!

5 boneless chicken breasts
64 ounces chicken broth
4 cups water
1 cup white wine
3 cloves garlic, minced
1 cup onion, chopped
1 cup celery, chopped
1 cup carrots, chopped
1 14 ounce box white rice
1 Tablespoon fresh rosemary, chopped
1 Tablespoon thyme, lightly chopped
Salt & pepper

To poach chicken, place breasts in a pot just big enough to fit all pieces snugly. Add garlic, onion, celery, carrots, rosemary and thyme. Pour enough broth over chicken to cover by about half an inch. Bring to a boil then immediately reduce heat to low, barely simmering. Set timer for 10 minutes. Turn breasts over half way through. After 10 minutes, take pot off heat and cover. Sit for 10 more minutes.

Check breasts for doneness. (If necessary, allow to sit covered until no pink remains.) Remove from pot and allow chicken to cool. Meanwhile, prepare rice according to package instructions.

Shred chicken with your fingers and place back in cooking pot. (Doing so with your hands will allow you to feel and discard any tough ends, etc. Save those for your puppy dog. ☺)

Next, add water, remaining broth, wine, shredded chicken, and rice in the pot. Simmer on low for at least 30 minutes. Add salt and pepper and any other seasoning you'd like to make the broth tasty.

This is the easiest recipe. And there really are no rules. The key is making sure the chicken is super tender ~ and the broth tastes the way your family likes it. I added more wine and threw in a bouillon cube or two to increase saltiness. I also

'seasoned' the rice with Herbes de Provence ~ because I had it on hand and because it makes everything wonderful.

I made this a day ahead. And reheated, added more broth/wine plus more seasoning to taste.

Serves a ton of people. Like 12 or more. Great to share with friends and neighbors.

Peach Tree Country French Bread

From the Peach Tree Tea Room Cookbook

I can't say enough nice things about this bread. It's outstanding and so easy to make. It's delicious hot from the oven slathered in butter and also crazy fabulous toasted the next morning. Perfect with soup and salad. This one is my stand-by homemade bread recipe.

1 tablespoon active dry yeast
1 1/2 teaspoons sugar
1 1/2 cups lukewarm water
3 cups unbleached flour
1/2 cup whole wheat flour
1/2 cup rolled oats
1 1/2 teaspoons salt
oil or cooking spray

Dissolve the yeast and sugar in the lukewarm water.

Combine the 2 cups unbleached flour, whole wheat flour, oats and salt. Add yeast mixture, stirring well with a wooden spoon.

Knead the dough on a slightly floured surface gradually adding last cup of flour until it is no longer sticky. (Don't feel like you have to use the whole cup.) Place the dough in an oiled bowl; cover and let rise until the dough has doubled, about an hour. Totally depends on the humidity.

After dough has doubled in size, punch it down and turn it out onto the floured surface. Divide into 2 parts. Shape each part into a long narrow loaf.

Place the loaves on a greased cookie sheet (I use silpat). Cover and let rise about 30 minutes. Using a serrated knife, make shallow diagonal slices on top each loaf.

Bake at 400 degrees for 20 -25 minutes, or until golden.

Makes 2 large loaves. Gracious.

Lemon Maple Vinaigrette

From the Peach Tree Tea Room Cookbook

This is fabulous over a simple salad of romaine lettuce. Add a little (or a lot) of grated Parmesan. And that's it. Mmmmm. I always use a garlic press but the original recipe calls for mashing the garlic in a wooden bowl and mixing in ingredients. Either way works well. I double this to save for later in the week.

2 clove garlic
1 t Kosher salt (important)
Juice of 1 lemon
Black pepper, freshly ground
2 Tablespoons maple syrup
4 Tablespoons Canola oil

Combine all ingredients and shake well. Stores well in fridge.



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