



ROCKEE NEWS

February 2009

Happy Valentine's Day

Valentine's Day falls on a Saturday this year, so for all of you who don't want to spend a week's salary at a fancy restaurant, stay home and make a homemade meal for your loved ones. Below you will find some recipes for just such an occasion.

Economy got you down? Why not make some soup? Throughout the month, toss leftover bits of chicken, carrots, peas, noodles, potatoes and (of course) mushrooms into a large bowl in the freezer. At the end of the month, add a large can of chicken broth to the mixture and put in the slow cooker to heat through. Since leftovers are usually thrown away, it's like having a free meal. Add some crusty bread, and it's a real treat.

This appetizer is very easy to make, but if you want to try Rockee's latest addition, pick up some portabellas already stuffed and ready for the oven. We don't have them every day but we will have plenty for Valentine's!

Appetizer

Crab Stuffed Mushrooms

Rockee's Large White Mushrooms (2-4 per person)

1 can of Jumbo Lump crabmeat (go for the good stuff, you don't want to eat shells)

1 tsp minced garlic

2 tsp minced onion

1 tbsp parsley

½ cup Italian breadcrumbs

¼ cup mayonnaise

½ cup shredded cheddar cheese (or Italian blend of cheese)

- Rinse mushrooms and snap out stems. If you like, chop the stems and add to stuffing mixture. If you're in a hurry, throw out the stems (or put them in the freezer with your accumulating leftovers for soup).
- Mix the rest of the ingredients in a large bowl. Do not drain crabmeat, use the juice as well. If the mixture looks too dry, add a little mayonnaise. If it is too runny, add a few more breadcrumbs. It should hold together when formed into the shape of a ball.
- Fill the mushroom caps with the mixture and bake at 350 degrees for approximately 20 minutes (or until the mushrooms release their juices).

Entree

Grilled Delmonico Steak & Lobster Tails

One steak and lobster tail per person

Butter

Adobo seasoning

Worcestershire sauce

- On Friday evening, add Adobo seasoning and a hint of worcestershire sauce to your freshly washed steaks and put them in the refrigerator to marinate. Flip them over on Saturday morning, and by Saturday night, they will be divine.
- Cook the steaks on the grill or if it's too cold, broil them in the oven. For extra oomph sauté some mushrooms and onions with a drizzle of wine to put over the steaks. (Be sure to put a little flour on your nose, so they think you really worked hard to put this easy meal together.)
- Steam the lobster tails over salted water until tender (do not overcook). Serve with melted butter.

Side Dishes

Grilled Green Beans

Whole fresh green beans

Olive oil

Salt

- Wash the green beans and snip off the ends.
- Spread on a cookie sheet and spritz with olive oil and salt.
- Bake at 350 degrees until wrinkly.

Baked Potatoes

Potatoes (1 per person)

- Wash potatoes and wrap in aluminum foil.
- Bake at 350 degrees for approximately 1 hour.
- Serve with salt, pepper, butter, garlic salt, bacon bits, shredded cheese, sour cream, etc.

You can prepare the potatoes, green beans, and stuffed mushrooms ahead of time. Just leave them in their pans in the refrigerator wrapped in aluminum foil. Then pop them in the oven. The potatoes take the longest, so put them in first, a half hour later, put in the green beans, and 15 minutes after that, flip the green beans and put in the mushrooms. They should all finish at the same time.

Pick up a bit of chocolates for dessert and have a wonderful Valentine's Day!