

Jerry Marlowe offers up a recipe: First you take a leek ...

By Jerry Marlowe
Special to the T-R

Hello all you kind readers and dedicated cooks. My background is Welsh and English. My grandma Sarah Reese and grandpa Humphrey Stratton came all the way over to Sherrods-ville from Wales and England. Fortunately, they ended up meeting each other and then created an incredible family.

They moved to New Philadelphia, and I was fortunate to spend every weekend at their home over in New Philadelphia while I was growing up. My mom, Fannie, and dad, McKinley, decided to start their own drug store in downtown Dover. Since they needed help with me growing up, I got planted over at my grandparents every weekend. So with 18 hungry relatives gathering every Sunday I got to help grandma prepare her incredible Welsh Sunday dinners. Talk about basic culinary training.

The one ingredient she always used for great onion flavor was a Welsh vegetable called a leek. She always had me clean that elongated onion flavored vegetable that I had not heard of previously. So that was my introduction to this wonderful flavored member of the onion family. I had to get all the sand out of each layer of the green portion and then rinse it well between each layer of the outer part. I just loved the fragrance of this wonderful Welsh onion. To this day I often use them in place of the big round onions you are all familiar

with. Every time I was assigned to prepare them grandma Sara would say "Now, Jerry, first you take a leek."

Okay so here is one of my recipes featuring leeks. Gather up the following ingredients.

2 TBS peanut oil
1 cup of leeks (slice on the diagonal in thin slices after removing the sand and dirt between each layer)
1 tbs finely chopped garlic
1 whole chicken breast boned and skin removed (best cut against the grain in thin 1/4 inch slivers)
1/2 red pepper, sliced lengthwise in 1/4 inch slices
6 to 8 mushrooms sliced lengthwise in 1/4 inch slices
2 tsp minced fresh ginger root
a tsp of fresh ground peppercorns
1 tbs granulated sugar
1 Tbs rice vinegar or regular is fine
2 Tbs oriental sesame oil
3 oz chicken stock
2 Tbs of Oyster sauce
1 tbs soy sauce
2 Tbs cornstarch in 2 Tbs water.

Now here we go. Heat up a skillet, or I use a Chinese wok, add the

oil and garlic just till it browns lightly. Remove the garlic.

Stir fry the chicken slices just until cooked (it's okay if it is a little pink as it will cook more as it sits.) Remove the chicken to a warm bowl.

Add another Tbs of oil you fried the chicken in. Now stir fry the red pepper, mushrooms, ginger, the great leeks, and peppercorns for another minute.

We're almost home. Add in the sugar, vinegar, oil, oyster sauce and soy sauce and just enough stock to get it wet. Put lid on and steam it for a minute. Remove the lid and if liquid is too thin and add a small amount of cornstarch and water mixture and cook lightly until it thickens. It will only take a few seconds. Now add back the chicken and stir and mix together and serve it over steamed or boiled rice.

I do hope you will enjoy this formula I came up with. I do appreciate your kind words when I run into you around town.