

# Jerry shares a couple of his favorite recipes

By Jerry Marlowe

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Greetings to all you voracious lovers of friendly food. I unearthed two recipes from previous cooking classes that I attended a few years back. With the fresh green beans available right now try this one for sure right away.

## Green Beans Vinaigrette

Gather 2 pounds of fresh green beans, washed and snapped. Put about ¾-inch water into a saucepan and bring to a boil. Add beans, push down into water, cover and bring to a vigorous boil. Reduce heat to maintain a slow boil. Cook only until crispy tender, beans should be bright green.

Prepare the vinaigrette: ¼th cup vegetable oil, ¼th cup olive oil, 2 tbs vinegar, 1 tbs lemon juice, ¼th cup minced fresh herbs like chives, and parsley, a dash of dry mustard. If you have a bit of anchovy paste add that, plus salt and fresh ground pepper.

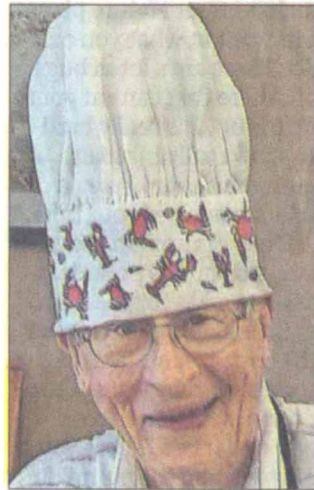
Now add your cooked beans to the vinaigrette. You can serve them at room temperature or chill them up to three days.

## Shrimp Creole

Saute 1 cup onion or shallots, 1 cup celery, 1 green pepper and a couple garlic cloves all chopped in 4 TBS butter or oil. Stir briefly and then add 3 cups chopped tomatoes, 3 tbs fresh chopped basil, a couple tsp of fresh thyme, a bay leaf and a tsp of fresh lemon zest grated from the surface of the lemon.

Add some salt and pepper or your favorite seasonings. Add about a pound and a half of peeled and cleaned shrimp and cook about five minutes longer. At this point, you can add 3 tbs of fresh minced parsley or basil and the juice of half of a lemon. And here is my favorite item. If you might have a bottle of Pernod, which I dearly love. You have to get it at the liquor store, but it is worth the trip. Now please add 2 tbs of that wonderful Pernod for the *pièce de résistance*.

Many thanks for your kind comments when I run into you around town. Hopefully, you will enjoy these delectable contributions to your tables. And please enjoy a nice Sauvignon Blanc or Chardonnay to accompany the flavors of these dishes I shared with you kind readers.



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