

Show 19: *Dinner for a Dozen*

Mango Lime Trifle

2 8oz. Cartons lemon yogurt
½ of an 8 oz container frozen fat-free whipped dessert topping, thawed
1 to 2 teaspoons finely shredded lime peel
12 soft coconut macaroon cookies
3 mangoes, peeled and chopped (about 2 cups)
sliced, peeled mangoes (optional)
lime peels or slices (optional)

In a medium mixing bowl fold the yogurt, whipped topping, shredded lime peel.

To assemble individual trifles: coarsely crumble one cookie into each of the cups spoon about 3 heaping tablespoons of the yogurt mixture in each cup on the top of the crumbled cookie. Spoon some mangoes into each cup. Do this assembly twice.

Cover & chill 1 to 24 hours. Before serving, garnish with mango slices & lime peel. Makes six servings.

Potatoes with Lavender and Rosemary

2 pounds small potatoes, such as Yellow Finn, Yukon Gold, fingerling, or new red or white potatoes
6 fresh lavender sprigs, or 1 teaspoon dried lavender buds
3 Tablespoons unsalted butter
4 teaspoons finely chopped fresh lavender buds, or 2 teaspoons dried
2 teaspoons finely chopped fresh rosemary
½ teaspoon salt

1. Parboiling the potatoes. Wash the potatoes and cut them in halves or quarters. If using fingerlings, slice them crosswise ¾" thick. Put them in a saucepan with the lavender sprigs and cover with cold water. Bring to a boil over high heat and continue to boil until the potatoes are tender when pierced with a fork but still hold their shape, 12 to 15 minutes. Drain. Some of the lavender buds will cling to the potatoes.
2. Final cooking. Melt the butter in a large skillet over medium heat. Add the potatoes, chopped lavender and rosemary, add salt cook, tossing occasionally, until the potatoes are very hot and the flavors have a chance to meld, 5-8 minutes.

*Herb substitution

Omit the rosemary & add 2 tablespoons coarsely chopped fresh spearmint to the potatoes just before they are through cooking in the skillet.

Grilled Flank Steak in Oregano Marinade

1 large bunch fresh Greek oregano sprigs, about 1 1/2 inches in diameter & 4 inches long
12 3-inch sprigs fresh English thyme
¼ Cup soy sauce
¼ Cup balsamic vinegar
¼ cup extra-virgin olive oil
6 cloves garlic, finely chopped
1 small jalapeno pepper, seeded & coarsely chopped
1 Tablespoon sugar
1 teaspoon ground cumin
1 teaspoon salt
1 2-pound flank steak

1. Marinating. Roughly strip the large stems from the oregano & thyme sprigs. It's ok if small stems remain. Put them in a shallow baking dish just large enough to hold the steak. Stir in the rest of the ingredients except for the steak. Put the steak in the marinade & turn to coat all surfaces. Cover the dish & let the steak marinate in the refrigerator for 8 to 24 hours. If you prefer, you can fold the steak in half and marinate it in a 1-gallon resealable freezer bag.
2. Grilling. Build a very hot charcoal fire in a charcoal grill. Position the grill rack 3 inches from the coals. Remove the steak from the marinade and wipe off the excess marinade, allowing some of the herb leaves to remain. When the charcoal is ashed over and blazing hot, grill the steak for 3 to 4 minutes on each side for medium-rare.

Okra

Skillet-cooking is among the easiest ways to prepare okra and is guaranteed to please Southerners and neophytes alike.

1. Evenly distribute a mixture of egg and milk over $\frac{3}{4}$ " rounds of okra. 2. Toss the moist pieces in the freshest cornmeal you can find, and fry. 3. If necessary, drain on paper towels. Serve immediately in a warm serving dish.

2. Sautéed okra. Season with bacon and red pepper, sautéed okra is a classic side dish that works beautifully when served at room temperature for a picnic. Leftovers will keep for about two days in the refrigerator ... if there are some left!

Breadsticks w/Fresh Herbs and Cheese

Pillsbury breadsticks in the refrigerator section of the grocery store. Follow package directions. Prior to baking, add: herbs from a jar, or fresh herbs or Parmesan cheese or sesame seeds. Enjoy.