

Show 47: East Coast Eats
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Philly Cheese Steak Sandwich

Ingredients:

(per each 8" sandwich)

8-10 oz. thin sliced steak

¼ c diced bell peppers

½ c diced onions

1/3 c sliced mushrooms

¼ c chicken broth

2 cloves minced garlic

3 slices mozzarella or provolone cheese

Instructions:

Put 2 tbsp oil in a pan over high heat. Add onions, peppers and mushrooms. Stir for a few minutes. Add meat and garlic and cook until meat is fully cooked. Add chicken broth and cook until broth is absorbed into meat and veggies. Place meat and veggies into an Italian roll and top with cheese. Toast under broiler until cheese melts. Cut and serve.

New England Clam Chowder

Ingredients:

1 lbs diced potatoes

1 medium onion

2 tbsp minced garlic

2 c diced celery

1 51oz can of sea clams

2 tbsp fresh or 1 tbsp dry thyme

1 tbsp fresh oregano or 1 ½ tsp dry oregano

1 ½ tbsp fresh basil or 2 tsp dry basil

2 c clam juice

1 gallon milk (for a richer chowder you can use half and half)

2 tsp. White pepper

For Roux:

1 lb. Butter

2 c flour

Instructions:

Combine celery, onions, potatoes, clams, clam juice, garlic, thyme, oregano, basil and pepper. Cook 30-45 minutes until vegetables and potatoes are soft.

To make the Roux: In a separate pan, melt the butter, add flour and stir constantly until slightly brown. Combine with vegetable mixture and add milk. Stir well and cook for 10 minutes.

Boston Baked Beans

Although you need to allow time for soaking and simmering the beans, this recipe is still quite easy. Prep time approx 30 minutes Cook time approx 4 hours. Makes 6 servings.

Ingredients:

2 c navy beans

½ lb bacon

1 onion, finely diced

2 tbsp molasses

½ c ketchup

2 teaspoons salt

¼ tsp ground black pepper

¼ tsp dry mustard

½ tbsp Worcestershire sauce

¼ c brown sugar

Directions:

1. Soak beans overnight in cold water. Simmer the beans in the same water until tender, approximately 1 to 2 hours. Drain and reserve the liquid.
2. Preheat oven to 325 degrees
3. Arrange the beans in a 2 quart bean pot or casserole dish by placing a portion of the beans in the bottom of dish, and layering them with bacon and onion.
4. In a saucepan, combine molasses, salt, pepper, dry mustard, ketchup, Worcestershire sauce and brown sugar. Bring the mixture to a boil and pour over beans. Pour in just enough of the reserved bean water to cover the beans. Cover the dish with a lid or aluminum foil.
5. Bake for 3 to 4 hours in the preheated oven, until beans are tender. Remove the lid about half way through cooking, and add more liquid if necessary to prevent the beans from getting too dry.

Apple Maple Crumble Pie

Prep time: approx. 15 minutes. Cook Time: approx. 35 minutes.
Makes 1 8x8 inch dish (9 servings)

Ingredients:

5 apples – peeled, cored and sliced

2/3 c maple syrup

½ c butter

¾ c all-purpose flour

¾ c rolled oats

Directions:

1. Preheat oven to 375 degrees F (190 degrees C)
2. Place the apples in an 8x8 baking dish. Pour the maple syrup over the apples. In a bowl, cream together the butter and brown sugar. Stir in the flour, salt and oats. Sprinkle the oat mixture over the apples.
3. Bake in a preheated oven 35 minutes until golden and bubbly and apples are tender.