

“FOOD GLORIOUS FOOD”

(As sung by OLIVER in the Broadway musical OLIVER)

“What next is the question?”

*by Suzie Wilkinson
Editor, Food Page of Woodlake.Life*

Dan and Lorraine Howey are our featured guests this week. When not enjoying the Florida sun, Dan and Lorraine spend their summers at Shriner Lake in Indiana. Shriner is just north of Fort Wayne, IN surrounded by several other small lakes. Beautiful!



Do you Sous Vide?? WHAT? Dan introduced me to the sous vide machine. Ever wonder how a restaurant can turn out steaks at exactly the temperature you want to all those patrons. Well, they probably placed them in the sous vide that morning. Sous vide is a low temperature cooking method where food is vacuum-sealed and slowly cooked in a water bath to an exact temperature. Before serving, those steaks are simply flash seared for appearances. Voila!

Enough with the beef. Looking for a delicious chicken recipe? Lorraine shares this:

RECIPE.....

Howey Chicken Crescents

3 cups cooked chicken
6 ounces cream cheese
2 ounces mayonnaise
2 tablespoons butter
2 tablespoons milk
2 tablespoons chopped onion
1 tablespoon chopped pimientos
8 ounces package crescent rolls
2 tablespoons melted butter -- melted
1/2 cup crushed croutons



Directions:

1. In a large bowl, mix cooked chicken, cream cheese, mayonnaise, butter, milk, onion and pimento together.
2. Put crescent roll on baking tray and spread into 4" flat rolls.
3. Place chicken mixture in center of flattened square
4. Punch together sides of rolls making a square-sealed crescent roll.
5. Spread melted butter on top and sprinkle with crushed croutons.
6. Bake 350-degrees for 30 minutes.

RESTAURANT.....

When looking for a night out, Petar's Restaurant at 3300 Bonita Beach Road is a favorite of theirs. They report the menu changes frequently making several visits mandatory! The ingredients are always fresh and sourced locally. Petar's is located at the corner of Bonita Beach Rd. and US 41 on the northwest corner. Visit them online at www.petarsrestaurant.com