

RECIPE

A Fresh Take on the Traditional Seven-Layer Dip

By Alison Ladman

Everybody seems enraptured by the seven-layer dip. And not that it's bad, but it's been done. And done again. And again.

So for this year's Super Bowl party, why not freshen it up a bit? Take the same concept of shoveling piles of delicious toppings into your mouth, but instead of chips use a slab of roasted potato.

To create our seven-layer potato skins, we started with some of the traditional toppings for potato skins—bacon, scallions and cheese. From there, we added crumbled sausage (more pig!), a garlicky sour cream and caramelized onions. OK, so they're more like over-stuffed, almost twice-baked potatoes. But with party food this delicious, who cares?

Seven-Layer Potato Skins

Start to finish: 45 minutes
(15 minutes active), Servings: 16

Ingredients

8 medium potatoes
2 tablespoons vegetable oil, divided
2 large yellow onions, diced

Salt and ground black pepper
8 ounces loose sausage meat, cooked and crumbled
1/2 cup sour cream
2 cloves garlic, minced
8 slices cooked bacon, crumbled
1 cup shredded cheddar cheese
2 scallions, sliced

Method

1. Heat the oven to 400 F. Line a rimmed baking sheet with foil, then coat with cooking spray.

2. Poke the potatoes all over with a fork. Microwave on high until tender, 10 to 12 minutes depending on the wattage of your microwave. Allow to cool until easily handled.

3. Meanwhile, in a medium skillet over medium, heat 1 tablespoon of the oil. Add the onions and cook until softened and browned, 15 to 18 minutes.

4. When the potatoes are cool enough to handle, cut them in half. Scoop out and reserve the insides, leaving a 1/4-inch-thick wall of potato flesh on the skin. Arrange the halves skin sides down on the prepared baking sheet. Brush the potatoes with the remaining tablespoon of oil. Sprinkle lightly with salt and black pepper, and then bake for 15

Seven-layer potato skins.

to 20 minutes, or until crisped and browned.

5. Meanwhile, in a medium bowl stir together the reserved potato flesh and the sausage. Season with salt and pepper, if needed. In a small bowl, stir together the sour cream and garlic.

Set aside.

6. Once the potato skins have baked, start layering them. Spoon a bit of the caramelized onions into the bottom of each shell. Top with the sausage-potato mixture. This should mostly fill the shell. Sprinkle crumbled bacon

over the potatoes, followed by cheese. Bake for another 10 minutes. Top with a dollop of the garlic sour cream and sprinkle with the scallions. Serve immediately.

From The Associated Press



AP PHOTO/MATTHEW MEAD

RECIPE

Blue Cheese If You Please

By Andy Darin
Epoch Times Staff

If you can get past the sight and sometimes the smell, blue variety cheeses can bring an incredibly unique flavor to a great many dishes.

There are people who like blue cheese and those who don't. Any cheese lover who has never actually tried it is really missing out.

Like all the other cheeses, there are many varieties and brands of blue cheese, such as Gorgonzola, Danish Blue, Nauvoo Blue, Stilton, Maytag Blue, and so on.

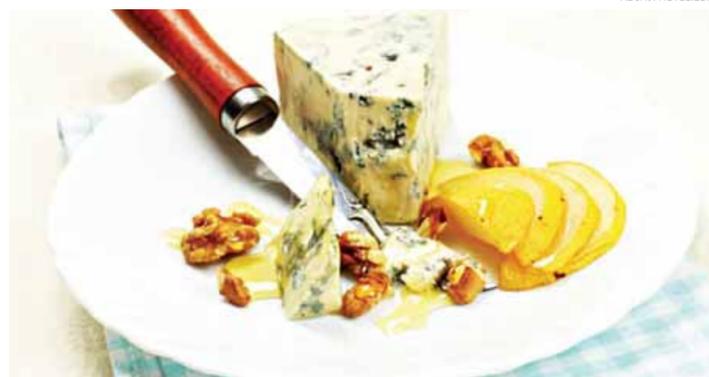
They are typically a white, high-moisture cheese, characterized by the blue or blue-green penicillium mold being visibly present on the surface or through the middle, with a creamy texture that is prone to crumbling.

First of all, don't be put off by the mold. It is usually a penicillium culture, so it has many of the same antimicrobial properties as the antibiotic penicillin. That said, aside from the saturated fat and the calories, it's good for you.

Blue cheese can also be very pungent. For blue cheese as well as most other potent-smelling varieties of cheese, the simple solution is: Don't eat it right out of the package. After unwrapping the cheese, let it air out for few minutes.

You've decided the blue mold is no big deal and you've let the cheese air out. Now, how do you eat it?

Typical uses of blue cheese are crumbling it over a salad or cutting it into slices and having it with sliced apples, pears, or grapes. On a salad it works best with blue cheese dress-



AD077/PHOTOS.COM

Blue cheese with pears and walnuts.

ings and vinaigrettes.

Try changing things up with an omelet—blue cheese works very well with eggs, and also with potatoes. On a burger, you can replace cheddar with Gorgonzola and mushrooms. Some people also like blue cheese on certain cuts of beef.

Macaroni and cheese is usually made with cheddar. Because of its consistency, blue cheese doesn't really work on its own for mac and cheese, but it could be used along with some other cheeses for a very tasty and more refined version of this children's favorite.

If you're making a fondue, again blue cheese doesn't really work well exclusively because of how it melts and because of its strong flavor, but if added to Swiss, Gouda, or Fontinella, it can serve as a delectable compliment.

If you like spicy food, it's remarkable how

well blue cheese balances both the flavor and spiciness of hot peppers such as jalapeños, habaneros, or serrano chilies.

For an awesome veggie or chip dip, try the following recipe:

Ingredients

8 ounces cream cheese
6 ounces blue cheese
2 ounces sour cream (or crème fraîche)
1 tablespoon onion powder
1 tablespoon garlic powder
1 teaspoon white pepper
Salt to taste
Jalapeño pepper, peeled and seeded (optional)

Method

Combine all ingredients in a food processor and blend until smooth. Enjoy with your next veggie tray.

RECIPE

Hot Meaty Cheesy Game Day Dip

By Cat Rooney
Epoch Times Staff

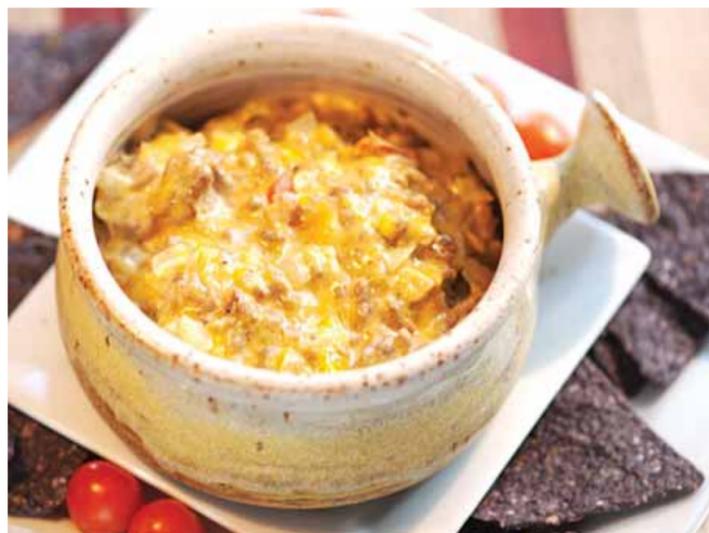
This winning game day dip is sure to be a crowd pleaser. It is a meal in itself with lean hamburger, tomatoes, onions, and cheese.

Dex Game Day Dip**Ingredients**

1 pound lean hamburger
1 teaspoon basil, chopped (fresh or dried)
Salt and ground pepper
1 small can tomatoes, diced (seasoned with spices, chilies, or plain)
1 package (2 cups) frozen onions, chopped
2 cups cheddar cheese, shredded
1 cup mayonnaise

Method

1. Preheat oven to 350° F.
2. Cook hamburger in skillet until brown.



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Dex Game Day Dip.

3. Drain any excess liquid.
4. Add seasonings and tomatoes to meat and cook a few more minutes.
5. In a pie pan-sized baking dish, mix

meat and remaining ingredients.

6. Cook for 20–35 minutes or until bubbly and brown. Serve hot with favorite chips. Go Team Go!

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