

SHEILA  
ROBERTS

*beachside*  
beginnings

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Beachside Beginnings

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*Recipes from Your Friends  
in Moonlight Harbor*

# *Edie's Dumplings*

*Serves 6*

*Ingredients:*

*2 cups flour*

*5 tsps baking powder*

*½ tsp salt*

*3 eggs, beaten*

*⅔ cup milk*

*3 tbsp oil*

Directions:

Sift dry ingredients into a bowl, then add eggs and mix. Slowly add milk and gently mix until the ingredients are well combined. Drop by spoonfuls into a large pan of gravy. (You can use a gravy mix, if you like.) Put on the lid and simmer for 15 to 20 minutes.

# *Penne with Artichoke, Olives and Bacon*

*Courtesy of Theresia Brannan, owner of  
East West Catering*

*Serves 8*

## *Ingredients:*

*1 lb penne pasta  
1 can diced tomatoes (preferably Italian)  
2 cups cherry tomatoes  
Freshly ground pepper, to taste  
1 tsp pasta seasoning, such as McCormick  
¼ cup olive oil (light, not virgin)  
Salt  
¼ lb bacon (precooked)  
2 cups marinated artichoke hearts  
1 cup large Kalamata olives  
1 cup basil leaves, loose  
¼ cup dry fancy Parmesan cheese, grated  
10 cloves of fresh garlic*

### Directions:

Boil a large pot of water with some salt. While bringing to a boil, slice the cherry tomatoes in half and the olives lengthwise. Drain and quarter the artichokes. (Retain some marinade juice.) Cut bacon into ½ inch long pieces. Peel and slice the garlic. Fry garlic in heated olive oil, let it sizzle and stir frequently until it browns. Remove from heat and put garlic and oil in a bowl.

Put the precooked bacon in a pan to heat and stir for about 3 minutes, then set aside.

Once water has come to a roiling boil, add pasta. Cook according to instructions on package to al dente consistency, stirring frequently with a wooden spoon so the pasta won't stick on the bottom of the pan. Drain well and let pasta continue to cook in steam in a bowl.

Drain the olive oil from the garlic into the pasta along with a small amount of the artichoke marinade and mix well. Add pasta seasoning and pepper. Mix in the canned tomatoes (with juice if served hot or drained if served cold), olives, cherry tomatoes and bacon. Finally, cut the basil thinly and add, along with garlic and Parmesan cheese, just before serving.

# *Spiced Apple Bread*

*Courtesy of Theresia Brannan, owner of  
East West Catering*

*Makes 2 9x5 inch loaves*

*Ingredients:*

*3 cups flour*

*1½ tsps baking soda*

*1 tsp salt*

*2 tsps cinnamon*

*½ tsp ground nutmeg*

*½ tsp ground cloves*

*½ tsp ground cardamom*

*1½ cups granulated sugar*

*1 cup vegetable oil*

*4 eggs, beaten*

*2 tsps vanilla*

*4 cups coarsely chopped apples*

*1 cup raisins*

*1 cup chopped pecans*

*2 tsps sugar mixed with ¼ tsp cinnamon*

### Directions:

In a large bowl combine sugar and oil. Beat in eggs and vanilla, then stir in chopped apples, raisins and pecans. Sift in the dry ingredients and mix until well blended. Grease two 9x5 inch loaf pans and sprinkle the cinnamon sugar into the bottoms. Divide the batter between the two pans, smoothing the tops with a spatula or spoon. Bake for 50 to 60 minutes at 325 degrees F or until a wooden pick or cake tester inserted in the centers comes out clean. Cool for 10 minutes, then turn onto a rack to finish cooling. Freezes well.