



February 2010



# Free Recipe of the Month

## Sicilian Chicken

### Ingredients:

2 large fresh Irish Chicken Fillets  
1 tin of tomatoes  
2 cloves garlic  
1 onion  
1 teaspoon dried oregano  
1 teaspoon of tomato puree  
125 ml Crème Fraiche  
Olive oil  
Butter  
Butter wrapper or  
greaseproof paper  
Serve with Tagliatelli and a salad

### A note from Cleansheets:

Romance may be on many peoples minds when they read this months recipe sheet, but everyone has someone who deserves to be treated to a home cooked meal and some good company. Any day this month, pick up the phone or leave a note on the fridge inviting them—it'll do you both good!  
This is inspired by a dish I loved to eat in an Italian restaurant in Cork as a teenager, It's still on the menu but not as I remember it—this is! I like it with tagliatelli or spaghetti but if you're not comfortable with fork twirling or trying to make an impression stick with a short pasta like fusilli!

**Serves:** 2

**Time:** 50 minutes

### Method:

**Serve with Pasta and a Salad**

1. Preheat the oven to 180°C.
2. Crush or grate the garlic, finely chop the onion.
3. Over a moderate heat, warm a little olive oil in a pan and brown the chicken fillets on each side for 1 or 2 minutes until turning golden on the outside, remove to an oven proof dish.
4. Add a little more olive oil to pan if necessary and a knob of butter, when the butter is melted add the onions and garlic, reduce the temperature and put a butter wrapper or some greaseproof paper over the onions. This will help them soften, be sure to keep a close eye on them, we want them soft and translucent, not browned in anyway. This should take 6—8 mins. Do not be tempted to go too far from the cooker caramelised onions or burnt garlic will not enhance this dish and it happens very quickly—I have made this mistake!
5. Add the tin of tomatoes, oregano and tomato puree and heat until bubbling, turn down the heat a little. Allow the sauce to thicken and cook, stir regularly. The tomatoes should look thick and glossy, this will take 10 mins or so. To finish, take off the heat and stir in the crème fraiche.
6. Pour the sauce over the chicken fillets, cover with foil or lid and pop in the oven for 25 minutes.
7. Prepare the pasta and salad.

### Garlic Bread:

Buy a short french stick or long roll perfect for 2. If you prefer to use wholemeal or multi grain, that's fine.  
225g (1/2 lb) butter

4 large cloves of garlic crushed or grated.

Handful of fresh parsley, finely chopped

***This is too much garlic butter for 2, but it keeps in the fridge or can be frozen, just wrap it well, to avoid it tainting other foods. To freeze form into a long sausage on a sheets of cling film and wrap tightly. You can slice off what you need another day.***

Leave the butter out of the fridge, to soften for a few hours.

Mix the garlic, parsley and butter thoroughly with a wooden spoon.

Cut the bread as if you are going to butter it for a sandwich & spread generously with the butter.

Close the bread, cut it in half (easier to do while it's cold) and wrap in tin foil, pop it in the oven with the chicken for 15 minutes before the chicken will be ready.



Everything you need in the  
kitchen and more...  
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066 7119958

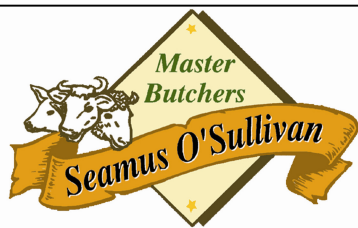
Valentine's Day can be fun, heart shaped biscuits or scones, pink iced cup cakes: displayed on beautiful cake stands. Try your hand at some decorative icing with a romantic theme. You may surprise yourself with a creative streak! Every thing you need to try is in Utensils.



Add something heart shaped to someone special's lunch box or bring some heart shaped treats round to someone's house.



Check out [www.utensils.ie](http://www.utensils.ie) for details of cake decorating classes, starting soon. There are lots of gift ideas in the shop too—something personal, pretty and useful for just about anyone!



Manor, Tralee,  
Co Kerry  
066 7126225  
[www.sulmeat.com](http://www.sulmeat.com)

Feeling a little drained as the winter drags on? I know I am. There are lots of ways to make getting a tasty dinner on the table a little easier. Garden Mint Lamb Cutlets, Stuffed Chicken Breasts wrapped in Bacon, ready made stir fry, Chicken Kiev and Maryland all just need veg and your choice of rice, potatoes, pasta or couscous added.

### Bargains of the Week for February

From Monday 1st February  
Irish Back Bacon  
€1.99 per lb

From Monday 8th February  
Fresh lean Stewing Steak Pieces  
Half Price  
€2.49 per lb

From Monday 15th February  
Fresh Loin Pork Chops  
Half Price  
€2.49 per lb

From Monday 22nd February  
Traditional Bacon Rib  
Half Price  
€1.49 per lb

Horan's  
Fruit and Vegetables  
&  
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Manor  
Rock Street  
Horan Centre  
Russell Street  
066 7123070

Officially Spring starts this month but it still feels quite wintry to me! If you think you or someone in your family needs a little lift, there are lots of supplements and vitamins available to help you and your immune system, If you're a little bewildered by the variety talk to Horan's Health-food Stores staff who will be happy to help find something that suits your needs best.



Try something new: **Celeriac**. This vegetable looks like a turnip that has had a rough weekend, not the most beautiful vegetable in the world, it's worth getting past that gnarled exterior and getting to know it a little better, especially as it is in season right now. It has a mild flavour similar to celery. I like to peel, dice and steam it and serve with a little white sauce. Or mash with potato for a delicious buttery mash with a twist.



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### Happy Valentine's Day

February brings a birthday to our house & of course Valentine's Day, so you can expect related ideas and items on the site. Cook up this months recipe for someone who deserves it, it's a simple recipe so you can focus on having a good chat with good company.

I've been making (with the help of the computer) card making kits for kids, it's very simple and hopefully will keep them entertained for a bit along with saving them the cost of shop bought cards, check out [www.cleansheets.ie](http://www.cleansheets.ie) to see how simple it is.

Officially Spring has sprung hope to see the first signs of it soon!

[www.cleansheets.ie](http://www.cleansheets.ie)  
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