

As you live, work, and play...

Duck Scaloppine with Green Apples

Courtesy of Mario Batali

- 2 Mallard duck breasts
- Flour for dusting
- Salt and pepper
- 1/4 cup extra virgin olive oil
- 2 Granny Smith apples, peeled and sliced
- 1 cup Malvasia wine
- 1 cup chicken stock
- 2 tablespoon unsalted butter
- 1 bunch chives, cut into 2 inch pieces



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As you live, work, and play...

Scout's Honor

The first time that I used this recipe was in 2005 with ducks harvested from a hunt at Mussel Fork Legacy Marsh. My ever faithful and loyal companion Scout retrieved the ducks we used for the recipe that day. So I am offering up the recipe in memory of Scout who after fifteen years and twenty days is in dog heaven dreaming of her days afield. She will never be forgotten.

Directions:

Slice duck breast across the grain. Use a meat mallet to pound the pieces into 1/4 inch thick scaloppine. Dust the scaloppine with flour seasoned with salt and pepper. In a cast iron skillet heat the olive oil until it smokes. Place the duck in the pan and cook until dark brown (about 2 minutes). Turnover and brown the second side, about one minute. Remove the duck and set it aside. Add the apple slices to duck fat. Cook until softened and light brown. Add the wine and chicken stock and bring to a boil. Return the duck to the pan and add the butter. Simmer for about 5 minutes.

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As you live, work, and play...

Penne with Grape Tomatoes and Mozzarella

Serves 6. Recipe courtesy of the Miller Family.

- 1 package (1 pound) penne pasta
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 2 containers (1 pint each) grape tomatoes, halved
(this is a lot, I usually do 1 ½ containers)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (8 ounces) mozzarella, shredded
- 1/4 cup thinly sliced fresh basil



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Snow Fun!

Like most grown-ups I think of snow as a hassle, keeping me from going where I need to be or doing what needs to be done. But in February, a blizzard blew through and I was reminded that a heavy snow makes it possible for me to enjoy a day with my boys, playing in the white stuff and building this huge snowman. So I say we grab hold of the opportunities that come our way to spend time with family and friends. Best wishes to you all!

Directions:

Cook pasta according to package directions. Meanwhile, heat olive oil in large skillet over medium heat. Add garlic and cook until aromatic, about 30 seconds. Stir in halved tomatoes, and cook for 1 minute. Add 1/3 cup water from pasta pot to skillet with tomatoes, and bring mixture to a boil. Stir in salt and pepper. Remove from heat and keep warm in skillet.

Drain pasta and place in large serving bowl. Stir in tomato mixture and mozzarella. Sprinkle with basil.

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As you live, work, and play...

Spicy Thal Pizza

Serves 6. Recipe courtesy of Eric Roselle

- 3 cups cooked brown rice**
- 2 cups (8 ounces) shredded mozzarella cheese, divided**
- 1 cup crunchy peanut butter, divided**
- 1 egg, beaten**
- Vegetable cooking spray**
- 1/2 cup hot water**
- 1/4 cup cilantro, minced**
- 2 tablespoons soy sauce**
- 3 tablespoons dark sesame oil, divided**
- 1/4 teaspoon ground red pepper**
- 2 cups broccoli flowerets**
- 1 medium-size red onion, chopped**
- 2 large carrots, julienned**



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 **C Eric**

Danya took this photo after I rode home in a snowstorm in January last year. Sometimes riding in fresh snow is better than riding in good conditions. No cars! Not that I'd recommend doing this on a regular basis - but that morning the weather was beautiful. A good ride overall with the only issue being a brief hop down the road about 1/2 mile from the house. The front tire got caught on a ridge causing the whole bike to slide sideways. Not good with 2 to 3 inches of snow on the ground over a layer of sleet. This year, when I get back on the bike, I will be using a new set of studded tires – shouldn't be any more issues with the ice.

Directions:

Combine rice, 1 cup cheese, 1/4 cup peanut butter and egg in large bowl. Press firmly into 12-inch pizza pan or 10-inch pie pan coated with cooking spray. Bake in 400° oven for 8 minutes. Mix remaining 3/4 cup peanut butter, water, cilantro, soy sauce, 2 tablespoons sesame oil and red pepper in small bowl; set aside. Stir-fry broccoli, onion and carrots in remaining 1 tablespoon sesame oil in large skillet over medium-high heat until tender-crisp. Spread sauce over crust; top with vegetable mixture. Sprinkle with remaining 1 cup cheese. Bake in 400° oven for 10-12 minutes. Let stand 5 minutes before serving.

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As you live, work, and play...

Pasta di Rosa

Courtesy of Chris Davis

- 8 ounces extra light or extra medium virgin olive oil
- 3 cloves garlic, minced
- Good pinch of dried chili pepper flakes
- 2 tablespoons rosemary, fresh chopped or minced
- Salt and pepper to taste
- 1/2 pint heavy cream
- 2 (14 ounce) cans of peeled whole tomatoes
- 12 to 16 ounces of small to medium shell pasta



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Recipe for Success

There's a saying that "teamwork divides the task and multiplies the success." While PWA has faced our share of challenges, we have realized some major goals. For that we must thank our many team members including coworkers, family members, friends, clients, consultants, contractors, etc. We recognize that the support of so many is what keeps us moving forward to bigger and better opportunities. May such opportunities find their way to you.

Directions:

Add olive oil to large sauté pan and heat on medium, add garlic & chili pepper flakes, then sauté with care not to burn for 3 to 4 minutes. Add chopped rosemary and let cook 1 to 2 minutes. Drain tomatoes, break up into chunks, and add to pan with salt and pepper. Turn heat up slightly and simmer for 20 minutes. Cook pasta according to package directions. Turn heat off, drain pasta and return to pan. Add cream to tomato sauce, stir to incorporate. Add sauce on top of pasta and stir together. I suggest pairing this with crunchy bread and a good red wine such as a cabernet or zinfandel.

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As you live, work, and play...

Kathy's Potato-Bacon Chowder

Recipe from 1976 American Dairy Assoc. Cookbook

- 8 strips bacon, cut up
- 1 cup chopped onion
- 2 cups cubed potatoes (2 to 3 medium)
- 1 cup water
- 1/2 teaspoon salt
- Dash of pepper
- 1 (10 3/4 ounces) can of condensed cream of chicken soup
- 1 cup dairy sour cream
- 1 3/4 cups milk
- 2 tablespoons chopped parsley



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Hidden Treasures

One of the things kids do when they get older is go through the “stuff” stored in boxes and cabinets and look for treasures they can take and put to good use themselves. Kathy's discovery of my American Dairy Association cookbook has been a blessing for the whole family, as well as anyone else with whom she shares her culinary adventures. Skimming through the cookbook, she decided that many of the recipes would be fun and delicious. The Potato-Bacon Chowder did not disappoint! Don't count the calories, but enjoy the wholesome dairy goodness.

Directions:

Cook bacon until crisp in a 3-quart saucepan. Add onion; sauté 3 minutes. Pour off drippings. Add potatoes, water, salt and pepper; bring to a boil. Cover; simmer 10 to 15 minutes or until potatoes are tender. Gradually stir in soup, sour cream, milk and parsley. Bring to serving temperature over low heat, stirring occasionally. Do not boil. Yield: about 7 cups.

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As you live, work, and play...

Cheeseball Encrusted Chicken Cordon Bleu

Courtesy of Lee Craig

Boneless and skinless chicken breasts,
- each pounded flat to about 1/4" thick

Salt and pepper

Grainy mustard

Ham and cheese slices

Flour

Egg wash

Cheeseballs, crushed



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Say “Re-Cheese-it”

PWA received a large container of Cheeseballs during Canstruction this past year. Since we try not to waste much around here, I decided to try this recipe. The encrusted chicken retains its radioactive orange color throughout the cooking process, which is kind of scary, but good. Scary good, in fact! I suggest serving this with a side of greens tossed in a lemon and oregano vinaigrette. Yum!

Directions:

Preheat 350° oven. Season the breasts with salt and pepper, then spread a little grainy mustard on each breast and layer each one with ham and swiss cheese. Roll it up, tuck the sides in and pin each roll together with a toothpick. Then quickly dredge in flour and egg wash, and then roll in the crushed Cheeseballs. Bake in oven for 30 minutes.

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As you live, work, and play...

Pork Pot Pie

Serves 6. Recipe courtesy of the Andres Family

- 1/4 cup butter or margarine
- 2 large onions, chopped
- 2 large carrots, peeled and sliced
- 2 large potatoes, peeled and diced
- 1 small cabbage head, cored and chopped
- 1 can chicken broth
- 3 cups cooked pork, diced
- 1 tablespoon Angostura bitters
- Salt and pepper
- 1/2 package refrigerated pie crust
- 2 teaspoons caraway seeds



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As you live, work, and play...

Mountain Perspective

Photographs of me are hard to come by as I am usually behind the lens. However, my cousin snapped this photo after a long day of hiking to Snow Lake in Wyoming (11,217 ft.) My dog Sydney and I were both whipped by the end of that day. I pushed myself to the limit and she stayed right there with me. It was worth it, though. Few get to see or experience what we did that day. A difficult journey, but thankfully we made it through together.

Directions:

Preheat 400° oven. Melt butter and sauté onions until golden. Add carrots, potatoes, cabbage, chicken broth, pork and Angostura bitters. Cover and cook until cabbage is tender, about 30 minutes. Season to taste with salt and pepper. Combine pie crust with caraway seeds by sprinkling them on top of the crust and rolling them into it. This can be made with a pie crust with caraway seeds added in preparation. Top casserole with pie crust and crimp edges. Knife “PPP” into the top. Bake in oven for 30 to 35 minutes, or until crust is richly browned and filling is bubbly.

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PWA Chili:

Adaptation of All-American Chili – Cooking Light 2003

- 6 ounces hot turkey Italian sausage
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 8 garlic cloves, minced
- 1 pound ground sirloin
- 1 jalapeño pepper, chopped

Seasonings: 2 tablespoons chili powder, 2 tablespoons brown sugar, 1 tablespoon ground cumin, 3 tablespoons tomato paste, 1 teaspoon dried oregano, 1/2 teaspoon freshly ground black pepper, 1/4 teaspoon salt, bay leaves

- 1 1/4 cups Merlot or other fruity red wine
- 2 (28-ounce) cans whole tomatoes, undrained, coarsely chopped
- 2 (15-ounce) cans kidney beans, drained
- 1/2 cup (2 ounces) shredded, reduced-fat sharp cheddar cheese



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As you live, work, and play...

Join Us!

Occasionally, on days when it is more comfortable to huddle around a table than it is to brave the cold wind in search of lunch fare, PWA staff members will bring in the fixings for a pot or two of PWA chilli. As we take it in, we trade stories about dogs and ducks, share news about family, friends, and anything else that comes to mind. So if you are ever in downtown Columbia on such a day, come by the office. You might find us slowing down and catching up with each other. If so, you are welcome to join us!

Directions:

Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion, and the next 4 ingredients (onion through jalapeño) to pan; cook 8 minutes or until sausage and beef are browned, stirring to crumble. Add Seasonings (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese.

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