

Well, here we are, having survived the holidays. Life is quieting down and it's time for a little R&R. It is also time to start your skiing vacations or jaunts to warmer weather if you just can't take the cold. I used to run to the beach, but as you know, I took up skiing a few years ago and really enjoy it – I don't get out that often, but when I do, it's a blast.

It's time to take a rest from all that cooking too. With all the parties, holiday dinners and company, I am sure that you just want to make something easy – and maybe in just one pot, so there isn't a sink full of dishes! I invested in a Dutch oven a while back and just love it. I can make stews, soups, and all sorts of great meals without making a mess. I went for a lightweight model, since I just can't lift those heavy ceramic ones anymore. It also has a glass top so I can see how things are cooking without opening it.

Most everyone had her favorite stew, soup or chili recipes, but I found the following two dishes, tried them, and thought they were worth sharing. Serve both with a nice salad and some crusty bread. Enjoy – and let's start counting the days until boating season.

Baked Chicken with Wild Rice and Apricots

- 1-3lb chicken
- 1 Tb. honey
- 1 large onion, chopped
- 1 tsp. garlic, minced
- 1/2 tsp. ground turmeric



by Cathy Smith

- Juice of 1 lemon
- 1 pkg. (6.25 oz.) quick-cooking long grain and wild rice mix
- 1-3/4 cups water
- 3/4 cup of dried apricots
- 3/4 cup pecan halves

Preheat the oven to 350°. Clean the chicken, discarding giblets and neck. Rinse well and remove any excess fat. Pat dry, tie legs together and place, breast side up, in a 5-quart Dutch oven. Spread the honey over the chicken and sprinkle with onion, garlic, turmeric, and lemon juice. Cover and bake for 1 hour. Drain off all the fat and liquid.

Spread the rice mixture and seasoning packets around and under the chicken. Pour water over rice and add apricots. Cover and bake an additional 40 minutes or until rice is tender and chicken is cooked

through. Remove chicken and carve. Add pecans to rice mixture and serve chicken over the rice. Serves 4.

Shrimp Jambalaya

- 2 Tb. butter
- 2 medium onions, chopped
- 2 green bell peppers, chopped
- 3 celery ribs, chopped
- 1 cup chopped cooked ham (about 3 oz.)
- 2 garlic cloves, crushed
- 1-1/2 cups converted rice
- 1-1/2 cups of beef broth
- 1-28 oz. can peeled tomatoes, cut-up (do not drain)
- 3 Tb. parsley, chopped
- 1 tsp. basil
- 1/2 tsp. thyme
- 1/4 tsp. pepper
- 1/8 tsp. cayenne
- 1 lb. medium shrimp, cleaned and deveined

In a 5-quart Dutch oven or pot, melt butter over medium heat. Add vegetables, ham, and garlic. Cook, stirring occasionally, until soft.

Add rice and cook for 3 minutes – stirring often. Stir in broth and tomatoes with their liquid and all seasonings (use only 2 Tb. of the parsley). Heat to boiling and then reduce heat, cover and simmer 25 minutes. Stir in shrimp and cook about 10 minutes longer or until shrimp are opaque, rice is tender and the liquid is absorbed. Serve garnished with remaining tablespoon of parsley. Serves 6.

**High Tides For January 2010
Bridgeport, CT**

Jan 1	11:08 AM	11:41 PM	Jan 16	11:43 AM	-----
Jan 2	11:59 AM	-----	Jan 17	12:06 AM	12:18 PM
Jan 3	12:32 AM	12:52 PM	Jan 18	12:41 AM	12:54 PM
Jan 4	1:24 AM	1:46 PM	Jan 19	1:16 AM	1:30 PM
Jan 5	2:18 AM	2:42 PM	Jan 20	1:53 AM	2:09 PM
Jan 6	3:14 AM	3:41 PM	Jan 21	2:33 AM	2:52 PM
Jan 7	4:13 AM	4:44 PM	Jan 22	3:17 AM	3:41 PM
Jan 8	5:14 AM	5:48 PM	Jan 23	4:08 AM	4:36 PM
Jan 9	6:15 AM	6:51 PM	Jan 24	5:04 AM	5:38 PM
Jan 10	7:15 AM	7:51 PM	Jan 25	6:05 AM	6:42 PM
Jan 11	8:11 AM	8:45 PM	Jan 26	7:07 AM	7:45 PM
Jan 12	9:02 AM	9:33 PM	Jan 27	8:08 AM	8:44 PM
Jan 13	9:47 AM	10:15 PM	Jan 28	9:05 AM	9:39 PM
Jan 14	10:28 AM	10:54 PM	Jan 29	10:00 AM	10:31 PM
Jan 15	11:06 AM	11:31 PM	Jan 30	10:53 AM	11:21 PM
			Jan 31	11:44 AM	-----

High Tides For Other Locations:

City Island	+0:17	Stamford	+0:03	Madison	- 0:21
New Rochelle	- 0:04	S. Norwalk	+0:09	Essex	- 0:05
Mamaroneck	+0:12	Housatonic Rvr	+0:26	Saybrook Pt	- 0:31
Cos Cob	+0:05	Milford	- 0:08	New London	- 1:45

Times are approximate • Not responsible for errors

Moon Phases



**High Tides For January 2010
Fire Island Democrat Point**

Jan 1	7:01 AM	7:36 PM	Jan 16	7:36 AM	8:01 PM
Jan 2	7:52 AM	8:29 PM	Jan 17	8:12 AM	8:39 PM
Jan 3	8:44 AM	9:24 PM	Jan 18	8:48 AM	9:16 PM
Jan 4	9:39 AM	10:21 PM	Jan 19	9:24 AM	9:52 PM
Jan 5	10:34 AM	11:17 PM	Jan 20	10:02 AM	10:29 PM
Jan 6	11:30 AM	-----	Jan 21	10:42 AM	11:09 PM
Jan 7	12:12 AM	12:25 PM	Jan 22	11:28 AM	11:54 PM
Jan 8	1:06 AM	1:21 PM	Jan 23	-----	12:20 PM
Jan 9	2:02 AM	2:21 PM	Jan 24	12:46 AM	1:19 PM
Jan 10	3:00 AM	3:23 PM	Jan 25	1:46 AM	2:26 PM
Jan 11	3:57 AM	4:22 PM	Jan 26	2:53 AM	3:36 PM
Jan 12	4:49 AM	5:15 PM	Jan 27	4:00 AM	4:40 PM
Jan 13	5:36 AM	6:01 PM	Jan 28	5:01 AM	5:36 PM
Jan 14	6:19 AM	6:43 PM	Jan 29	5:55 AM	6:28 PM
Jan 15	6:58 AM	7:23 PM	Jan 30	6:46 AM	7:19 PM
			Jan 31	7:36 AM	8:10 PM

High Tides For Other Locations:

South Shore		North Shore	
Amityville	+ 2:59	Pt. Washington	+ 3:23
Bay Shore	+ 2:46	Oyster Bay	+ 3:32
E. Rockaway Inlet	+ 0:32	Pt. Jefferson	+ 3:29
Freeport	+ 1:16	Mattituck Inlet	+ 3:35
Jones Inlet	+ 0:19	Greenport	+ 2:45
Moriches Inlet	- 0:18	Sag Harbor	+ 2:35
Shinnecock Inlet	- 0:12	Montauk Point	+ 0:29

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Moon Phases

