

IN THE KITCHEN

Great Father's Day GRILLING



How do we show Dad how much we love him? By gathering the family for a Father's Day cookout and serving Dad's favorite foods...

For a free "Great Gathering Guide and Cookbook" filled with more mouth-watering recipes for steaks, chicken and fish...

Lemon Chipotle Chicken Skewers With Mexican Rice

- Ingredients for Lemon Chipotle Chicken Skewers: 1/4 cup fresh lemon juice, 1 tablespoon garlic, 1 tablespoon rosemary, 1/4 cup olive oil, 1 teaspoon kosher salt, 1/4 teaspoon ground black pepper, 2 tablespoons canned chipotle in adobo sauce, puréed.

For marinade, place all ingredients in bowl and mix well. In a gallon zipper-close bag, add chicken skewers and marinade...

Preheat grill to high, grill chicken skewers 4 to 5 minutes each side. Discard marinade. To serve, place Mexican Rice (see recipe). Remove skewers from grill and chop.

Mexican Rice

- Ingredients for Mexican Rice: 8 plum tomatoes, 1 tablespoon cilantro, 2 cups water, 1 teaspoon garlic, 2 teaspoons canned chipotle in adobo sauce, puréed, 1 teaspoon kosher salt, 1/2 cup canola oil, 2 cups long grain white rice, 1/2 cup yellow onion, chopped.

In a heavy skillet over high heat, char tomatoes until skins split. Transfer to a blender or food processor and purée. Stir in cilantro.

In large saucepan, combine water, puréed tomatoes, garlic, chipotle purée and salt. Bring to a slow boil.

In separate large saucepan, heat oil over high heat until hot. Add rice and onions; sauté until grains are bright white or slightly brown, approximately 7 to 10 minutes.

Add tomato mixture to saucepan with rice and onions. Simmer 15 minutes. Remove saucepan from heat, cover and let stand 20 to 30 minutes, stirring twice. Fluff rice with a fork. Keep warm until ready to serve.

Porterhouse Steak With Maytag Blue Cheese and Sun-Dried Tomato Butter

- Ingredients for Porterhouse Steak: 4 Omaha Steaks 24-ounce Porterhouse Steaks, 4 Omaha Steaks All Natural Steak Seasoning to taste.

Maytag Blue Cheese and Sun-Dried Tomato Butter

- Ingredients for Maytag Blue Cheese and Sun-Dried Tomato Butter: 1 teaspoon olive oil, 1/2 cup unsalted butter, sliced, 1/4 cup sun-dried tomatoes, minced, 1 tablespoon garlic, minced, 1 tablespoon lemon juice, freshly squeezed, 1 tablespoon Worcestershire sauce, 1/2 cup Maytag blue cheese, crumbled, 1 tablespoon basil, minced.

For blue cheese and sun-dried tomato butter: Heat oil over medium heat in a small saucepan. Add garlic; cook until brown. Add sun-dried tomatoes; cook about 1 minute. Stir in lemon juice, Worcestershire sauce and basil and immediately transfer contents to a food processor or blender.

Turn on food processor, add blue cheese and puree. Add sliced butter to food processor allowing butter to be whipped into puréed cheese mixture.

Transfer mixture to a sheet of parchment paper. Roll into a tube about 1 1/2 inches in diameter and twist paper at the ends. Refrigerate 4 to 6 hours.

When ready to serve, slice into 1/2-inch coins as needed. Unsalted butter is refrigerated for up to 1 week.

These steaks over night in the fridge or quick thaw by placing sealed steaks in a sink with water about 1 hour.

Preheat grill to high. Season both sides of steaks. Grill steaks to desired doneness.

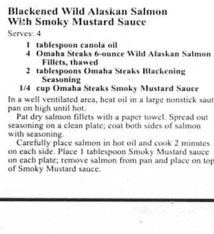
Just before removing steaks from the grill, place a butter slice on each steak so butter is partially melted as you serve the steaks.

Blackened Wild Alaskan Salmon With Smoky Mustard Sauce

- Ingredients for Blackened Wild Alaskan Salmon: 1 tablespoon canola oil, 4 Omaha Steaks 6-ounce Wild Alaskan Salmon Fillets, thawed, 2 tablespoons Omaha Steaks Blackening Seasoning, 1/4 cup Omaha Steaks Smoky Mustard Sauce.

In a well-ventilated area, heat oil in a large nonstick sauté pan on high until hot. Pat dry salmon fillets with a paper towel. Spread out seasoning on a clean plate; coat both sides of salmon with seasoning.

Carefully place salmon in hot oil and cook 2 minutes on each side. Place 1 tablespoon Smoky Mustard sauce on each plate; remove salmon from pan and place on top of Smoky Mustard sauce.



LIFESTYLE

In The Kitchen With Beth



By Beth A. Bond

This week's recipe is a recipe for those of us with busy lives. Works, kids and ballgames keep some people from being able to take a healthy meal. However, being diabetic it is hard to eat out and I have elevated blood sugars because of it...

- Ingredients for pasta dish: 1/2 pound of chicken tenders, 1 can of artichoke hearts, 1 can of mushrooms, 1 small can of black olives, 1 small red pepper diced, 1 small diced onion, 1/2 teaspoon of ground red pepper, 3 tablespoons of minced garlic, 6 tablespoons of extra virgin olive oil, 1 1/2-16oz can of jar of spaghetti sauce, 1/2 box of Dreamfield spaghetti, macaroni, or linguine (your choice).

bring the water to boil on high heat. Once the water has begun to boil you want to add your pasta (I'll let it boil). Set a timer for five minutes. Once that first five minutes is up turn the heat off and cover the pan for an additional five minutes. After the second five minutes drain the water off of the pasta and mix as desired to put with your sauce mixture.

While your pasta is cooking you get a large skillet ready so that you can add in your pasta. The first step is to get a large skillet, turn the heat on med-high and add three tablespoons of the extra virgin olive oil. Once your pan is hot add the

three tablespoons of minced garlic and let it cook for about a minute. Then you want to add your chicken and cook it about 3-5 minutes, stir it often and make sure that it is cooked most of the way through. Once it is cooked almost all the way you want to add the additional three tablespoons of garlic, the red pepper, artichoke hearts, onion, mushroom, black olives and ground red pepper. Let that cook stirring often for about 3-4 minutes. Now you can add your spaghetti sauce and stir the chicken and vegetables through it. Let it get hot and mix it all together well. Or you can portion out the pasta on to a plate and put the desired amount of sauce on each plate.

Thoughts from ... the Pastor's Study

By Julian Hammonds, Retired United Methodist Minister

Spring is here and in truth summer is just a few days away and our youngsters are out of school. Therefore many people will be taking off on vacation. Well most aren't literally taking off...

not die. He used a picture word to describe the experience. It's in his book, Second Timothy 4:6-8. For I am now ready to be offered, the time of my departure is at hand. I have fought a good fight. I have finished my course. I have kept the faith. Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day.

unfurled her sails, slips her moorings, and riding the wind she is off to her home port. She, literally, sets sail. This is what this thing we call "faith" is for the Christian. We are foreigners, sojourners, on this earth. Our true home is our eternal home, the one in heaven, the one not made with hands. But one day, the Lord, the time of our departure will come, and on that day we, too, will quite literally set sail with death and etc.

Nicholas residents award winners at Twin Pins

The first annual Homestead Jamboree Amateur Talent Search was held at Twin Pins Bowling Lanes in Flemingsburg and showcased a host of talent. All of the contestants, with the exception of one, based their talent on singing. From a field of about thirty-five contestants, fifteen of them went on to compete in the final round of the competition. They were divided into three age groups, twelve years and under, thirteen to nineteen years old and twenty years

old and over. Contestants from as far away as Stanton and Nicholasville came to the talent night there in Flemingsburg, people from Carlisle took four of the fifteen places. Katie Trussell took 1st place in the twelve-years-old and under age group. Brandi Norman took 1st place and Justin Bowles took 6th place in the thirteen to nineteen years old age group and Mike King took 3rd place in the twenty-year old and over age group.

NEW HOME CONSTRUCTION FOR NICHOLAS COUNTY AREA

Community Ventures Corporation announces an important meeting for anyone interested in finding out how first time home buyers can get a home built in the Nicholas County area.

On June 19, 2007, Community Ventures Corporation will host an information session at the Carlisle City Council Chamber at 5:30 p.m., located at 107 East Chestnut Street. Featured that night will be Myron Agnew, Director of Property Management for Community Ventures Corporation and Jackie Faris, CHDO Housing Development Specialist for Central and Northern Kentucky.

The session is designed to guide you through the process of financing, obtaining land, housing construction and overcoming prior credit issues that may have stopped individuals from owning a home.

This is a first come, first serve program with limited funds available for new home construction in the Nicholas County area. This endeavor is a partnership between the Kentucky Housing Corporation and Community Ventures Corporation. There are certain financial requirements for home ownership that must be met for qualifying homebuyers and information will be made available on other financing programs Community Ventures Corporation has available.

You owe it to yourself and your family to attend this meeting. Community Ventures Corporation is about families being able to realize the dream of owning their own home. There is no obligation to attend the meeting.

The meeting is June 19, 2007, located at City Council Chamber, 107 East Chestnut Street at 5:30 p.m.

Community Ventures Corporation is a non-profit organization serving over 32 counties in Central and Northern Kentucky. CVC is committed to revitalizing neighborhoods by helping people acquire assets and skills they need to achieve independence for themselves, their families and ultimately their neighborhoods. Community Ventures Corporation is celebrating their 25th year of operation in Central Kentucky.

Advertisement for Garrett's Furniture Co. featuring the text: 'JUNE 17TH IS FATHER'S DAY Give Your Dad A LA-Z-BOY For Father's Day'. Address: 222 W. Main St. Carlisle. Phone: 289-2308. Free Delivery Available.

Advertisement for Shell Food Mart: 'Need extra cash? Sell it in the classifieds. Just drop your ad at The Carlisle Mercury office at 117 Locust St. Carlisle 20 words for \$1, 30 each additional word.'

Advertisement for Shell Food Mart: 'SHELL FOOD MART 2750 Concrete Rd., Corbin, KY 40311 289-5889 A Name You Can Depend On. Open 7 Days A Week - 24 Hours A Day. Money Orders Sold Here. We accept Food Stamps. Whitaker ATM in store for your convenience. We have cell and land phone cards. We also have Green Dot Cards. We have Cell Phones with 60 minutes (Pre-Pay) Only \$34.95. From Shell #9. God Bless Our Troops. Little Debbie Muffins 18 pk. cans Bud/Bud Light 2 for \$1 \$11.99. SUBWAY. Order Your Subway Party Tray 8" Pizza in Subway For Your Family Outings. We Now Have 3 minutes to fix. NOW HIRING All Shifts Please Apply in Person.'

Remember Your Recare The importance of regular examinations

Taking good care of your teeth and gums should be a habit. We like to see most of our patients for a checkup at least once every three to six months. We refer to your checkup visit as a recare appointment. A recare dental visit can take up to an hour. Your checkup will normally include a complete cleaning, a fluoride treatment, any required radiographs and a comprehensive dental examination for cavities or other problems. If there are no problems needing treatment, we probably won't see you again until your next recare appointment! Giving your teeth regular checkups is the only way to keep them in tiptop shape. Recare visits help to catch dental problems like decay before they turn into painful cavities. Routine dental examinations can detect life-threatening diseases like oral cancer in the early stages when they are most treatable. That is why most dental insurance plans cover at least two recare appointments per year. Insurance companies know from experience that regular recare is a great long-term investment in your health. We encourage you to book your recare appointment well in advance. If you aren't sure when you're due for your next one, don't delay - give the Carlisle Office of Mortenson Family Dental a call at 289-5418. Good dental habits will help your teeth last a lifetime!



The Staff of Mortenson Family Dental's Carlisle Office (l to r): Tom Vician, Becky Davis, Dr. Roy Foster, Mary Boggs, Rhonda Siber and Kayte Land. Not pictured is Dr. Gary Meeks.

Advertisement for Tooth Tips: 'Brush after every meal or at least twice a day. Use a fluoride toothpaste. Use brushes with soft nylon bristles and a flat surface. Replace your brush about every three months. Use a mouthguard if you play contact sports. Floss every day. See your dentist regularly!'

Advertisement for Mortenson Family Dental: 'Everyone deserves a healthy smile. \$69 New Patient Exam! Includes x-rays, gum health, oral cancer exam, and more. NOTE: Offer not to be used in conjunction with any other offer or reduced fee plans. New patients only. MORTENSON Family Dental www.mortensonfamilydental.com 101 N. Front Street 289-5418 • Other location: 244-9595'