

PASTIMES

CELEBRATE AN ABUNDANCE OF SUMMER PRODUCE

THE KITCHEN PHILOSOPHY



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As I watch my garden start to ramp up with a bounty of cherry tomatoes and zucchini, I am always on the lookout for a new recipe. I just acquired a grill basket which is perfect for shrimp or vegetables as it keeps food from falling into the fire.

Grilled Shrimp, Cherry Tomatoes, Zucchini, Chickpeas and Feta - Serves 4

- 1 pound jumbo shrimp shelled and deveined with tails
- 2 medium zucchini (about 8 ounces each) sliced in 1/2" rounds
- 1 15-ounce can chickpeas drained and rinsed
- 2 pints cherry tomatoes
- 4 pita pockets, cut in quarters
- 8 ounces feta cheese

Marinade

- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1 clove of garlic, crushed
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup olive oil, plus more for grill basket



Dill Sauce

- 1 cup sour cream
 - 1/4 cup chopped fresh dill
 - 1 teaspoon kosher salt
 - 1 teaspoon fresh ground black pepper
- (Combine all of the above ingredients and served chilled)

In a large bowl, combine the shrimp, zucchini, chickpeas and cherry tomatoes

In a small bowl, combine the marinade ingredients and pour over shrimp mixture and stir to combine

Heat the grill (or build a fire) and when it heats to medium high temperature, lightly oil the grill basket, place it on the grill and add the shrimp mixture, turning often until the vegetables are soft and the shrimp is cooked through and lightly charred - about 7-9 minutes

While the shrimp and vegetables are grilling, toast the pita pockets on the grill as well

Transfer to a serving platter, sprinkle with crumbled feta cheese, some chopped dill and serve with the pocket bread and dill sauce

*If the chickpeas are too small and fall through your grill basket, keep them separate, put a tablespoon of the marinade on them and grill them separately on a sheet of aluminum foil.

These tender thin pancakes are so delicious - sweet sorghum flour makes them naturally gluten free and I am sure they will become the family favorite. I often make a double batch of the brown sugar peach sauce - using it for dessert paired with vanilla ice cream or raspberry sorbet.



Sweet Sorghum Pancakes with Brown Sugar Peach Sauce - Serves 4

- Wet:
- 1 1/2 cups sweet sorghum flour
 - 2 tablespoons granulated sugar
 - 2 teaspoons baking powder
 - 1/2 teaspoon salt
- Dry:
- 4 tablespoons salted butter melted
 - 1 cup buttermilk room temperature
 - 1 teaspoon vanilla extract
 - 2 large eggs, beaten
 - 1/2 cup water
 - butter for the pan

Combine the dry ingredients in one bowl, and the wet in another.

Add the wet ingredients to the dry ingredient bowl and mix until just combined.

Heat a sauté pan to medium high heat and add a small amount of butter, ladle the batter (about 3-4 tablespoons per pancake) into the pan, let cook undisturbed for a couple of minutes, flip when lightly brown on the bottom - removed when cooked through.

Continue until all of the batter is used up. Serve warm with the brown sugar peach sauce

Brown Sugar Peach Sauce

- 1 pound peaches, skin removed, cut into 1/2" chunks
- 1/2 cup brown sugar
- 6 tablespoons butter
- Pinch of salt
- 1/2 teaspoon vanilla extract

In a heavy saucepan combine all the ingredients except the vanilla

Bring to a boil, stirring constantly for about 3 minutes until the peaches are soft and the sauce is slightly thickened

Remove from the heat and add the vanilla. Serve warm with the sweet sorghum pancakes

This is one of my favorite classic summer recipes - perfect paired with summer tomatoes, or change it up and serve it with sweet cantaloupe - a surprisingly good flavor combination with the green tabasco sauce.

Herbed Cottage Cheese

- Makes 2 cups
- 1 1/2 cups 4% (full fat) cottage cheese
 - 2 tablespoons mayonnaise
 - 1/2 cup cucumber, seeded, peeled and chopped
 - 1/4 cup shredded basil leaves
 - 1 tablespoon minced chives
 - 3/4 teaspoon freshly ground black pepper
- Green tabasco sauce for serving
- Mix all of the above together and serve chilled

PASTIMES

IS YOUR BACKYARD "STAYCATION" READY?

ASK A REMODELER



TIM BURCH

With so many summer plans on hold and a continued need for social distancing, now is a perfect time to plan an outdoor renovation. Today's backyards are often multi-purpose spaces designed for relaxing, entertaining, and spending time with family. Does your outdoor space meet your current needs? Or is it underutilized, neglected, or dated? If you don't love what you see, consider the following to transform your backyard from blasé to beautiful.

Poolside Paradise

A well-designed pool area can create a resort-like oasis right in your backyard. Intriguing options like a gradual-slope beach entry, free-form shapes, or natural "salt-water" fills can add to the resort vibe. While free form pools have a unique appeal, many homeowners still opt for a traditional rectangular shape to ease an automatic cover. For the interior pool shell, consider deeper colors, such as midnight blue, for a great look. When designing the pool deck, consider surfaces, such as Copper Canyon, that don't get

as hot and can help avoid burned feet on sizzling summer days.

Expanding your Living Space

Whether you're renovating a deck or patio area or building from scratch, you'll want to make sure the design blends well with your home. Many backyards are being designed as a transitional space, blurring the line between the outside and the inside. Sliding glass walls and larger windows create a physical and visual connection, helping to pull the outdoors. Extend usability by carving off space for a covered "room," which can help you es-



cape the sun and/or rain while still enjoying the outdoors. Covered pavilions, gazebos, or trellises can all be outfitted with fans to add some relief. To keep bugs at bay, consider adding motorized or retractable screens, and add screening below the decking.

Outdoor Entertaining

There are many options available for homeowners who want to transform their outdoor space into a fabulous entertaining area. Pool houses function as more than just a changing area nowadays. Designed with a more open layout, they also can serve as a party or entertaining space. Adding a TV that can be seen from the pool area or an audio system controlled with your smartphone can enhance the party atmosphere. If you have a passion for cooking, consider incorporating an outdoor kitchen with all the conveniences of your indoor one or even special features, such as pizza ovens, warming drawers, beer taps, or built-in chillers. However, it's highly recommended that outdoor kitchens have some type of covering to help protect your appliances and surfaces from the elements.

Every weekend with a customized backyard retreat, it can feel like a "staycation" with family and a few friends gathered around. If you wish to create a more inspiring outdoor space, an experienced design-build professional can help turn your dream backyard into a reality.

Tim Burch is a Vice President and Owner of BOWA, an award-winning design and construction firm specializing in renovations ranging from master suites and kitchens to whole-house remodels and equestrian facilities. For more information, visit bowa.com or call 540-687-6771. Have topics you would like covered, email me at AskBOWA@bowa.com.

Lush Landscaping

Lastly, landscaping is an important factor in transforming your backyard into a serene retreat. Planting flowers that will bloom at various times throughout the season and into the fall

THANK YOU!

AROUND THE TOWN



HAZEL SWEITZER

As many of you know, my human Tom had COVID. It was a scary time for both of us. He had to be in the hospital for five days, and I was taken care of by my mom, Tom's best friend-Kim. It was weird how the virus kept changing. Tom had a couple of days of fever and exhaustion, then a day or two of a bad feeling stomach. I told him to eat some

grass. That always works for me. A week later, when his breathing became labored and he kept 100-degree fever consistent for about three days. Finally, he went to get help. The doctor told him there would be a good chance if he wouldn't have shown up when he did, he could have had to be on a ventilator. THANK DOG! He is back at home.

On behalf of Tom and myself, I wanted to say thank you. Tom is one lucky, blessed, and loved guy. Day after day, there would be a knock at the door. Food!

Candles! Wine! Flowers! Now, I don't want to complain, but there were not a lot of gifts having to do with me. Tom got calls every hour and texts and emails asking how people could help. He was and is overwhelmed by all the nice people who have reached out. In fact, one night, Tom did nothing but allow himself to cry. I do NOT like to see Tom cry. When I asked him why he was crying, he told me for two reasons.

First, I am scared and was scared of this virus and did not

want it to get worse or take my life. Second, I feel so filled with gratitude and can't believe how amazing this town, the community, my friends, and strangers have been during my recovery.

He said, "Hazel, a person or a dog are lucky to have even one or two people who really care for them. I am blessed to have tons. I am also blessed to have a human best friend, Kim, who took care of me when this virus was in a scary spot. She gave up her time and constantly made sure I had what I needed. And you! Hazel, you are the best, and hav-

ing you sit beside me, kiss me or even greet me at the door brings me great health."

We want to remind everyone that every moment can bring something good to your life, and it is important now, more than ever, to be in charge of your own outlook. The world is fragile, and we don't really know exactly what is next, but we can at least create the world we want to live in. We will also be back together again with cuddles and hugs and groups of people where scraps of food will fall on the floor again. This, I believe.

THANK YOU for loving my human and for loving me

- HAZEL





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