



The daily meeting of the minds on the porch in Edgewood Estates. Left to right, friends Tom Williams, Harry Crowe, and Phil Cox, along with Traveler in the front yard, practice social distancing and discuss current events.

**Kitchen Diva** by Angela Shelf Medearis

**Tap Your Inner Chef with DIY Recipes**

What I have always loved about being an American is that through it all, we somehow manage to keep the faith, persevere and stand together.

It used to be that going to the grocery store was a routine and mundane task. Now with the COVID-19 pandemic, we all must think differently about going out to buy food and adjust the way that we prepare favorite family recipes based upon what is available. This is where do-it-yourself dinner recipes come in handy.

Basically, a DIY dinner recipe is about finding a way to retain the flavors of the recipes you love while using the ingredients that you have on hand. If you have always wanted to free yourself from the restraints of a recipe, now is the time to do it! Think of the current lack of ingredients as permission to tap into your inner chef.

To ease into creating your own DIY dinner recipes, start with making a pot of chowder. No one really knows the origin of the term "chowder," but whether it came from French, Caribbean, Portuguese or Brazilian cooks, the basic meaning is connected to the large pot that the meal is cooked in.

Chowders were introduced to North America by immigrants from France and England more than 250 years ago. Native Americans called the dish "chawder," which was interpreted as "chowder" by early settlers and fishermen in New England.

The original versions of the dish consisted of a pot filled with a mixture of fresh fish, salt pork, leftover hardened biscuits (which were used as a thickener), onions, water and whatever spices were available. A chowder is a delicious way to use the ingredients you have on hand to create a meal that does not require extensive prep or simmering for hours.

My recipe for Seafood and Sweet Corn Chowder uses the basic techniques for making a chowder, but is designed to accommodate the need to vary ingredients based upon what you have on hand or what you can purchase at the store.

Whether you decide to make a seafood or vegetarian chowder, feel free to create your own version of this DIY dinner.



**SEAFOOD AND SWEET CORN CHOWDER**

If you don't have all the vegetables, seafood or spices on hand, omit or substitute the ingredient with what you do have. This chowder will still be delicious without it!

- 3 tablespoons butter or vegetable oil
- 1/2 cup (about 1 large stalk) chopped celery
- 1/2 medium onion, chopped
- 1/2 green bell pepper, seeded and chopped
- 2 garlic cloves, minced or 1/2 tablespoon granulated garlic powder
- 1 1/2 teaspoons salt
- 1 1/2 teaspoon ground black pepper
- 3/4 teaspoon dried dill or tarragon, or 1 tablespoon dill pickle juice
- 1/8 teaspoon cayenne pepper or red pepper flakes
- 2 cups chicken broth, seafood stock, clam juice, bouil-

lon fish base or water

- 1 to 2 large Russet potatoes, or 3 red skin or Yukon Gold potatoes cut into 2-inch cubes, about 2 to 3 cups
- 2 large carrots, chopped

2 cups frozen corn, thawed, or 1 (15-ounce) can whole kernel or cream-style corn, or 6 ears sweet corn, husk and silk removed, or frozen corn on the cob, thawed with kernels cut from the cobb

2 cups heavy cream, half and half, whole milk or 2 (14-ounce) cans evaporated milk

1 3/4 to 2 cups fully cooked, skinless salmon chunks, or 1 can (14 3/4 ounces) salmon, drained, flaked, bones and skin removed, or 1 to 2 cups fresh or frozen peeled and deveined shrimp, cooked peeled and deveined shrimp, or cooked crab meat (checked for pieces of shell) or a combination of the seafood equaling 1 3/4 to 2 cups.

1. Place the butter or oil into a large saucepan or Dutch oven placed over medium heat. Add in the celery, onion, green bell pepper, garlic or garlic powder, and 1/2 teaspoon of the salt and pepper, dill, tarragon or dill pickle juice, and the cayenne pepper or red pepper flakes. Sauté, stirring occasionally until the vegetables are tender, about 4 to 5 minutes.

2. Stir in the broth, stock, juice or water, potatoes, carrots and the remaining teaspoon of the salt and pepper. Cover and bring the chowder to a boil.

3. Reduce heat to low; stir the mixture, cover and simmer for 40 minutes or until the vegetables are nearly tender. Stir in the corn, cream or milk, and the salmon, shrimp or cooked crab meat (or a combination of seafood). Simmer on low heat for 10 to 15 minutes or until heated through.

4. Garnish with lemon wedges, chopped parsley or green onions. Serve with toasted French bread or crackers. Serves 6.

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**Births -- Baptist Health of Richmond**

County	DOB	Parents	Town	Gender
Estill	Apr. 3, 2020	Rheannon and Samuel Rison	Irvine	Boy
Madison	Apr. 5, 2020	Angela Brown and Tyler McFarland	Richmond	Boy
Estill	Apr. 6, 2020	Jessiya Doan and Tristan Cackling	Irvine	Girl
Madison	Apr. 6, 2020	Sarah Price and Brandon Langford	Richmond	Boy
Madison	Apr. 7, 2020	Brooklynn and Jontorri Frey	Berea	Girl
Rockcastle	Apr. 7, 2020	Rebecca Brewer and John Edwards	Mt. Vernon	Girl
Estill	Apr. 7, 2020	Elizabeth and Jeremy Richardson	Irvine	Boy
Madison	Apr. 8, 2020	Cynthia and Carlos Gillispie	Richmond	Girl
Estill	Apr. 9, 2020	Keisha Crim & Anthony Brandenburg	Irvine	Girl
Madison	Apr. 9, 2020	Brittany and Dale Ratliff	Berea	Girl
Madison	Apr. 10, 2020	Raven and Dylan Buchanan	Richmond	Boy
Madison	Apr. 11, 2020	Sarai and Alexis Messmear	Richmond	Boy
Madison	Apr. 11, 2020	Amber Spivey and Justin Dargavell	Richmond	Girl
Estill	Apr. 13, 2020	Samantha Allen and Michael Andrews	Irvine	Boy
Madison	Apr. 13, 2020	Emily and Harvey Moulton	Richmond	Girl
Madison	Apr. 15, 2020	Nerxhivane and Agim Qazimi	Richmond	Girl
Madison	Apr. 15, 2020	Lauren Gambrell and Tim Hadlock	Richmond	Girl
Rockcastle	Apr. 16, 2020	Tasha and Joshua Ramsey	Mt. Vernon	Boy
Lee	Apr. 16, 2020	Mariah Schlosser and Trevor Herald	Beattyville	Girl
Madison	Apr. 17, 2020	Tristan Johnson and Robert Edwards	Richmond	Boy
Madison	Apr. 17, 2020	Thalia Rudie and Joshua Willis Sr.	Berea	Girl
Lee	Apr. 18, 2020	Brittany Shuler and Justin Bowling	Beattyville	Boy

County	DOB	Parents	Town	Gender
Jackson	Apr. 20, 2020	Cristy Leffler and Charles Davis	McKee	Boy
Madison	Apr. 20, 2020	Jatzel Correa and Preston Roberts	Berea	Boy
Lee	Apr. 21, 2020	Mindy Rowland and Tristan Farthing	Beattyville	Boy
Jackson	Apr. 22, 2020	Megan Carpenter	McKee	Boy
Lincoln	Apr. 22, 2020	Rachel and Charles Harold	Crab Orchard	Girl
Estill	Apr. 24, 2020	Brittany Fox and Chipper Hitchcock	Irvine	Boy
Madison	Apr. 24, 2020	Della Jones	BigHill	Girl
Madison	Apr. 28, 2020	Ashley Rhodes and Anthony Hawkins	Richmond	Girl
Rockcastle	Apr. 28, 2020	Jennifer Woodall and Manuel Young	Brodhead	Girl
Madison	Apr. 30, 2020	Kirsten and Tanner Anderson	Richmond	Girl
Madison	May 1, 2020	Sarah and Justin Lear	Waco	Girl
Jackson	May 1, 2020	Kia Lunsford and James Turner	McKee	Boy
Madison	May 6, 2020	Nakeyla Miller and David Ford	Richmond	Boy
Madison	May 6, 2020	Abbygail Farley and Shawn Lamb	Berea	Girl
Madison	May 6, 2020	Nicole and John Gruen (twin)	Berea	Boy
Madison	May 6, 2020	Nicole and John Gruen (twin)	Berea	Girl
Madison	May 7, 2020	Malia and Coleton Crain	Berea	Boy
Madison	May 7, 2020	Autumn Halley and Cade Stidham	Richmond	Girl
Madison	May 7, 2020	Michelle Isaacs and Daniel Thacker	Berea	Boy
Laurel	May 8, 2020	Destiny Lawson	London	Girl
Lee	May 8, 2020	Chyenne Kelly and William Evans	Beattyville	Boy
Estill	May 8, 2020	Makenzie Miller & Zachary Conrad	Irvine	Boy
Lee	May 8, 2020	Tasha Ellison	Beattyville	Girl

**The Estill County Tribune**

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1 year \$16.04	1 year \$26.42	1 year \$30.19	1 year \$32.00
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<b>Total \$17.00</b>	<b>Total \$28.00</b>	<b>Total \$32.00</b>	<b>Total \$32.00</b>

\*\*Seniors, 65 and older, may deduct \$2.50 from above totals

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