

PODCASTS

September

September BOM Podcast

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Block of the Month

September

I may be partial to September because it is my birthday month. I value each year I get to celebrate getting another year older because I feel like I truly grow so much each year. I don't think I ever thought that would be something I could say but in each passing year I feel more and more like I love who I am becoming. The good and the bad things that happen in each year make me a stronger person that can learn from life's lessons a little more each year.

This month we are making a cake block that you can really have fun customizing. You could do scallops with doilies like Lucy did, add ribbon trim like I did, or just have fun with your fabric selections. This block is simple to make but you can really have fun with customizing it. I even think this would be a fun block to make a pillow for a birthday gift for someone.

So go celebrate those fabrics in your fabric stash and have fun with this month's cake block. It is a celebration of your creative journey with fabric and thread.

**WANNA KNOW MY TAKE ON THIS?
WATCH HERE!**

Share on social media #ModernSewcialitesBOM

THE DETAILS

- Read through all instructions first before beginning the project
- All seam allowances are $\frac{1}{4}$ "
- RST = right sides together
- Completed block measures $12\frac{1}{2}$ " square (for a single block) or $20\frac{1}{2}$ " square (for the quilt)



Let's Make a Block

Fabric Requirements

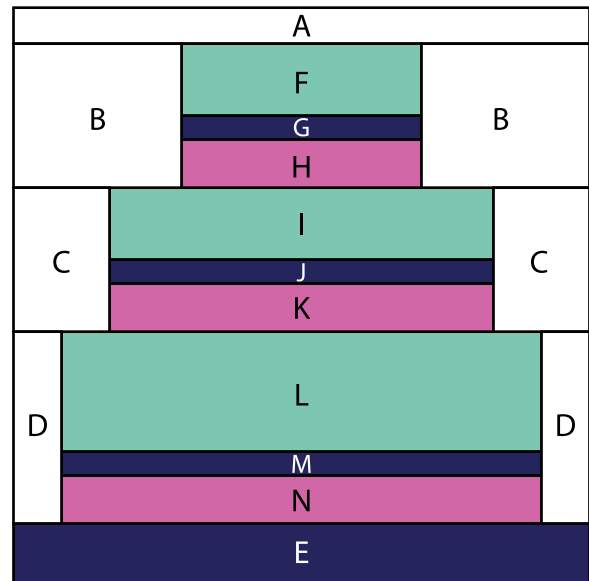
- Cake Layers :: Assorted scraps and/or strips up to 3" wide
- Table/Plate :: 2" strip
- Background :: Fat Quarter

Cutting Instructions

- | | | |
|-------------------|---------------|----------------|
| A - 12½" x 1¼" | F - 5½" x 2" | L - 10½" x 3" |
| B - (2) 4" X 3½" | G - 5½" x 1" | M - 10½" x 1" |
| C - (2) 2½" x 3½" | H - 5½" x 1½" | N - 10½" x 1½" |
| D - (2) 1½ x 4½" | I - 8½" x 2" | |
| E - 12½" x 1¾" | J - 8½" x 1" | |
| | K - 8½" x 1½" | |

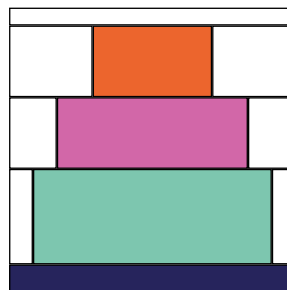
Instructions

1. Sew units F to G to H to make Layer 1. Sew B to each side then sew A to the top of the unit.
2. Sew units I to J to K to make Layer 2. Sew C to each side then attach to the bottom of Layer 1 unit.
3. Sew units L to M to N to make Layer 3. Sew D to each side then attach to the bottom of Layer 2 unit.
4. Attach E to the bottom of Layer 3 to complete the block.



Watch me make the block

I made a video for YOU showing my tips and tricks!



To use 1 color for each layer:

- Layer 1 (FGH) - 5½" x 3½"
- Layer 2 (IJK) - 8½" x 3½"
- Layer 3 (LMN) - 10½" x 4½"



Let's Make a Quilt

Fabric Requirements (for 4 blocks)

- Cake Layers :: Fat Quarters of at least 4 different fabrics
- Table/Plate :: Fat Quarter
- Background :: $\frac{1}{3}$ yard

Cutting Instructions (per block)

- | | |
|--|--|
| A - $20\frac{1}{2}$ " x $2\frac{1}{2}$ " | I - 13 " x $2\frac{3}{4}$ " |
| B - (2) $6\frac{1}{2}$ " x 5 " | J - 13 " x $1\frac{1}{4}$ " |
| C - (2) $4\frac{1}{4}$ " x 5 " | K - 13 " x 2 " |
| D - (2) $2\frac{1}{2}$ " x 7 " | |
| E - $20\frac{1}{2}$ " x 3 " | L - $16\frac{1}{2}$ " x $4\frac{3}{4}$ " |
| | M - $16\frac{1}{2}$ " x $1\frac{1}{4}$ " |
| F - $8\frac{1}{2}$ " x $2\frac{3}{4}$ " | N - $16\frac{1}{2}$ " x 2 " |
| G - $8\frac{1}{2}$ " x $1\frac{1}{4}$ " | |
| H - $8\frac{1}{2}$ " x 2 " | |

Instructions

I upsize the block to 20 " for an easy let's make a quilt!

Using the pieces described above, follow the same process to make your blocks.

You can make any size quilt easily with big blocks!

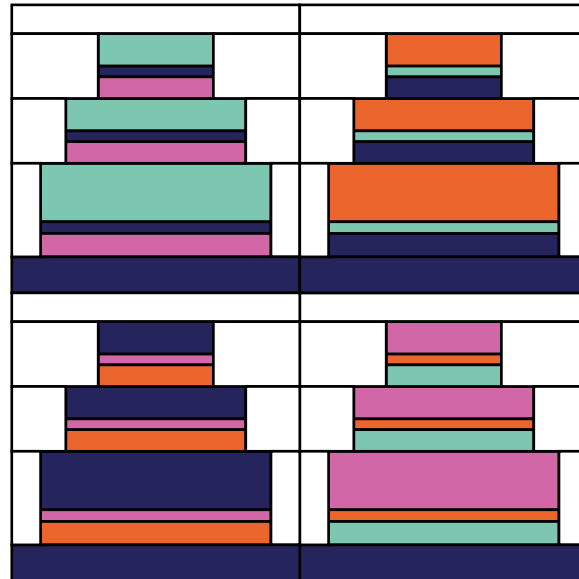
To use 1 color for each layer:

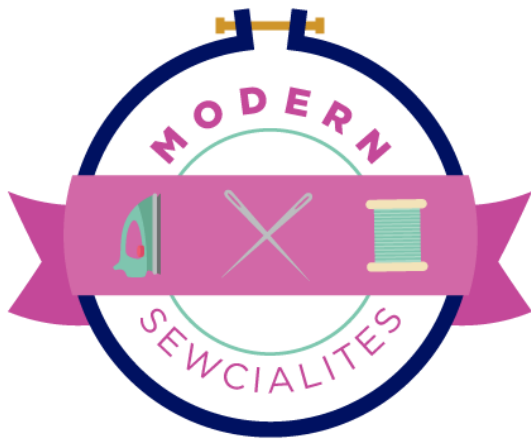
Layer 1 (FGH) - $8\frac{1}{2}$ " x 5 "

Layer 2 (IJK) - 13 " x 5 "

Layer 3 (LMN) - $16\frac{1}{2}$ " x 7 "

40 " x 40 "





RECIPE

September

Easy Loaded Chicken



I know I know why isn't this a cake recipe to go with our cake block! I will be eating pea pickin' cake for my birthday with my favorite meal. It also happens to be my family's favorite meal too. It isn't super over the top but it is so good.

Ingredients

Chicken:

- 4 boneless, skinless chicken breasts
- Italian Marinade Salad Dressing
- 4 pieces of cooked bacon
- 4 slices cheddar cheese (or 2 cups shredded)
- 2 T butter
- 8 oz sliced mushrooms
- 2 cups fresh spinach
- 2 T olive oil
- 2 T chopped garlic
- scallions for garnish

Honey Mustard

- 1/2 c mustard
- 1/2 honey
- 1/4 c mayonaise

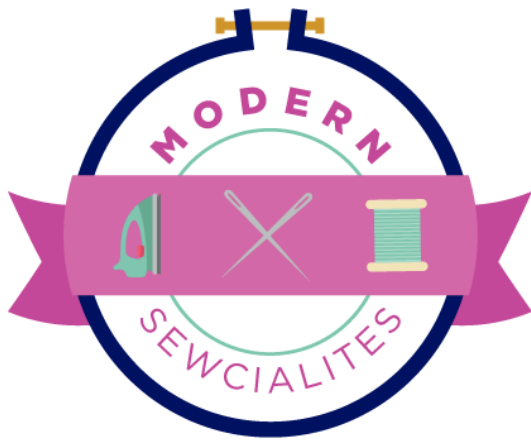
Instructions

Honey Mustard Sauce

Mix mustard, mayonaise, and honey in bowl. If it is too tart then add more honey and mayo. Make this to your taste.

TIP:

Feel free to customize this to your family's favorite toppings.



RECIPE

September

Easy Loaded Chicken

Instructions

Marinade and Cook Chicken

1. Add chicken and italian marinade in a large ziplock baggie. Marinate at least 1 hour or overnight.
2. Take chicken out of marinade. Discard marinade. Grill or cook in cast iron skillet the chicken until just done - don't overcook because you will cook it in the oven with the toppings.
3. Preheat oven to 400 degrees.

Make toppings

4. In a large oven-proof skillet over medium-high heat, heat butter until foaming. Add mushrooms, season with a little salt and sauté until they have released most of their liquid and have started to turn brown, about 5 to 7 minutes. Transfer to a bowl.
5. Add olive oil to skillet, add garlic and spinach. Sauté until wilted.

Assemble chicken

6. Place chicken on oven safe pan. Top with a generous tablespoon of honey mustard, spinach, bacon, and cheese.
7. Bake chicken in the oven until cheese is melted and bubbly.
8. Take out of oven and let chicken rest for 5 minutes before cutting. Top with scallions and serve with a side of honey mustard.

I like to serve this with a chopped salad and baked potato. I am making all of this tonight:) It is a family favorite.