

PANDEMIC PANTRY RECIPES ~ SEPTEMBER 19, 2020
BBQ FOR HEALTHY FOLK

Pulled Chicken Barbecue Tyler Florence
(serves 10)

Dry Rub:

3 TBS smoked paprika
1TBS garlic powder
1TBS brown sugar
1TBS dry mustard
1 1/2 TBS kosher salt
5 – 7 pounds chicken breasts and thighs bone in

Add one bottle of tasty beer while roasting the meat

Cider Vinegar Barbecue Sauce

1 cup apple cider vinegar
1 cup brown mustard
1 cup ketchup
6 smashed garlic cloves
1 teaspoon kosher salt
1 teaspoon cayenne pepper
1/2 tsp black pepper
Pan drippings from the chicken

Mix the paprika, garlic powder, brown sugar, dry mustard, and salt together in a small bowl. Rub the spice blend all over the chicken including under the skin. Cover and refrigerate for at least 1 hour even better if you marinate it overnight.

Preheat oven to 300 degrees. Using a cast iron Dutch oven, or an enamel coated cast iron pan, add the chicken and the tasty beer. Cover and place in the oven for three hours. Take out of the oven, cool until it is cool enough to handle, throw out the skin and shred the meat. It should still be moist and fall beautifully off the bone. Set meat aside, pour the fat off the top of the pan drippings and save that tasty stuff for your BBQ sauce.

Pour all of the BBQ Sauce ingredients into the pan with the drippings and simmer over medium heat for about 8 to 10 minutes. Add the chicken. YUM!

Guilt Free Cole Slaw
(serves 6 – 8)

2/3 cup non-fat plain yogurt
2 TBS apple cider vinegar
1/TBS fresh lemon juice
2TBS granulated sugar (maple syrup can be used as a substitute)

¼ tsp celery seed
Kosher salt and black pepper to taste
10 oz. bag coleslaw mix
1/3 cup red onion finely diced (shallots can also be used)
2TBS sliced scallion tops
TBS each chopped cilantro and parsley to garnish

In a mixing bowl place yogurt, vinegar, lemon juice, sugar, celery seed, salt, and pepper. Add coleslaw mix, onion, and scallions. Mix well. Garnish with cilantro and parsley. Cover and refrigerate for one hour. You may want to adjust salt and pepper before serving.

Carrot and Sweet Potato “Fries”
(serves 2-3)

2 sweet potatoes
2 large carrots
2 TBS olive oil
1 tsp ground cumin
Kosher salt and black pepper to taste
Chopped parsley to garnish

Preheat oven to 425 degrees.

Cut the potatoes in half lengthwise and again horizontally. Cut each piece into about 4 equal wedges. Peel carrots, cut in half lengthwise and then in pieces about the same length as potatoes. Put wedges in a bowl and toss with oil, cumin, salt and pepper. Place all on a heavy baking sheet that has been lightly oiled and bake about 20 – 30 minutes. (be sure the vegetables are at room temperature when placing in the oven)

Corn and Zucchini Quesadillas with Avocado Relish and Salsa (Mesa Grill)
(serves 4 as main course or 8 as an appetizer)

Salsa

2 tomatoes, diced
2 TBS finely diced red onion
2TBS chopped canned chipotle pepper in adobo sauce
¼ cup fresh lime juice

Mix all ingredients in a bowl and let stand at room temperature for 15 minutes to allow flavors to mature.

Relish

2 avocados, diced
2 TBS diced red onion
2TBS seeded, minced jalapeno pepper (wear gloves)
¼ cup fresh lime juice
2 TBS chopped cilantro

Mix all ingredients in a bowl and let stand at room temperature for 15 minutes to allow flavors to mature.

Quesadillas

- 6 8-inch flour tortillas
- 2 cups grated Monterey Jack cheese
- 2 cups grated sharp cheddar cheese
- ½ diced red onion
- 1 fresh jalapeno pepper seeded and diced (wear gloves again)
- 2 cups fresh or thawed frozen corn
- 2 cups zucchini / squash noodles or julienne strips

Arrange 2 tortillas in one layer on a greased baking sheet. Top each with a half cup of jack cheese, a half cup of cheddar cheese, one fourth of the red onion, one fourth of the jalapeno, ½ cup of the corn and ½ cup of the zucchini. Season with salt and pepper. Top each with another tortilla and make another layer with the remaining cheeses, onion, pepper, corn, and squash. Season with salt and pepper and top with the last two tortillas. Lightly oil or spray the quesadillas and place in a 400 degree oven for 8 – 10 minutes or until the cheeses melt and the tortilla begins to crisp on the edges. Cut the quesadillas into wedges and serve with salsa and relish.

Pineapple Chiffon Cake (Eating Well Magazine) *(serves 16)*

- ½ cup vegetable oil
- 1 1/2 cups sifted cake flour
- 1 cup sugar
- 2 tsp baking powder
- ¼ tsp salt
- ½ cup frozen pineapple-juice concentrate at room temperature
- 1 tsp vanilla extract
- 6 large egg whites at room temperature
- 2 TBS sifted confectioners' sugar
- 1 20 oz can crushed pineapple, very well drained

Pineapple Glaze

- 1 1/2 cups sifted confectioners' sugar
- 4 TBS frozen pineapple-juice concentrate at room temperature
- 1 tsp fresh lemon juice

Preheat a 350 degree oven. Oil and flour a 9" Bundt or spring form tube pan. Sift flour, sugar, baking powder, sugar, and salt into a large mixing bowl. Make a well in the center and add oil, juice, and extract. Mix well folding gently.

In a clean mixing bowl of a Kitchen Aid (or similar), place egg whites. Whip until just frothy and then add...slowly...the confectioners' sugar. Whip until soft peaks form.

Gently fold whites into the batter in 3 increments. Turn batter into prepared pan and bake for 35 – 40 minutes. Cool on a rack for ten minutes then invert. Make sure cake is cool before glazing.

To make the glaze, whisk juices into sifted powdered sugar, then pour over the cake.

BONUS RECIPES

Jack Daniels BBO sauce

1 medium onion, finely chopped
6 cloves garlic, minced
2 TBS vegetable oil
1 1/2 cups ketchup
1/4 cup brown sugar
2 TBS Jack Daniels Whiskey
1 tsp liquid smoke
2 1/2 TBS apple cider vinegar
1/2 tsp dry mustard
2 drops hot pepper sauce

Sauté onions and garlic in oil until tender. Stir in remaining ingredients and bring to a boil over medium heat. Reduce heat and simmer for about 10 minutes.

Jewish New Year's Honey Cake **(serves 8 – 10)**

3 1/2 cups all-purpose flour
1 TBS baking powder
1 tsp baking soda
1/2 tsp salt
4 tsp ground cinnamon
1/2 tsp ground cloves
1/2 tsp ground allspice
1 cup vegetable oil
1 cup honey
1 1/2 cups granulated sugar
1/2 cup brown sugar
3 eggs
1 tsp vanilla extract
1 cup strong coffee
1/2 cup fresh orange juice
1/4 cup whiskey
1/2 cup slivered or sliced almonds

Grease and flour a 9" Angel Food Cake pan or Bundt pan

Preheat oven to 350 degrees. In a large bowl whisk together flour, baking powder, baking soda, salt, and spices. Make a well in center and add oil, honey, sugars, eggs, vanilla, coffee, juice, and whiskey. Make a thick batter. You can mix in a heavy-duty mixer like a Kitchen Aid. Pour cake into prepared pan and top with almonds. Bake for about an hour or until the cake springs back gently and a knife inserted into it comes out clean. Let cake stand on a rack for 15 minutes before removing it from the pan.