

# MAY 2008 MENU

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## North American:

- Barbeque Chicken - *Renee*
- Beef Kabobs - *Kimber*
- Skip's Chicken - *Edel*

## Italian/Mediterranean:

- Pepperoni Pockets - *Jessica*
- Florentine Lasagna - *Sara*

## Far East (Asian - Indian) :

- Tandoori Chicken - *Vanessa*
- Honey Sesame Tenderloin Pork - *Linda*

## Southwestern/Mexican:

- Adobo Chicken - *Christine*
- Cola Barbecue Pork Roast- *Tammy*

# MAY 2008 RECIPES

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## North American:

### Barbeque Chicken for Crockpot

Serves 6

2 cups apple cider vinegar	1-1/2 teaspoons garlic powder	1 ½ lb. chicken
½ (20 ounce) bottle ketchup	2 tablespoons Worcestershire sauce	¼ cup lemon juice
2 tablespoons paprika	1 tablespoon red pepper flakes	2 tablespoons salt
½ pound dark brown sugar	½ cup chopped onion	1 cup chopped celery
½ cup chopped onion	1-1/2 teaspoons black pepper	

#### Cooking Day Directions:

In a medium sized container, mix together the apple cider vinegar, ketchup, paprika, brown sugar, salt, pepper, red pepper flakes, garlic powder, Worcestershire sauce and lemon juice. Add chicken to the barbeque sauce and let marinade several hours in the refrigerator. Remove chicken/sauce mixture from refrigerator. When well mixed, transfer to freezer bag, label. Freeze.

Chop onion and celery. Transfer to separate freezer bags, label. Freeze.

#### Serving Day Directions:

Thaw all three bags in refrigerator overnight. In a medium sized crockpot, place onion on the bottom, then celery, finishing with chicken making sure it's well-coated with the sauce.

Cover. Cook chicken for 4 hours on high or 8 hours on low. When chicken is done, you may take it out, shred\* it, put it back in crockpot for a couple of minutes, turning to mix the flavors.

Serve over Kaiser rolls or even fat egg noodles with cole slaw, sliced fresh veggies or a green salad.

\* Chicken may be served cubed or cut in ½' X 3" lengths

### Beef Kabobs

- 1/2 cup teriyaki sauce
- 1/2 cup honey
- 1/2 teaspoon garlic powder
- 1/2 pinch ground ginger
- 2 red bell peppers, cut into 2 inch pieces (optional)
- 1 large sweet onion, peeled and cut into wedges (optional)
- 1 1/2 cups whole fresh mushrooms (optional)
- 1 pound beef sirloin, cut into 1 inch cubes

#### DIRECTIONS

- In a large resealable plastic bag, mix the teriyaki sauce, honey, garlic powder, and ginger. Place red bell peppers, onion wedges, mushrooms, and beef in the bag with the marinade. Seal, and Freeze.
- Thaw in refrigerator over night.
- Preheat grill for medium-high heat.
- Discard marinade, and thread the meat and vegetables onto skewers (if using wooden skewers soak them in water for 10 minutes before loading), leaving a small space between each item.

- Lightly oil the grill grate. Grill skewers for 10 minutes, turning as needed, or until meat is cooked through and vegetables are tender.

## "Skip's Chicken"

1 egg                                      3 T. salt                                      1 tsp. pepper                                      1 c. cooking oil  
 1 T. poultry seasoning              2 c. cider vinegar (no substituting here - must be cider)

THAW chicken overnight. Next day when your going to cook thoroughly beat egg in blender. Continue beating egg while slowly adding the oil to the egg. This makes a thick, mayo-like mixture. Continue to beat while adding 1/4 of the vinegar. Then add salt, pepper, and poultry seasoning. Finally add remaining cider vinegar and mix thoroughly. Stir during BBQing. (I bake the chicken in the oven at about 250 - 300 for an hour or so to precook and absorb marinade before grilling).

This makes quite a bit of marinade so it should be adequate for a family pack of chicken or a whole chicken cut up. This has only been done with bone in chicken in our family - it certainly can be tried with boneless too.

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## Italian/Mediterranean:

### Pepperoni Pockets

Pizza dough or crescent rolls dough              Pepperoni diced                                      Pizza sauce or red pasta sauce  
 Garlic Powder    Oregano    Basil  
 Shredded Cheese- mozzarella and cheddar combo

### Cooking Day:

Unroll dough and punch out circle shapes (two circles per pocket). To make the circles you can use a large ring of a drinking glass or a Pampered Chef circle puncher. If you are using crescent roll dough, roll each triangle into a ball and then use the ball of your hand to flatten into a circle.

Scoop red sauce in center of one circle. Top with seasonings. Add a pile of pepperoni. Sprinkle with cheese. Place second dough circle on top and then pinch around the edges to make a pocket or use the Pampered Chef circle puncher press

### Serving Day:

Preheat oven to 375 degrees. Bake at 375 degrees on cookie sheet for 10 minutes then check to see if the dough is cooked through. You may need to add 5 more minutes to make sure the crust is not soggy. The tops will be very golden brown. CAUTION! The inside of the pocket will be very steamy and hot if served right away. You will have to poke a hole or cut in half before serving to children.

**To Serve from frozen:** Thaw in refrigerator. Place on cookie sheet. Take note if any dough needs to be sealed. Pinch with your fingers to close any gaps in the seem. Bake as directed above.

**Suggested Sides:** Veggie salad and pasta; Chicken wings and celery; Fruit salad and breadsticks

## **Florentine Lasagna**

filling:

10oz package frozen chopped spinach (drain and squeeze dry)

8oz package cream cheese (softened)

1/4 C chopped onion

1/4 C grated parmesan cheese

1/8 tsp pepper

1 garlic clove

1 egg, slightly beaten

1 C shredded mozzarella cheese

1 jar red pasta sauce (I used tomato & basil)

lasagna noodles (I used the no-cook type)

1/4 grated parmesan cheese

Mix filling ingredients. Lay one layer of lasagna noodles on the bottom of a 8x8 or 9x9 baking dish. Spread 1/3 of the filling on top of the noodles. Pour 1/3 of the pasta sauce on top of filling, then sprinkle 1/2 of mozzarella cheese on top of that. Repeat two times, but top the final layer with parmesan cheese instead of mozzarella. Wrap and Freeze.

Serving Day - Thaw. Bake at 350 degrees for 45 minutes or until hot and bubbly.

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## **Far East (Asian - Indian):**

### **Tandoori Chicken**

6-8 servings

6 tablespoons fresh lime juice

1 teaspoon ground turmeric

1/2 teaspoon ground ginger

1/2 teaspoon cayenne pepper

2 tablespoons vegetable oil

3 lbs skinless chicken legs or skinless chicken thighs

1/4 teaspoon ground cloves

1 teaspoon ground coriander

1/2 teaspoon garlic powder

1/4 teaspoon ground cinnamon

1-2 jalapeno chiles or serrano chili, seeded and minced

1 1/2 teaspoons salt

1 teaspoon ground cumin

1/3 cup plain yogurt

Stir together lime juice, yogurt, minced chiles, salt, turmeric, coriander, cumin, ginger, garlic, cayenne, cinnamon, cloves, and 1 tbsp of oil in a mixing bowl. Cut slits across the meat of chicken and rub marinade all over chicken. Put chicken in the marinade mixture freeze.

### **Serving Day Directions:**

Thaw and discard marinade. Preheat the last tbsp of oil in the bottom of a roasting pan and layer chicken pieces in the bottom of pan. Spray chicken w/cooking spray and BBQ for 16 - 20 minutes or till juices run clear. Turning often to keep from burning.

## Honey Sesame Tenderloin

- 1/2 cup soy sauce
- 2 cloves garlic, minced
- 1 T. fresh ginger, grated or 1 tsp. dry ginger
- 1 T. sesame oil
- 1 lb. boneless pork tenderloin chops, whole
- 1/4 cup honey
- 2 T. brown sugar
- 1/4 cup sesame seeds

### Directions

Combine first 4 ingredients in a bowl. Place tenderloin in a heavy plastic bag and pour soy mixture over to coat. Secure bag tightly. Marinate 2 hours at room temperature, or overnight in refrigerator. Preheat oven to 400°F. Remove pork from marinade and pat dry. Discard marinade. Mix together honey and brown sugar in a shallow plate. Place sesame seeds on a separate shallow plate. Roll pork in honey mixture, coating well. Then roll in sesame seeds. Place tenderloin in a shallow roasting pan and roast about 25 minutes per 1 lb., until a meat thermometer reads 160°F. Remove to a serving platter, slice thinly.

**If you wish to freeze cooked meat:** Cool quickly in refrigerator to retain freshness. Leave meat whole or slice and place the amounts you will use at one time in freezer/oven-proof containers or on sheets of aluminum foil. Seal tightly. If using foil, wrap and fold edges to seal and place on a flat baking sheet (to preserve shape) and place in freezer until frozen. Then you can remove baking sheet and place package where you wish in the freezer. Freeze up to 6 months.

**To reheat:** Thaw in microwave unwrapped. You can reheat in the microwave for a couple minutes or on the stovetop 5 min. aside or preheat oven to 350°F. Place meat in oven and bake until hot.

(USDA recommends reheating meats to 165°F to destroy any bacteria.)

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## Southwestern/Mexican:

### Crock Pot Cola Barbecue Pork Roast

- 1 pork roast
- 1 1/2 cups cola
- 1 (8 ounce) bottle barbecue sauce your favorite)

### Directions

Cut all visible fat from roast, put in crock and cook 12 hrs (You could set this to cook all night) on low.

Note: I pour a soda over the roast to give it a little extra flavor.

Remove meat from crock and drain all juice from crock.  
Shred meat and return to crock add 1 bottle barbecue sauce and cola and cook 5-6 hrs more.

I have cooked the Roast for the 1<sup>st</sup> 12 hours, so everyone will need to add BBQ sauce and cook the last 5-6 hours.

## Adobo Chicken

### Mexican Smoked Chile Marinade From the BBQ Bible

6 canned Chipotle Chiles with 2 T canning juices (available at Byerlys)  
5 cloves Garlic, peeled  
1 strip orange zest (2x1/2"; removed with a vegetable peeler)  
1 cup fresh sour orange juice or 3/4 c fresh orange juice and 1/4 c fresh lime juice  
1 T tomato paste  
2 tsp dried Oregano  
1 tsp Ground Cumin  
2 T red wine vinegar  
1 tsp salt  
1/2 tsp freshly ground black pepper  
3 lbs meat or chicken.

#### COOKING INSTRUCTIONS:

- Combine all ingredients in a medium-sized saucepan.
- Bring to a boil over high heat and boil until reduced by half, 5 to 8 minutes.
- Place the mixture in a blender or food processor and process to a smooth paste.
- Store, tightly covered in the fridge, for up to 3 days.
- Makes about 1 cup; enough to marinate 3 lbs meat or chicken.

**Serving day:** Defrost chicken breasts & marinade in fridge. Pour off excess water from chicken then pour marinade in bag with chicken breasts. Make sure chicken is covered with marinade. **Marinate for 1 hour.** Place on a preheated, lightly oiled grill. Direct method, high heat, 4-6 min/side Goes great with Mexican rice, garden salad, sauted garlic corn or in a wrap.

Adobo refers to a large family of marinated pork dishes found throughout the Spanish-speaking world. In central Mexico, the term describes a fiery marinade made with chipotle chiles (smoked jalapeno chiles). Chipotles are sold both dried and canned (in tomato sauce). Steven Raichlen (author of BBQ Bible) prefers the canned for this recipe.

Look for them in Mexican markets and gourmet shops or online. I got mine at Byerlys.

Use Adobo to marinate seafood for 30 minutes, chicken breasts for 1 hour, and whole chickens and meat for 4-6 hours. Adobo goes particularly well with pork.

