

FROM THE CULINARY MINDS OF THE INGLES TABLE COMMUNITY

THE
ingles
TABLE

**Special
Holiday
Edition**

Free

Thanks for picking up the Holiday Edition of **The Ingles Table** magazine. We hope these pages inspire you when you're entertaining this holiday season.

We've filled the pages with exciting chefs and food bloggers who make up the Ingles Table family. They'll show you how to create dishes to impress your friends and family. The mouth-watering recipes are easy, exciting, and super flavorful, while keeping in mind that you still need to work within a budget.

One of the best parts of **The Ingles Table** is that it's not just within these pages. Go to inglestable.com and you'll find a vast selection of seasonal specialties, appetizers, side dishes, and desserts, with printable shopping lists and instructional videos. It's so much easier to watch someone create a dish rather than just reading a recipe. Take a few minutes to explore all that **The Ingles Table** has to offer here and online.

And don't worry that you'll always be making dishes from scratch. **The Ingles Table** magazine will continue to bring you recipes that start with Ingles' delicious pre-made Deli, Bakery, Salad Bar, and Cheese Shoppe items to help you cut down your prep time, allowing you to get meals on the table fresh and fast.

From our Ingles Table family to yours, happy eating!

-Cindy

Cindy Mixon

Vice President Deli Operations, Ingles Markets

ingles



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GO VERTICAL!

*Add a little drama to your table.
Stand your veggies up.*

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ingles **is** local!

“When New Sprout started in 2011, our vision was to grow fresh, local, organic produce close to where it’s consumed. We started with 20 acres in Black Mountain and have expanded to Asheville with about 50 acres. The tomatoes ripen on the vine and pick them at the perfect stage where they’ll go out to the shelves that same day or the following day. Ever since the beginning, Ingles has made a commitment to fresh, local produce. Here in the mountains it’s a privilege not just to live but also to grow. Although fences make good neighbors, small fences make fantastic neighbors and there’s just a little fence between our field and the Ingles warehouse. What impresses me the most about Ingles is that although it’s a large employer, it’s a large company, it’s truly a family.”

– *New Sprout Farms* (BLACK MOUNTAIN, NC) newsproutfarms.com





Dessert SANDWICHES

DESSERT SANDWICHES

THE TOAST:

1 pound cake (*bakery*)

THE SPREAD:

8 oz. mascarpone, goat cheese (*cheese shoppe*),
and/or cream cheese

THE FILLING:

fresh fruit (*salad bar*)
jam, jelly, lemon curd, honey, marmalade

This simple dessert is tasty, easy, memorable, and fun. Simply grab a pound cake from the Ingles Bakery and cut it into slices. Toast each slice until golden brown. Spread on your choice of softened cheese, and top with an assortment of fruits, jams, jellies, curds, marmalades, honey, or whatever you come up with. Better yet, put an assortment of items out on a dessert table and let your guest make their own.

GLUTEN-FREE GIGI'S Shrimp Alfredo

ALFREDO SAUCE:

1 cup Daiya mozzarella shreds
2 cups unsweetened coconut milk *(from a carton, not canned)*
2 tbsp. gum-free gluten-free multipurpose flour
1 tbsp. dairy-free buttery spread
1/2 tsp. garlic powder
1/4 tsp. salt
pinch of pepper

FOR SERVING:

1/2 lb. shrimp
2 tbsp. dairy-free buttery spread
salt and pepper
gluten-free pasta



Prepare gluten-free pasta according to package directions. Place all sauce ingredients in a saucepan over medium-low heat and whisk to blend in the flour. Warm until "cheese" melts and continue to stir. Allow the mixture to come to a low boil, and cook, stirring, 1 to 2 minutes, until the mixture begins to thicken. Turn off heat. Mixture will thicken slightly as it cools. Cook shrimp in a skillet over medium-high heat in 2 tbsp. melted Earth Balance for 3-4 minutes until shrimp are pink. Add a pinch of salt and pepper. Do not overcook. To serve, plate pasta, top with sauce and place shrimp on top. Garnish with fresh dill and a lemon wedge if desired.

Go to:
glutenfreegigi.com
for more delicious
gluten-free recipes



CHEF LINDSAY MOORE
Lentil Loaf

Preheat oven to 375°. Mash lentils with a potato masher or the back of a spoon in a medium-sized bowl. In a large nonstick skillet, heat olive oil over medium and sauté onions until soft and translucent. Add mushrooms and garlic, keep cooking until soft. If it starts to dry out, add water or vegetable broth. Add spinach, cover, and cook until spinach wilts (*about 4 minutes*). Add lentils to mixture and stir to combine. Add tomatoes, sage, garlic powder, seasoning, marjoram, oregano, thyme and stir to combine. Add oats and stir to combine again. Prep 2 9x5in loaf pans for baking: spread half of BBQ sauce or ketchup along bottom and sides of pan. Add lentil mixture equally to both pans, pressing down with your fingers or a spatula to form loaf, then spread remaining sauce generously on the tops of each. Bake for about 45 minutes, until sauce is crispy around the edges. Let sit for 10-15 minutes before serving. (*It's better and easier to cut if you let it sit until the next day!*) Serve with a simple caesar salad. Enjoy!

- 2 cups lentils, *mashed*
- 1 tbsp. extra virgin olive oil
- 1 large onion, *chopped*
- 1 8 oz. pkg. mushrooms, *chopped*
- 5 garlic cloves, *mashed*
- 1 pkg. fresh spinach, *chopped*
- 1 15 oz. can diced tomatoes, *with juice*
- 1 tsp. dried sage
- 1 tsp. garlic powder
- 1 tsp. garlic & herb seasoning blend
(*we use Chef Paul salt-free seasoning*)
- 1/4 tsp. dried marjoram
- 1/4 cup chopped fresh oregano
- 1/4 cup chopped fresh thyme
- 2 cups gluten-free old fashioned rolled oats
- 1 – 2 cups barbecue sauce or ketchup
(*we use bone suckin' sauce*)

Watch a video
of this and other
recipes at:
inglestable.com



Keep up with Chef Lu
facebook.com/InglesMarketsChefLu

Chef Lu's CRANBERRY SMOKED ALMOND STUFFED PORK TENDERLOIN

4 pork tenderloins
1 stick butter
1 yellow onion, *diced*
1/2 cup celery, *diced*
1 6 oz. pkg. stuffing mix
1 1/2 cups water

1/2 cup dried cranberries
1/2 cup smoked almonds, *chopped*
olive oil
salt & pepper
stone ground mustard

Melt butter in sauce pot. Sauté onions & celery. Cook until soft. Add packaged stuffing mix, cranberries & almonds. Add water. Cook until stuffing is soft and fully cooked. Wash pork tenderloins. Pierce hole through center of loin creating openings at both ends. Open with fingers. Using a pastry bag, fill stuffing into center of pork tenderloin. Oil, salt & pepper tenderloins. Sear in hot sauté pan on all sides. Finish cooking in 350° oven for 30 minutes or until internal temperature of 155°. Allow to rest for 10-20 minutes before slicing.



Keep up with Chef Lu

facebook.com/InglesMarketsChefLu



Chef Lu's WARM POBLANO & SWEET CORN DIP

2 poblanos, *roasted & diced*
1 yellow onion, *diced*
1 jalapeno, *diced*
4 ears of sweet corn, *shucked & hulled*
2 8 oz. blocks cream cheese
1 cup sour cream

1 10 oz. block cojita cheese, *crumbled*
1 packet low-sodium taco seasoning
2 tbsp. lemon juice
1/4 cup oil
1 bunch cilantro, *washed & chopped*

Heat oil in sauté pan. Add poblanos, onion, jalapeño, and corn. Cook until vegetables are soft. In second bowl, combine cream cheese, sour cream and 1/2 cojita cheese. Pour warm vegetables over cheeses; combine. Add taco seasoning and lemon juice. Mix thoroughly. Place dip in oven proof vessel. Top with remaining cojita cheese. Bake at 350° until bubbly and cheese is golden brown. Top with chopped cilantro. Enjoy with tortilla chips.



Keep up with Chef Lu
facebook.com/InglesMarketsChefLu



Chef Lu's SAVORY PALMIER

2 cloves garlic
8 oz. sun-dried tomatoes in oil
1/2 cup olive oil
1 package puff pastry

1/2 lb. cured dried italian meat
(prosciutto, sopressa, salami)
1 cup spinach
1 wedge asiago cheese

Process garlic, sun-dried tomatoes and oil in a food processor. On floured board, roll out puff pastry sheet. Brush with blended sun-dried tomato mix. Top with spinach and cured meat. Shred cheese over meat. Roll both sides to middle. Wrap in parchment & refrigerate for 30 minutes. Cut in to 1/2 inch slices. Place on parchment lined baking sheet. Bake in 425° oven for 8-10 minutes. Serve with olives & red wine.



FROM
Chef Lu
TO YOU



Keep up with Chef Lu
facebook.com/InglesMarketsChefLu



Chef Lu's TIRAMISU TRIFLE

CAKE:

1 pkg. yellow cake mix
*(prepared to the package instructions
for 8" cake rounds)*

CUSTARD:

2 pkg. instant vanilla pudding
2 8 oz. containers
mascarpone cheese
3 cups whipped topping

COFFEE SYRUP:

2 cups extra strong coffee
1/2 cup sugar
1/2 cup coffee liquor

GARNISH:

cocoa powder and powdered sugar

CUSTARD:

Combine custard ingredients, except garnish.
(reserve 1 cup whipped topping for garnish)

COFFEE SYRUP:

Bring coffee and 1/2 cup sugar to boil. Reduce by
half. Add liquor.

TRIFLE:

Cut cake in 1/2 through the center. Generously
douse with coffee syrup. Cover cake with custard.
Build second layer of cake, coffee syrup & custard.
Repeat. Top last layer with whipped topping.
Finish with a dusting of cocoa and powder sugar.
Refrigerate for 12 hours before serving.

CREAMY Ratatouille

RAT-UH-TOO-EE

1 medium zucchini
1 Japanese eggplant (or small eggplant)
1 yellow pepper
1 purple onion
4 small tomatoes
1 6.5 oz. herbed soft cheese, (Cheese Shoppe)
1/4 cup sour cream
1 cup tomato sauce
2 tbsp. olive oil
1 cup parmesan cheese, (Cheese Shoppe)

In a bowl, mix the soft cheese with the sour cream until smooth. Spread the mixture at the bottom of a pie plate. Slice all of the vegetables to be approximately the same size, 1/4" thickness. Starting at the center, vertically stack the vegetables, one slice of each, and keep repeating until you completely fill the plate. Brush olive oil onto the veggies and then pour the tomato sauce on top and brush it evenly over, coating all the veggies. Cover with foil, place onto a baking tray, and bake for 40 min. Remove the foil and bake another 15 minutes until browned and bubbly. Slightly cool and serve topped with grated parmesan.



Watch a video
of this and other
recipes at:
inglestable.com

Leah's Tips

More Than Mayo and Mustard... Expanding your Condiment Range

Condiments are "...edible food items added to a dish or a meal... not strictly necessary but serve to enhance the flavor."

Often when we think of condiments we automatically mention mayonnaise, mustard, relish and ketchup but there are so many other condiments that can be used to compliment dishes that you make at home. Here are a few that you can find at Ingles;
-Salsas -Sriracha sauce (*spicy*) -BBQ sauces -Chutneys -Coleslaw

You can even make your own condiments:

- Use Ingles store-made guacamole or peeled, sliced and mashed avocado as a spread for toast or sandwiches
- Nut butters (almond, cashew, soy nut, peanut)
- Fruit (apple) butters are a sweet spread for sandwiches or work well with pork or chicken.
- Cottage or ricotta cheese blended with seasoning spices or honey can be used as a spread for sandwiches.

Or how about combining some for the perfect taste?

- Old Bay seasoning + mayonnaise + lemon to top your fish sandwich or taco
- Sriracha sauce + mayonnaise + lime + chopped cilantro for pork or tempeh sandwiches.

Tip: Combine part plain Greek yogurt with part mayo to cut calories from fat!

There are many options at Ingles to dress up and enhance your sandwiches and meals!

*cooksinfo.com/condiments



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Holiday Dinner

Ingles offers heating and slicing (additional fee). Our
Simply reheat to an internal temperature of 165°



Deluxe Butterball Oven-Roasted Turkey Dinner

10 to 12 lb (average weight)
Fully-Cooked Butterball Roasted Turkey
22 oz. Cornbread Stuffing
24 oz. Broccoli Cheddar Au Gratin
24 oz. Mashed Sweet Potatoes
24 oz. Homestyle Gravy



Deluxe Butterball Bone-In Turkey Breast Dinner

4-6 lb (average weight)
Fully-Cooked Bone-In Butterball Turkey Breast
22 oz. Cornbread Stuffing
24 oz. Broccoli Cheddar Au Gratin
24 oz. Mashed Sweet Potatoes
24 oz. Homestyle Gravy

ver Selections

Our dinners are fully cooked for your convenience.
At 165 degrees and your dinner is ready to serve.



Serving Suggestion

Rotisserie Chicken Dinner

- 3 Fully-Cooked
Rotisserie Chickens
- 22 oz. Cornbread Stuffing
- 24 oz. Seasoned Green Beans
- 24 oz. Mashed Potatoes
- 16 oz. Homestyle Gravy



Serving Suggestion

Old-Fashioned Boneless Pit Ham Dinner

- 6-8 lb (average weight)
Boneless Pit Ham
- 24 oz. Seasoned Green Beans
- 24 oz. Mashed Sweet Potatoes
- 24 oz. Amish Cole Slaw

T **ROASTED** MATO **SOUP**

12 Roma Tomatoes,
cut in half/seeded
5 cloves garlic, *minced*
3 tbsp. olive oil

1/2 cup fresh basil
1/2 cup parmesan cheese,
(Cheese Shoppe)
salt and pepper to taste

Place halved/seeded tomatoes on a baking sheet. Sprinkle with garlic and olive oil. Roast in the oven for 20 minutes covered with foil, and 10 minutes uncovered. Place tomatoes, garlic, and oil into a blender. Add basil, salt, and pepper. Pulse until desired consistency. Serve topped with parmesan cheese.

Watch a video
of this and other
recipes at:
inglestable.com



SUSAN MURRAY
Lemon and Mascarpone
Stuffed French Toast

Cut slices of bread into rounds. Use a glass, biscuit, or cookie cutter.

Spread some mascarpone and lemon curd on 3 of the 6 bread rounds and then top with a round, creating a sandwich.

Whisk together eggs, milk, sugar, and cinnamon.

Soak each French toast sandwich in the egg mixture.

While they are soaking, heat a 1/4 inch of canola oil in frying pan over medium heat.

Fry French toast sandwiches for a minute or two on each side until golden brown.

Top with blueberry compote.

6 slices of white bread (per person)

Mascarpone cheese (*cheese shoppe*)

lemon curd (*homemade or store bought*)

1 egg (per person)

1 tbsp. milk (per person)

1 tsp. sugar (per person)

1/4 tsp. vanilla (per person)

canola oil

blueberry compote

(the recipe is available at inglestable.com)



Watch a video
of this and other
recipes at:
inglestable.com

ingles **is** local!



The Van Wingerden Family has a long rich history of planters dating back to 1910 in the Netherlands where their original roots were formed. Their excellence in service and high quality plants has made them a trusted name at Ingles.

Like Ingles, they are big believers in the importance of community and work hard to support it in any way they can. Van Wingerden Greenhouses has dedicated themselves to growing the best quality products around, while offering competitive pricing and unbeatable customer service. They understand that a company's future is only as good as its customers, so they take every measure necessary to consistently supply a quality product.

This holiday season, Ingles is proud to supply you with beautiful pointsettias direct from the Van Wingerden Greenhouses.

ingles

WHERE YOUR SAVINGS SAY SOMETHING.™

MEXICAN QUICHE



1 large bag nacho cheese tortilla chips
10 eggs
7.5 oz. chorizo
1/2 stick melted unsalted butter
1 cup cheddar cheese, *grated*
1 small can diced green chiles
2 roasted red peppers, *sliced*
salt and pepper, *to taste*

Preheat oven to 350°. Pulverize tortilla chips in a food processor (*you may have to do this in steps depending on the size of your food processor*). Combine chip crumbs with two beaten eggs and melted butter. Press mixture into a pie plate and bake in a 350° oven for 10 minutes. Meanwhile, saute the chorizo until browned and set aside. In a bowl, beat remaining 8 eggs, then add green chiles, chorizo, red peppers and cheese. Pour mixture into prepared crust and bake for 40 minutes, until set





See more stories at:
youtube.com/user/INGMARKETS

My name is Don Smith, and this is

my **ingles** story

"There's something really special about picking out the perfect Christmas tree. I've been selling Christmas trees since the late '70s. I've got people coming back that were children when they bought trees—they're bringing their kids back to the lot now. Grassy Creek is a family operation; my son's involved with me, my daughter's involved, my wife helps. Being good stewards of the land is very important to us. Like Ingles, we also care about quality and freshness of the trees, so that's why we're excited to be working with them. **We know that Ingles only wants the best trees for their customers—that's why we focus on delivering the best Christmas trees around.**"



CHEF BRUCE
White Chicken Chili

Melt bacon grease in stock pot over medium-high heat. Add onions, poblano peppers, celery, and garlic. Sauté for 3 minutes until onion softens. Add chicken to the pot, stirring to combine. Sprinkle with the cilantro and flour to coat. Add salt, pepper, and cumin. Stir to coat and combine. Add the beans and stir. Turn heat down to medium-low. Add chicken stock, stirring to break up clumps. Cover and simmer for 20 minutes. While the chili is simmering, soften the cream cheese in a mixer, scraping down the sides. Slowly add heavy cream and cream cheese, beating until smooth. After simmering, remove stock pot from the heat and add milk and the beaten cream cheese, stir to combine. Place pot back on the heat and allow to simmer, uncovered, for another 10 minutes, stirring occasionally. Serve with cornbread or crusty bread.

- 2 lbs. boneless chicken pieces,
cooked and shredded (about 7-8 cups)
- 2 tbsp. bacon grease
- 8 cloves garlic, minced
- 1 1/2 cups onions, minced
- 1 cup celery, diced
- 1 cup poblano peppers, seeded and minced
- 1 cup all-purpose flour
- 6 cup white beans, cooked
- 1 bunch fresh cilantro, minced
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tbsp. cumin
- 8 cups chicken stock
- 4 cups whole milk
- 1 cup heavy cream
- 8 oz. cream cheese

*Skin, shred and de-bone
in-store rotisserie chicken
from the Ingles Deli to make
this chili even quicker.*

Watch a video
of this and other
recipes at:
inglestable.com

PULLED PORK SHEPHERD'S PIE

1 pkg. shredded pork
3 slices yellow pepper (*Salad Bar*)
3 slices green pepper (*Salad Bar*)
3 slices red pepper (*Salad Bar*)
1 cup sliced onion (*Salad Bar*)
2 cups sliced mushrooms (*Salad Bar*)
2 cups mashed potatoes (*Deli*)
olive oil
fresh nutmeg, grated

Saute onions and peppers in olive oil until carmelized. Add sliced mushrooms and slightly cook. Add pulled pork to the bottom of a lightly oiled casserole dish. Top with sauteed veggies. Top veggies with the mashed potatoes. Grate some fresh nutmeg on top of the potatoes and bake at 350° for 30-40 min.

Sweet!



INGLES HAS DELICIOUS PARTY TRAYS FOR ALL OCCASIONS

If you want something a little different we can do that too. Just stop by the Ingles Deli and let one of our Associates help you put it all together. And now Ingles makes it really easy to select and order party trays. Just go online at ingles-markets.com. Everything you need to order the perfect platter or holiday meal is right at your fingertips. Keep your party simple and delicious every day of the week at Ingles.

Catering

simplified

FRESH
DELICIOUS
BEAUTIFUL
AFFORDABLE



 **ingles**
the chef's kitchen
thechefskitchen.com