



Thanks for picking up this edition of The Ingles Table magazine. We hope these pages help you when you're entertaining this holiday season.

We've filled these 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 mouthwatering 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. Head on over to inglestable.com and find more seasonal specialties, appetizers, side dishes, and desserts, with printable shopping lists and instructional videos. Sometimes it's so much easier to watch someone create a dish rather than just following a recipe. Take a few minutes to explore all that The Ingles Table has to offer here and online.

And if you're scared or don't have any time to cook, let Ingles take care of it for you. We will prepare freshly made and delicious platters for all your entertaining needs. From breakfast, lunch, dinner, or dessert, to parties or the big game, to full meals for the Holidays, stop by the Ingles Deli and pick up a copy of the Fast & Festive brochure to see how we can help.



Cindy

Cindy Mixon

Vice President Deli Operations, Ingles Markets



ingles-markets.com inglestable.com

















CHEF DEREK ST. ROMAIN

Head Chef, Duke Diet and Fitness Center Regional Coordinator, Backyard Bow Pro

Cajun Injected Beef Tenderloin

Mix all together and inject the tenderloin until plump and evenly full. Sprinkle the outside of the tenderloin with a generous amount of Zatarain's Creole Seasoning, at least 3-4 tablespoons. In a skillet, brown slightly on all sides of the tenderloin, finish in the oven at 375°, to your preferred doneness*. I like mine to reach an internal temperature of 130° and then take out of the oven. Let sit at least 10 minutes before cutting to let the meat and juices rest. Cover in more melted butter and fresh chopped basil, oregano and garlic!

STEAK DONENESS: REMOVE FROM GRILL AT: FINAL COOKED TEMPERATURE: Rare 130 to 135°F 130 to 140°F Medium Rare 140°F 145°F Medium 155°F 160°F Well Done 170°F 165°F

1 uncut beef tenderloin (from 1 to 3 lbs)

INJECTION MARINADE

2 sticks melted creamery butter

2 tsp. McCormick® garlic salt 2 tsp. McCormick® white pepper

2 tsp. McCormick® black pepper

1 tsp. McCormick® onion powder

1/4 cup olive oil

1 tsp. Zatarain's® Creole Seasoning

ADDITIONAL GARNISHING IDEAS

melted butter

fresh basil, chopped

fresh oregano, chopped

fresh rosemary, chopped

Garlic, chopped

If you're in a hurry you can also use Zatarain's Creole Butter Cajun Injector Marinade

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



THE ingles TABLE





CHEF ABBY J

Owner/Chef, Blackhawk Flyfishing Abby J's Gourmet · Southern Farm & Garden

Skillet Chicken Chili Dip

Preheat oven to 375°. Brush olive oil onto bottom and halfway up sides of a 10 inch cast iron skillet. Set aside 1/4 cup of the drained beans. Add the rest of the beans, sour cream, garlic, lime juice, cumin and salt to a food processor. Puree until smooth. Taste and add a little salt if needed. Stir in chicken, corn, cilantro, and 1 cup of the cheese. Spread onto bottom of skillet, then evenly sprinkle remaining 1/4 cup white beans, red peppers, and Abby J's Salsa on top of the mixture. Cover with remaining cheese. Bake for 20 minutes or until dip is bubbling and browned on top. Enjoy this game day favorite!

- 1 cup chicken, cooked and shredded
- 1/2 tbsp. olive oil
- 1/3 cup sour cream
- 2 cloves garlic, roughly chopped
- juice of 1 lime
- 1/4 tsp. salt
- 1/2 tsp. ground cumin
 - 1/2 cup sweet corn (fresh or frozen)
- 1/2 cup Abby J's bean & jalapeno salsa (Deli)
- 2 tbsp. fresh cilantro, chopped
- 2 cups mozzarella/sharp cheddar cheese combination, divided
- 1/3 cup diced red peppers
- 1 (14.5 oz. can) white beans, drained







BETSY OPYT

President, CEO and Founder Betsy's Best® Gourmet Nut and Seed Butters Registered and Licensed Dietitian

Apple Chicken Meatballs with Peanut Butter BBQ Glaze

Preheat oven to 375° Spray a mini muffin tin with cooking spray, set aside. In a large bowl, combine all ingredients to make the meatballs. Divide the mixture into quarters, then separate each quarter into 4 balls. Arrange meatballs in the prepared muffin tin. Bake for 15 minutes. Meanwhile, combine glaze ingredients and stir until peanut butter dissolves into ketchup. Remove meatballs from the oven and top with sauce, placing a dollop on top of each ball. Return to oven for 5-10 min. more, or until cooked through.

- MEATBALL:
- 1/4 small tart apple, grated
- 1/4 small red onion, grated
- 1 tsp. minced garlic (about 1 clove)
- 1/4 tsp. ground cinnamon
- 1/2 tsp. smoked sea salt
- 1/4 tsp. freshly ground black pepper
- 1 large egg white
 - 1 lb. ground chicken
 - 1/4 cup feta cheese
 - 1/2 tsp. worcestershire sauce
 - 1/4 tsp. liquid smoke

PEANUT BUTTER BBQ GLAZE:

1/2 cup ketchup

1 tbsp. maple syrup or honey

1 tsp. balsamic glaze

pinch smoked sea salt

drop of liquid smoke

3 tsp. Betsy's Best

gourmet peanut butter





LINDSAY MOORE

justalittleorganic.com

SALAD:

Thai Shrimp Reset Bowl

In a small bowl, whisk together all ingredients for the dressing, until smooth and creamy. Set aside. In a medium bowl, combine shrimp, honey, garlic, ginger, sesame oil, and salt; allow to marinate while you toss the salad. In a large bowl, combine kale, carrots, bell pepper, edamame, peanuts, and scallions. Toss with dressing, and set aside. Preheat skillet to medium. Add shrimp, and saute for about 2 minutes on each side, or until shrimp is no longer translucent. Divide salad mixture among plates and top each with shrimp — plus wonton strips and cilantro, if using. Enjoy!

- PEANUT DRESSING:
- 2 tbsp. peanut butter
 - 2 tbsp. grape seed oil
- 1 tbsp. honey
 - 1/2 tbsp. soy sauce
- 3 tsp. rice vinegar
 - 2 tsp. sesame oil
 - SHRIMP:
- 1 lb. shrimp, peeled
- 1 tbsp. honey
- 3 cloves garlic, mashed
 - 1 tbsp. ginger, grated
- 2 tsp. sesame oil
- 1/4 cup se
 - 1/4 cup scallions

TOPPINGS:

wonton strips

chopped fresh cilantro

1 pkg. baby kale, chopped

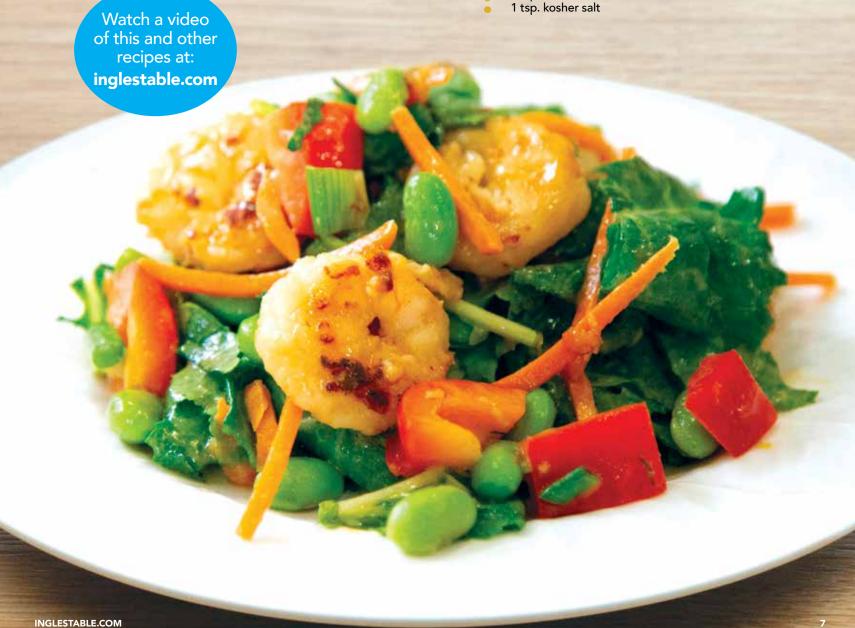
1 red bell pepper, diced

shelled and cooked

1/4 cup peanuts, chopped

1 cup carrots, sliced

2 cups edamame,















CHEF STEVE WORONOFF

Bed & Breakfast "Relief Innkeeper"

My BaBa's Cheese Blintzes

In a bowl, whisk together milk, eggs, and butter. In another bowl, combine flour and salt, then add the milk mixture and whisk well. Cover and refrigerate for two hours. In a bowl, mix together cream cheese, ricotta, vanilla, sugar, and zest until smooth. Refrigerate. Meanwhile, in a large saucepan over medium heat, bring fruit, water, and sugar to a boil. Reduce the heat and add the cornstarch slurry. Bring back to a boil and cook for about 2 minutes, or until thick. Stir in the zest. Heat a non-stick 8" skillet, on medium, and melt a pat of butter. Pour 1/4 cup of the crepe batter into the skillet. Lift and tilt skillet to evenly coat the bottom. Cook until top appears dry or the edges are a little brown; flip and continue cooking for 20 seconds or so. Remove to a wire rack. Repeat with the remaining batter. Fill each crepe with 1-2 tbsp. of the cheese mixture. (For easy directions on how to fill and roll the crepe, go to inglestable.com) Place filled crepes on a plate, dust with powdered sugar, spoon some of the fruit compote over the crepe, and enjoy!

Watch a video

of this and other recipes at: inglestable.com

CREPE BATTER:

1 1/2 cups whole milk

3 large eggs

2 tbsp. butter, melted

2/3 cup all-purpose flour

1/2 tsp. salt

FILLING:

1 cup ricotta cheese

3 oz. cream cheese, softened

1/4 cup sugar

1/2 tsp. vanilla extract

1 tsp. lemon zest

COMPOTE:

1 lb. fresh berries (blueberries, blackberries, or cherries)

2/3 cup water

1/4 cup sugar

2 tsp. fresh lemon or orange zest

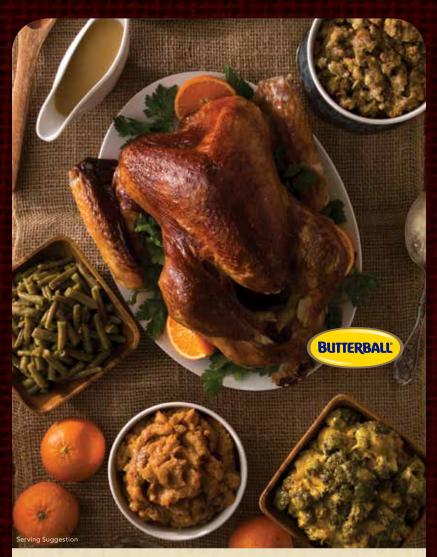
1 tbsp. cornstarch (mix with 1 tbsp. water for a slurry)

extra butter for cooking crepes



Holiday Dini

Ingles offers heating and slicing (dditional fee). C Simply reheat to an internal temperature of 1





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

rer Selections.

our dinners are fully cooked for your convenience. 65 degrees and your dinner is ready to serve.





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

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





CHEF BRUCE BROWN

Chef/Owner, Bruce's Fabulous Foods Star of ABC's "Carolina Kitchen"

Sloppy Joes with Pimento Cheese

2 lbs. ground chuck, browned, drained and crumbled In sauce pot over medium-high heat, melt bacon grease. Add the onions and bell peppers, cooking 3 minutes, or until tender. Add diced Roma tomatoes and crumbled ground beef, stirring to incorporate. Turn the heat down to medium-low and add thyme, black pepper, tomato sauce, and steak sauce. Stir all ingredients together 1/2 cup yellow onion, finely diced and allow to simmer on low for 12 minutes. On a serving platter, place the grilled bun bottoms and place cheese atop each one. Scoop 1/2 cup serving of the sloppy joe mixture onto each bottom, melting the cheese and top with each bun crown. Garnish 1 15 oz. can tomato sauce with pickle slices on the sandwich or beside. Watch a video grilled 4" buns of this and other dill pickle slices (optional)

- 2 tbp. bacon grease, or vegetable oil
- 1/2 cup green bell pepper, finely diced
- 1 cup Roma tomatoes, seeded and finely diced





CHEROKEE HIGH SCHOOL

Culinary Arts Teacher, Chef Whitney Roberson Students: Megan Bradley • Madison Dean • Hannah Hurd Tori Sabins • Alexys Taylor • Evan White

BBQ Pork Potato Skins

Preheat oven to 350°. Bring a pot of vegetable oil to 375° for deep frying. Microwave potatoes, roughly 20 minutes, or until soft. When cool enough to handle, cut the potatoes in half lengthwise and then scoop out the center flesh of each. Fry the potatoes, 2 at a time, until they are golden brown and crisp, approx 2-3 min. Place fried halves into a baking dish, skin side down. Evenly distribute BBQ pulled pork into the center of each potato half and top each with with bacon bits. Finish by topping each half with cheese. Bake until cheese melts, approx. 10-15 min. Top with sour cream and scallions. Serve hot.

- 6 russet potatoes, washed
- vegetable oil, for frying
- 1 pkg. of your favorite bbq pulled pork
- 1 cup bacon bits
- 3 cups mild cheddar cheese, shredded
- 16 oz. sour cream
- 1 bunch scallions, sliced

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



This year, McCormick® helped the Ingles Table Family spice up their holiday dishes.

Join us at inglestable.com to see how.



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JASMIN QUEEN

Winner, "My Diet is Better than Yours"

Chocolate Avocado Pudding

Blend all ingredients, until smooth and creamy, in a blender, food processor, or with a hand-held mixer. Top with whipped cream and serve immediately.

Jasmine shows you how to pick the perfect avocado at inglestable.com

- 2 ripe medium avocados, peeled, chopped
- 1/3 cup cocoa powder
- 1/3 cup honey
 - 1/2 cup almond milk



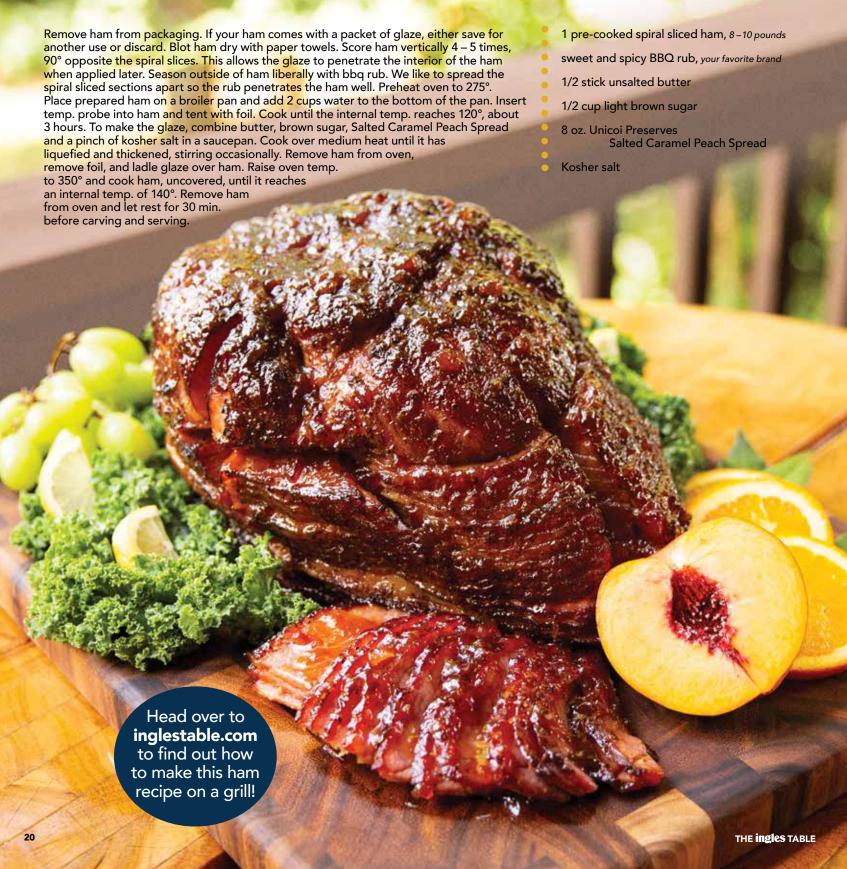




UNICOI PRESERVES

Suzy & Clark Neal

Salted Caramel Peach Glazed Ham





NGLESTABLE.COM



SWEET MEMORIES

Brother & Sister, John Gifaldi & Patty Heiden Personal Chefs

Roman Style Chicken and Sausage

Heat olive oil in a large skillet over medium heat. Season the chicken with salt and pepper. When oil is hot, add chicken and sausage to the skillet, cook until brown, remove and set aside. Chicken and sausage will not be cooked all the way through at this time, it will finish cooking with the rest of the ingredients. Keeping the same pan over medium heat, add the peppers, cook until they have browned, about 5 minutes. Add garlic, cook for 1 minute. Add, tomatoes, orzo, and herbs. Using a wooden spoon, scrape the browned bits off the bottom of the pan. Cut the chicken and sausage into smaller pieces, return to the pan, add the chicken broth, and bring the mixture to a boil. Reduce the heat and simmer, covered, until the chicken is cooked through, about 15 minutes. Just before serving, add capers and the parsley. Stir to combine and serve. Serves 4.

- 4 skinless chicken thighs
- 2 Italian sausage links (1 mild, 1 spicy)
- 1/2 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1/4 cup olive oil
- 1 red bell pepper, sliced
 - 1 yellow bell pepper, sliced
- 2 cloves garlic, chopped
- 1 (15 oz.) can diced tomatoes
- 1/2 cup orzo pasta
- 1 cup chicken broth
- 1 tbsp. each of thyme, oregano, and basil
- 2 tbsp. capers







MICHAEL MCMURTREY

Graphic Designer / Food Stylist blueplatecreative.com / deletethemeat.com

Spicy Maple Nuts

Preheat your oven to 300°. Mix all spices and sugar together in a bowl. Remove and reserve 2 tbsps. of the seasoning mix for later. In a large mixing bowl, whip aquafaba (or egg whites) and 2 tbsps. of maple syrup together, until slightly foamy. Pour nuts into aquafaba/maple mixture and toss to coat well. Pour seasoning into nuts and toss until well coated. Place nuts on a sheet pan and bake for 15 min. Remove nuts from oven and drizzle over remaining maple syrup. Mix on the sheet pan until nuts are coated with maple syrup. Then sprinkle remaining seasoning mix over nuts, and toss again, until well coated. Place back in the oven for another 15-20 min. Remove from oven and let cool in a warm/dry place until crunchy. (If it's humid, they won't get very crunchy, let them dry in a warm oven)

Can be used as holiday gifts, snacks, or chop them up and use as a topping for salad, sweet potatoes, or even vanilla ice cream. Store in an airtight container.

3 cups raw nuts (cashews, almonds, pecans, etc.)

1 tsp. Lawry's seasoned salt

1/2 tsp. McCormick® smoked paprika

1/2 tsp. McCormick® ground nutmeg

2 tsp. McCormick® ground cinnamon

1/2 tsp. McCormick® ground black pepper

1/2 tsp. McCormick® ground allspice

1/2 tsp. McCormick® ground cayenne (adjust to your taste)

4 tbsp. light brown (or coconut) sugar

4 tbsp. aquafaba* (or 2 egg whites)

4 tbsp. real maple syrup





Watch a video

of this and other recipes at:



CHEF CLARENCE ROBINSON

Cooking with Comedy Catering Chef, Western North Carolina Mission

Apple Cranberry Chicken & Yellow Rice

Grill chicken thighs until done, then set aside until cool to the touch (You can also cook the chicken in a skillet for approximately 3 minutes per side). Slice your cooled chicken thighs into small strips. Add olive oil and butter into a medium saucepan on medium heat. Once melted, add the sliced chicken and all of the other ingredients, except for the green onions and cilantro. Let simmer for 15-20 minutes, checking and stirring every 3 minutes. Garnish with green onions and cilantro. Serve with saffron yellow rice.

2 lb. pack of chicken thighs (skin off)
2 tbsp. olive oil
1/2 stick of butter
2 tbsp. McCormick® chili powder
2 tsp. McCormick® garlic powder

2 tbsp. apple cider vinegar 2 tbsp. French's mustard

salt and pepper, to taste

1/2 cup brown sugar

2 tbsp. honeylime juice, to taste

1/2 bunch cilantro, chopped 1/2 cup green onion, sliced

2 oz. dried cranberries 2 apples, sliced

10 oz. Mahatma™ Saffron Yellow Rice, prepared





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