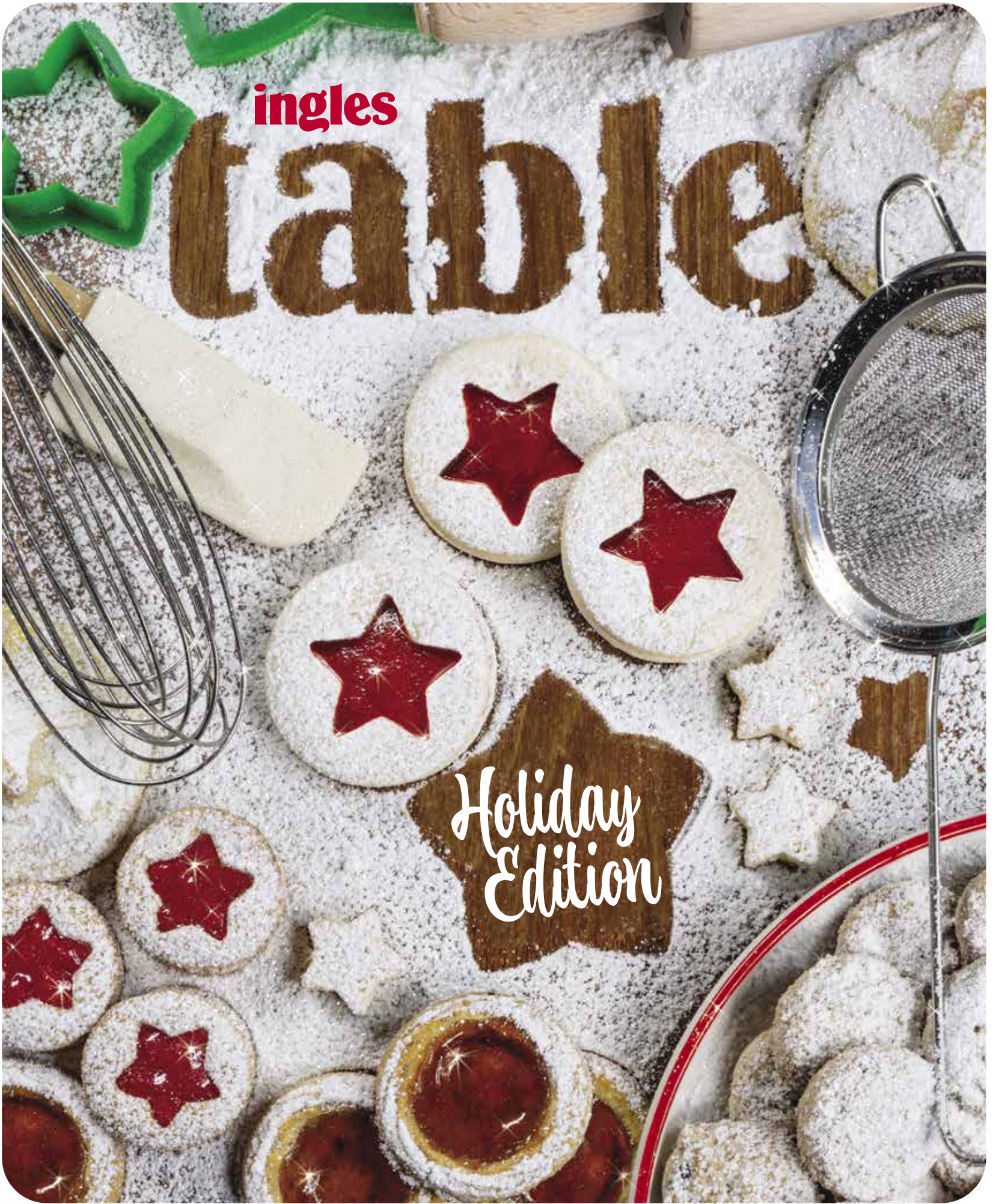


ingles

table

Holiday
Edition





JOE LASHER'S SUPER SECRET CREAMY TUSCAN GNOCCHI RECIPE
IS AVAILABLE EXCLUSIVELY AT INGLES-MARKETS.COM

I'm so excited for the holidays this year. A chance to gather with friends and family again to share stories, play games, and eat some delicious food. I'm sure you'll find a tasty and creative recipe, inside this Holiday Edition of the **Ingles Table** magazine, to compliment any gathering you might be planning.

But, let's be honest. I'm guessing that you might be like me in that sometimes you have no energy to cook. Here's my little hint... Head over to the Ingles Deli, Bakery, and Cheese departments and buy some of delicious in-store prepared foods, including delicious holiday dinners and desserts. Just transfer everything on to your own serving dishes and let your guests think you made everything from scratch. Shhhh, it'll be our little secret.

One last thing... It would be impossible to fit all the amazing recipes the Ingles Table team came up with into this issue, so you head over to ingles-markets.com, click the **Ingles Table** box, and find even more recipes, along with printable shopping lists, tips and tricks, and, instructional videos.

From all of us to you... Cheers!

-Cindy

Cindy Mixon
Vice President Deli Operations, Ingles Markets

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**HEAD OVER TO
INGLES-MARKETS.COM
TO WATCH KELLI AND
ERIN MAKE THESE
FESTIVE HOLIDAY
ORNAMENTS USING
STUFF YOU PROBABLY
HAVE AROUND
THE HOUSE.**



Southwestern Breakfast Casserole

SERVES: 8

- 1 tbsp. extra-virgin olive oil
- 1 large yellow onion, *diced*
- 1 lb. ground pork
- 1½ tsp. salt
- 2 tsp. garlic, *minced*
- 2 tsp. chili powder
- 2 tsp. smoked paprika
- 2 tsp. cumin
- 2 tsp. fennel seeds
- ½ tsp. ground black pepper
- 1 (10 oz.) pkg. frozen spinach, *thawed and squeezed dry*
- 1 red bell pepper, *diced*
- 4 green onions, *diced*
- 2 large sweet potatoes, *diced*
- 10 large eggs
- ½ cup unsweetened almond milk
- ½ cup grape tomatoes, *halved*

1. Preheat the oven to 350°F.
2. Spray a 9x13 baking dish with nonstick spray.
3. Heat a large skillet over medium-high heat. Add olive oil and onion; let cook until it begins to soften and brown, about 5 minutes. Add pork, lightly brown, and then add 1 tsp. salt, garlic, chili powder, smoked paprika, cumin, fennel seeds, and black pepper.
4. Add spinach, garlic, red bell pepper, and half of the green onions. Break up meat into small pieces and continue to brown the pork until it reaches a temperature of 160°F, about 7 additional minutes. Remove from the heat and let cool slightly.
5. Scatter sweet potatoes in the bottom of the baking dish. Sprinkle with remaining ½ tsp. of salt.
6. In a large bowl, beat eggs and milk.
7. Distribute meat over the top of the sweet potatoes. Gently pour the egg mixture over the top. Sprinkle it with the remaining green onions. Cover the pan with foil.
8. Bake covered for 20 minutes, then uncover and continue baking for 30 additional minutes, until the casserole is golden at the edges and the eggs are set in the center. Let cool for 5 minutes before serving.
9. Top with sliced grape tomatoes.

pork



JASMIN QUEEN, CNC
Winner, "My Diet is Better Than Yours"

DELIZIOSA



SWEET MEMORIES

Brother & Sister,
John Gifaldi & Patty Heiden
Personal Chefs

Mini Cassata Cakes

SERVES: 4 CALORIES: 347/SERVING

- 1 cup fresh ricotta cheese
- 2 tbsp. powdered sugar
- 1 tbsp. amaretto liqueur
- 2 oz. bittersweet chocolate,
finely chopped
- 3 tbsp. granulated sugar
- 1 tbsp. unsalted butter
- 1 tsp. orange zest, *for garnish*
- 2 tbsp. candied orange peel,
finely chopped (optional)
- 1 16 oz. pound cake,
*sliced ½ inch thick and cut into
2 ½-inch rounds with a cookie cutter*

1. In a mini food processor, combine ricotta with the powdered sugar and amaretto; puree until very smooth. Add half of the chocolate and candied orange peel; pulse just to combine.
2. Spread the granulated sugar on a small plate. Lightly press both sides of each pound cake round into the sugar to coat, tapping off the excess sugar. In a large nonstick skillet, melt half of the butter. Add the sugared pound cake rounds in 2 batches, using remaining

- butter, and cook over moderate heat, turning once, until the rounds are golden, and the sugar is caramelized, about 1 min per side. Transfer the rounds to a rack to cool slightly.
3. Place 6 rounds on plates and top with half of the ricotta mixture. Top with the remaining rounds and ricotta mixture. Sprinkle the remaining chocolate and candied orange peel on top and garnish with orange zest.

THIS ITALIAN DESSERT IS A GREAT EASY ALTERNATIVE TO TYPICAL HOLIDAY DESSERT

snappy. crunchy. minty.

Sugar Snap Peas and Carrots

SERVES: 4

- 1 tbsp. olive oil
- 1 cup carrots, *peeled and thinly sliced*
- 1 tbsp. fresh ginger, *minced*
- 1 tbsp. garlic, *minced*
- 8 oz. sugar snap peas
- 1 cup edamame, *shelled*
- ½ cup cashews
- 1 tbsp. hot chili sesame oil
- 2 tbsp. fresh mint, *chopped*
- salt and pepper, *to taste*

1. In a large wok or skillet, heat oil over medium.
2. Sauté carrots, ginger, and garlic for 2 min.
3. Add sugar snap peas and sauté for 3 min. or until the peas are tender, but still crisp.
4. Add edamame, cashews, sesame oil, and salt and pepper. Sauté for 1 min.
5. Transfer to a serving dish and garnish with the fresh mint.



JASMIN QUEEN, CNC
Winner, "My Diet is Better Than Yours"

**FIND FROZEN EDAMAME ALREADY
SHELLED IN THE FREEZER SECTION AT INGLES.**



lunch is served



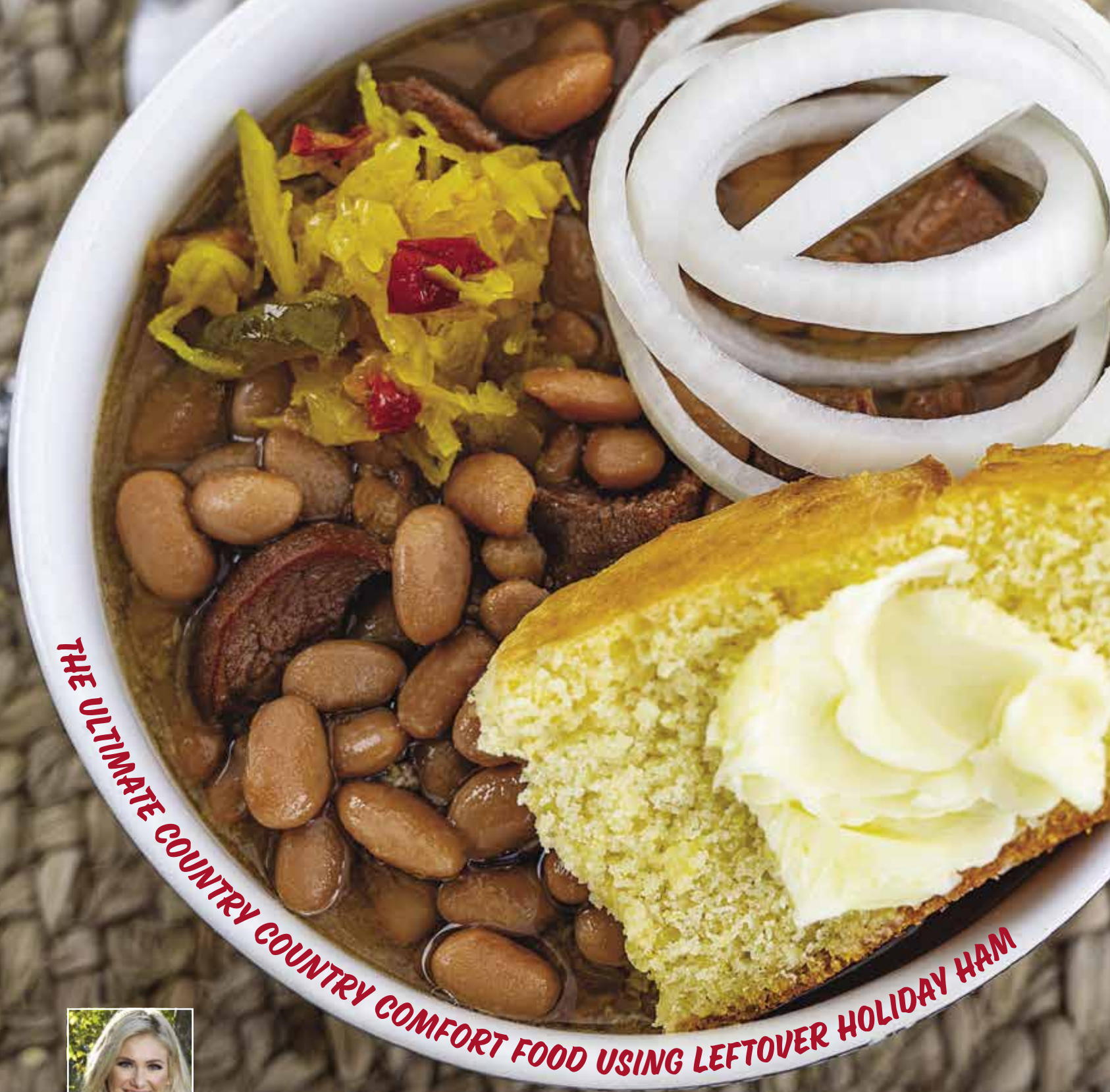
CAROLINE TAYLOR
Market President, iHeart Media

Turkey Salad

SERVES: 4

- 4 cups leftover turkey
- ¼ cup mayonnaise
- ¼ cup plain greek yogurt
- 1 tbsp. fresh lemon juice
- 1 tbsp. fresh dill, *chopped*
- salt pepper, to taste

1. Combine all ingredients. Let refrigerate and serve on bib lettuce or hearty whole wheat bread.



KAITLYN BAKER
Nashville Recording
Artist/Songwriter

Mamaw's Soup Beans

SERVES: 4-6

- 2 cups pinto beans
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 ham bone
- 6 cups water
- onion, sliced for garnish
- chow chow, for garnish

1. Start by thoroughly washing your pinto beans in a large bowl.
2. Soak beans in a water bath overnight.
3. The next day, drain your beans and place them in a large crockpot. Add the water, seasonings, and ham bone.
4. Cook overnight on low.
5. Serve with cornbread and butter.

Everyone Loves Dips

You'll want to add these two tasty dips to your holiday entertaining gatherings.



ERIN BARNETT

Cranberry Jalapeño Dip

- 12 oz. fresh or frozen cranberries
- 2 fresh jalapeno peppers, *chopped, seeds removed*
- 2 tbsp. fresh cilantro
- 2 green onions, *chopped*
- $\frac{3}{4}$ cup sugar
- 1 tbsp. lemon juice
- pinch of salt

1. Use food processor to chop cranberries, a hand food chopper will also work.
2. Chop up green onion, jalapeno peppers and cilantro
3. In a bowl, combine the chopped cranberries, green onions,

- jalapenos, cilantro with sugar, lemon juice and salt.
4. Refrigerate until ready to serve
5. Serve with ritz crackers or crostinis from ingles bakery

PAIR WITH ERIN'S CHEDDAR JALAPEÑO DIP RECIPE AT INGLES-MARKETS.COM

Two apps in one. PERFECTO!



JASMIN QUEEN, CNC
Winner, "My Diet is Better Than Yours"

Jalapeño Popper Stuffed Mushrooms

SERVES: 4

INGREDIENTS:

- 2 pkgs. white button mushrooms, *cleaned and stems removed*
- 4 oz. cream cheese, *softened*
- ½ cup pimento cheese
- 1 cup shredded cheddar cheese, *plus more for top of mushrooms*
- 1 jalapeño, *minced*
- 8 slices of bacon, *cooked and crumbled*
- 1 tbsp. garlic, *minced*
- salt and pepper, *to taste*

TOPPINGS:

shredded cheddar cheese
green onions, *sliced*
parsley, *minced*

1. Preheat the oven to 400°F.
2. Make filling by combining all cheeses with jalapeño, bacon, garlic, salt, and pepper. Stir until well mixed.
3. Spoon approximately 1 tbsp. of filling into each mushroom cap.
4. Sprinkle with additional shredded cheddar.
5. Place mushrooms on an oven safe cooling rack and bake for 20 min.
6. Top with green onions and parsley.



CHEF ABBY J
Founder of Abby J's Gourmet
Proprietor Blackhawk Flyfishing

Cranberry Champagne Cocktail

- 2 oz. cranberry juice
(sweetened)
- 2 wedges lime
- Champagne or
sparkling wine
- ½ cup frozen cranberries
- 2 rosemary sprigs,
for garnishing

1. Add 6 frozen cranberries to each chilled champagne flute.
2. Add 1 oz. cranberry juice and a squeeze of lime juice to each flute.
3. Fill each flute with champagne.
4. Garnish with a sprig of rosemary and a couple more cranberries.



Zucchini with Bleu Cheese and Walnuts

SERVES: 6

- 3 zucchini
- 3 tbsp. walnut oil
- 1 tsp. red wine vinegar
- 3 tbsp. bleu cheese, crumbled
- 3 tbsp. walnuts, chopped

1. Cut zucchini into 1/4" rounds.
2. Place in a steamer basket over boiling water and spread out as much as possible. Steam for 3 min.
3. Transfer to paper towel lined plate.
4. Combine walnut oil and vinegar in a small bowl and stir to combine well.
5. Put the zucchini on a serving dish, salt and pepper, to taste. Drizzle with oil and vinegar dressing.
6. Top with bleu cheese and walnuts.



DEBORAH ADAMS
French Food Made Easy
Trained in France then Adapted
for the Busy American Family

CELEBRATE!

Potato Latkes

SERVES: 4

- 2 cups leftover mashed potatoes
- 1/4 cup onion, grated
- 1 egg
- 3 tbsp. chives, chopped
- 2 tbsp. flour:
- 1 cup plain panko bread crumbs
- 2 tbsp. olive oil
- 2 tbsp. butter
1. In a bowl, mix together potatoes, onion, egg, chives, and flour. Refrigerate for at least 2 hours.
2. Once chilled, use an ice cream scoop to form potato balls; roll in panko.
3. Heat oil and butter in a large skillet. (you can also sub 4 tbsp. vegetable oil)
4. Place each ball into hot skillet and gently press down into rounds. Pan fry on both sides until brown on the outside and hot on the inside.
5. Serve with sour cream or applesauce.



CAROLINE TAYLOR
Market President, iHeart Media



Brown Sugar Baked Carrots

SERVES: 4

- | | | | |
|---|--|----|--|
| 1 | lb. bag whole carrots,
<i>peeled and cut into 1" segments</i> | 1. | Preheat oven to 400°F. |
| 2 | tbsp. avocado oil or extra virgin olive oil | 2. | In a small bowl, combine parsley and garlic; stir until thoroughly mixed together. |
| ¼ | tsp. sea salt | 3. | In a large bowl, combine carrots, oil, sea salt, pepper, brown sugar, and garlic and parsley mixture. Stir until carrots are evenly coated with other ingredients. |
| ⅛ | tsp. black pepper | 4. | Transfer to a baking dish and bake at 400°F for 25 minutes until carrot edges are slightly caramelized. |
| ¼ | cup brown sugar | | |
| 1 | tbsp. minced garlic | | |
| ¼ | cup fresh parsley, <i>chopped</i> | | |

ENJOY THIS FANTASTIC SIDE DISH AT THE HOLIDAYS OR ANY TIME OF YEAR! I LOVE IT PAIRED WITH ROASTED LAMB AND POTATOES.



JULIA BROCAILE
Mom and wife with a passion for creativity

Fire Roasted Brussels Sprouts

SERVES: 4-6

- 1 lb. brussels sprouts, halved
- ½ cup extra virgin olive oil
- ¼ cup rice wine vinegar
- ¼ cup honey
- 2 tbsp. hot sauce
- 1 tsp. cayenne pepper
- 1 tsp. kosher salt
- 1 tsp. ground white pepper

OPTIONAL GARNISHES:

- ½ cup fresh blueberries
- ¼ cup dried cranberries and blueberries
- ½ cup candied walnuts

1. In a bowl, mix all your ingredients (minus the garnish).
2. Be sure to coat all the brussel sprouts thoroughly.
3. Spray baking sheet with pan spray.
4. Place brussels on a baking sheet and cook at 450°F for 12 minutes in the air fryer. If using an oven, cook at 450°F for 20 minutes.
5. Once cooked, place on a serving dish and garnish with fresh blueberries, dried cranberries and blueberries, and candied walnuts.

**BRIGHTEN YOUR
TABLE COLORFUL
HOLIDAY DISH.**



DEREK ST. ROMAIN
Regional Coordinator,
Backyard Bow Pro

Pepper Pork Stir Fry

SERVES: 4

- 12 oz. pork, *diced into small cubes*
- 2 tbsp. vegetable oil
- salt and pepper, *to taste*
- 2 tbsp. Teriyaki sauce
- 2 tbsp. vegetable oil
- 1 tbsp. sesame oil
- 2 cups (any color) bell peppers, *seeded and julienne*
- ½ cup poblano pepper, *seeded and julienne*
- 1 cup zucchini, *sliced and quartered*
- 1 cup snow peas, *ends trimmed and halved*
- ½ cup water chestnuts, *drained and julienne*
- 1 cup mushrooms, *sliced or quartered*
- ½ cup green onions, *diced*
- 1 cup grape tomatoes, *halved*
- ½ cup bean sprouts
- 15 oz. whole baby corn, *drained*
- 1 cup cauliflower florets
- rice, *steamed or cooked*

1. In a preheated wok, over medium-high heat, add 2 tbsp. vegetable oil. Season diced pork with salt and pepper (to taste); sauté for one minute. Add teriyaki sauce, to coat and flavor. Remove pork from wok, keeping warm by covering; set aside.
2. Into the same wok, heat the second portion of vegetable oil and all of the sesame oil. Add bell and poblano peppers, stirring for one minute.
3. Add zucchini and cauliflower, continuing to stir fry for an additional minute.
4. Add the snow peas, water chestnuts, mushrooms, and baby corn, continuing to stir for an additional two minutes.
5. Add back the cubes of pork (and any residual juices) to the wok. Stir all ingredients together for another minute. Add tomatoes and bean sprouts. Reduce heat to medium-low, cover wok with a lid, and allow to steam all ingredients for two minutes.
6. Serve the finished stir fry over rice; garnish with green onions and serve with desired condiments and sauces.



BRUCE BROWN

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

pork

The Ingles Table



JOE LASHER, SR
Co-Owner and Founder
M7 Event Solutions and Catering

Grilled Cherry Mustard Pork Loin Roast

SERVES: 4-6

BRINE:

- 6 cups water
- ½ cup salt
- ½ cup dark brown sugar
- 2 bay leaves
- 1 handful peppercorns
- 4 sprigs thyme
- 2 sprigs rosemary

GRILLED PORK LOIN:

- 1 (3-4 lb.) pork loin roast
- ½ cup parsley, finely chopped
- 3 tbsp. ground mustard
- 2 tbsp. olive oil
- 1 tbsp. rosemary, chopped
- 1 tbsp. thyme, chopped
- 1 small garlic clove
- 2 tsp. kosher salt
- ½ tsp. ground black pepper

DELIGHTFUL CHERRY MUSTARD SAUCE:

- 16 oz. black cherry preserves
- ¼ cup spicy brown mustard
- 1 tbsp. prepared horseradish
- 2 tbsp. soy sauce

BLACKBERRY SAUCE INSTRUCTIONS:

1. Prepare blackberry sauce by cooking all ingredients on stovetop over medium heat, stirring occasionally, until blackberries begin to break down and form a thickened sauce.

BRINING DIRECTIONS:

1. Bring water, salt, and brown sugar to boil for 5 min.
2. Reduce heat and add in other ingredients, let simmer for 5 min.
3. Let cool completely.
4. Place pork in a 2-gal. freezer bag or high-sided pan; completely cover in brine.
5. Refrigerate for 12-24 hours.

CHERRY MUSTARD SAUCE DIRECTIONS:

1. Simmer all ingredients together in a saucepan over medium heat for 5-10 minutes, stirring occasionally until the sauce has thickened.

PORK LOIN DIRECTIONS:

1. Preheat grill for direct/indirect cooking over medium-high heat (400-450°F).
2. Combine all paste ingredients in a mixing bowl and completely coat pork. Let sit at room temperature for 15-30 minutes.
3. Place pork over direct heat for 3-4 minutes per side until each side is seared.
4. Move to indirect heat and let roast cook until internal temperature of 145°F.
5. Pull from heat; let rest for 15 min. Slice and serve with cherry mustard sauce.

Holiday Crostinis



CHEF ABBY J
Founder of Abby J's Gourmet
Proprietor Blackhawk Flyfishing

CRANBERRY, POMEGRANATE, AND BRIE:

- 4 oz. baguette-style French bread, cut diagonally into 8 slices
- ½ cup pomegranate seeds
- 2 tbsp. sugar
- ¼ cup frozen cranberries, thawed/chopped
- 1 tsp. orange zest
- 3 oz. log brie cheese, cut into 8 slices
- 1 tbsp. fresh basil, finely chopped

PEAR, CREAM CHEESE, AND HONEY:

- 4 oz. baguette-style French bread, cut diagonally into 8 slices
- ⅓ cup honey buttered cream cheese
- 8 slices of red pear
- 8 slices green pear
- 2 tbsp. honey
- 1 lemon, zested

SMOKED SALMON, CREAM CHEESE, & JALAPEÑO:

- 4 oz. baguette-style French bread, cut diagonally into 8 slices
- ⅓ cup spicy jalapeño cream cheese
- 3 radishes, sliced
- 3 oz. smoked salmon
- ⅓ cup jalapeños, chopped
- fresh dill, for garnishing

1. First, lay out all the baguette slices in a single layer on a baking sheet and brush each side with olive oil. Broil for 5 minutes on each side. Remove all but 8 and then put the brie on the slices and put back into the oven for 2 minutes so the brie can melt.
2. In a small bowl combine the pomegranate seeds, sugar, cranberries and orange zest together. Spoon on each crostini and garnish with basil.
3. Next, spread the honey buttered cream cheese on the crostini

and layer the green and red pear slices and drizzle with honey and garnish with lemon zest.

4. Finally, spread the jalapeno cream cheese on the remaining 8 crostinis and add 2 slices of the radish and top with a slice of smoked salmon and garnish with chopped jalapenos.
5. Assemble this delicious crostini trio on a beautiful platter and enjoy!

biscuits in minutes



UNICOI PRESERVES
Suzy & Clark Neal

Ham and Cheddar Biscuits

SERVES: 8

- 2 cups baking mix
- 1 cup ham, chopped
- 1 cup cheddar cheese, *shredded*
- $\frac{1}{8}$ tsp. cayenne pepper
- $\frac{2}{3}$ cup milk
- 2 tbsp. Laura Lynn unsalted butter, *melted*
- Laura Lynn canola oil cooking spray
- 4 oz. Unicoi Preserves Salted Caramel Peach Spread

1. Preheat oven to 450°F. Spray baking sheet with cooking spray.
2. In a mixing bowl, stir together baking mix, ham, cheese, and cayenne pepper.
3. Add milk, stir until combined, and a soft dough forms; do not overmix.
4. Use two spoons to drop 8 biscuits, evenly spaced, on prepared pan.
5. Bake 13 to 15 min., or until golden brown. Brush with melted butter and serve hot with Unicoi Preserves Salted Caramel Peach Spread.

A PERFECT USE OF LEFTOVER HOLIDAY HAM AND CHEESE FROM THAT CHEESEBOARD.

SIDE DISH?

DESSERT?



KELLI SMITH

Pineapple Casserole

- 1 (20 oz.) can pineapple chunks
- 1 (20 oz.) can pineapple crushed
- 2 (20 oz.) cans pineapple tidbits
- 4³/₄ cups sugar
- 4 tbsp. self rising flour
- 4 eggs
- 1 loaf of sandwich bread
- 4 sticks butter, melted
- cinnamon sugar (optional)

1. Preheat oven to 350°F. Open pineapple cans and drain liquid. Place drained pineapple into a mixing bowl and drain a second time, pressing out all additional liquid. Set aside.
2. In a second bowl, mix together sugar, flour, and eggs until it makes a thick paste. Add to pineapple and stir to coat. Pour mixture into a casserole dish.

3. In another bowl, tear bread into cube-like pieces (I typically use almost the entire loaf). Pour 3/4 of the butter over the bread, stir to coat, and place over the top of the pineapple (Hint: place bread crust up to create a beautiful buttery crust). Pour remaining butter evenly over top of bread. Cook 30-35 minutes.
4. Sprinkle cinnamon sugar on top for an extra yummy treat!

=BOTH=

**YOU'RE GOING
TO LOVE THIS DISH
WHenever YOU
DECIDE TO EAT IT!**



ERIN BARNETT

Winter Crisp Salad with Maple Vinaigrette

SALAD:

- 10 oz. spring mix lettuce (or romaine)
- ½ bag premix salad kit with kale and cabbage
- 1 cup fresh blackberries
- 1 cup candied walnuts or pecans
- ½ red onion, finely sliced
- 1 cup dried cranberries
- ½ cup dried dates
- 1 (4 oz.) container crumbled blue cheese
- 1 honey crisp apple, sliced

DRESSING:

- 1/3 cup apple cider vinegar
- 2 tbsp. maple syrup
- 2/3 cup extra virgin olive oil
- 1 tbsp. dijon mustard
- ¼ tsp. pepper
- ¼ tsp. salt

1. In a bowl, whisk together vinegar, syrup, mustard, salt, and pepper. Slowly pour in the olive oil, whisk as you go to make sure the vinaigrette is well blended.
2. Toss salad with dressing and serve.

surefire turkey success

spatchcock and brine it



SCOTT CULPEPPER

Proud Marine with a passion for aviation and Southwestern cooking

Turkey Brine

FOR TURKEYS UP TO 25 LBS.

- 1 whole turkey of desired weight
- 1 gal apple cider
- 2 cups Kosher salt
- 1 tbsp. Allspice
- 4 cinnamon sticks
- 4 bay leaves
- 1 cup dark brown sugar
- 1 tbsp. black peppercorns
- 1 bunch of fresh thyme

- 1 bunch of fresh rosemary
- 1. Combine all ingredients, except turkey and fresh herbs, in a large stock pot; bring to a boil over medium-high heat. Stir occasionally to help dissolve salt and sugar.
- 2. Roll bunches of herbs between your palms to open up the aromatics. Keep bunches tied together and add all fresh herbs to the pot; let steep for 5 min.
- 3. After 5 min., remove fresh herbs from the pot and discard.
- 4. Remove pot from heat.
- 5. Add a gallon of ice water, stir and let cool to room temperature.
- 6. After the brine has cooled, gently submerge the turkey. Cover and let turkey brine for a minimum of 24 hours, but up to 48 hours, in the refrigerator. While turkey is brining, stir occasionally to keep ingredients from settling to the bottom of the pot.
- 7. After 24-48 hour time is up, remove turkey from brine, rinse well, pat dry, and cook by your desired method.

WATCH A VIDEO ON HOW TO SPATCHCOCK A TURKEY AT INGLES-MARKETS.COM

Sweet AND Savory



JOE LASHER, SR
Co-Owner and Founder
M7 Event Solutions and Catering

This unique side dish will have everyone talking

Roasted Sweet Onions with Kale and Wild Rice Stuffing

SERVES: 4

ONIONS:

- 2 lg. Vidalia onions, *peeled and cut in half*
- 2 tbsp. olive oil
- 1 tbsp. kosher salt
- 1 tbsp. coarse ground black pepper
- 2 tbsp. light brown sugar, *divided*
- 4 tsp. butter, *divided*

KALE AND WILD RICE STUFFING:

- 1 cup microwaveable wild rice
- 2 tbsp. olive oil
- ½ cup sliced mushrooms
- 1 celery stalk, *diced*
- 8 large kale leaves, *sliced, ribs discarded*
- 1 tbsp. sage
- 1 tsp. thyme
- ¼ cup golden raisins
- 1 tbsp. parsley
- 1 salt and pepper, *to taste*

1. Preheat the grill for high heat (400°F-450°F).
2. Slice onion in half. Then slice the "bottom" of each half so the onion will sit flat. Use a small scoop or spoon to hollow out the interior of the onion making an onion "bowl."
3. Lightly coat inside and outside of onion bowls with olive oil. Sprinkle with salt and pepper. Place 1 tsp. of butter in each onion bowl and top with ½ tbsp. of light brown sugar.
4. Wrap tightly in aluminum foil and place directly on the grill; close the lid. Let cook for 20-25 mins.
5. Heat a large skillet over medium heat with 1 tbsp. of olive oil. Cook mushrooms, kale, sage, thyme, parsley, salt, and pepper until kale is wilted and mushrooms are soft.
6. Remove from heat; mix in wild rice and golden raisins.
7. Remove onions from the grill and carefully open foil. Spoon wild rice/kale stuffing into the onions and close foil. Put back on the grill for another 15 min.
8. Remove onion from foil, pour juices from foil over the onion, and serve.

YUM!



KAITLYN BAKER
Nashville Recording Artist/Songwriter

Old Fashioned Potato Cakes

SERVES: 6

- 2 cups mashed potatoes
- 2 eggs
- 1 tbsp. fresh chives, chopped
- ½ cup flour (up to 1 cup)
- 1 cup vegetable oil (enough to shallow fry potato cakes)
- ½ cup of additional flour (to dredge your cakes in before frying)

1. In a large bowl, combine mashed potatoes, eggs, chives, and flour. Add enough flour to form a patty. The mixture should be slightly sticky. Mix well.
2. Place about ½ cup of flour on a dish, form mixture into cakes and dredge in flour.
3. In a large skillet, heat oil on medium heat. Once the oil is hot, place the potato cakes in the oil and cook for a couple minutes on each side until golden brown.

YUM!



Broiled Lobster Tails with Lemon Cream Sauce

SERVES: 2

LOBSTER:

- 2 lobster tails
- 2 tbsp. butter, *melted*
- ½ tsp. sea salt
- ¼ tsp. paprika
- ½ tsp. black pepper
- 1 lemon, *sliced for garnish*
- 1 tbsp. fresh parsley, *chopped, for garnish*

LEMON CREAM SAUCE:

- 1 tbsp. olive oil
- 2 cloves garlic, *minced*
- ¼ cup vegetable broth
- 2 tbsp. lemon juice
- ½ cup heavy whipping cream

1. Prepare the lobster tails by using scissors to cut lengthwise down the shell. Cut towards the tail, stopping before the end to keep the tail connected. Using your fingers, push inside the shell to loosen the meat, then gently push the meat up through the butterflied shell. Place on a baking tray.
2. Mix butter, salt, pepper, and paprika in a small bowl then use a pastry brush to coat the meat of each lobster tail.
3. Set broiler on low and place tails on highest rack in oven for approximately 5-6 min. Remove tails and brush with more of the butter mixture. Set broil to high and continue to cook tails for another 6-7 min. until they are completely opaque and browned in places on top.
4. While the tails are cooking, in a saucepan

over medium heat, add olive oil and garlic. Sauté until fully softened, but not browned.

5. Add the vegetable broth, lemon juice, and heavy whipping cream. Whisk until a low simmer, then remove from heat.
6. Plate the Lobster tail drizzled with lemon cream sauce and served with lemon wedge and chopped parsley.



JOE LASHER, SR
Co-Owner and Founder
M7 Event Solutions and Catering

CATFISH SEARED PAN



CALEB OWOLABI
Fashion rockstar and
up-and-coming media mogul

**A SOUTHERN CLASSIC
PERFECT FOR THE HOLIDAYS**

- 2 6 oz. catfish fillets
 - 4 tbsp. cornmeal
 - 2 tbsp. cooking oil of your choice
 - salt, to taste
 - pepper, to taste
 - oregano, to taste
-
- 1. Wash and dry catfish fillets
 - 2. Heat cooking oil of your choice in a pan over medium-high heat
 - 3. Brush each side of fillets with a dash of cornmeal
 - 4. Lower heat to medium
 - 5. Sear fillets for 4 minutes on each side
 - 6. Once browned, remove fish from heat
 - 7. Serve with salt, pepper, and oregano to taste

Sartu di Riso

SERVES: 4 CALORIES: 347/SERVING

- 1 lb. Arborio rice (2 1/3 cups)
- 4 cups low-sodium chicken broth
- 1 3/4 tsp. Kosher salt
- 3 cups fresh parmigiano-reggiano cheese, *grated*
- 8 oz. mozzarella cheese, *diced*
- 3 lg. eggs, *room temperature*
- 1 cup peas (*optional*)
- 3 hardboiled eggs
- 12 meatballs
- 4 cups marinara sauce
- 1/2 stick butter, *to grease the pan*
- 1/2 cup breadcrumbs, *to dust the pan*

1. In a large saucepan combine rice, chicken broth and Kosher salt. Stir and bring to a boil over high heat. Cover the pan with a tight-fitting lid, reduce the heat to low and simmer, stirring once, until the rice is still slightly undercooked, but the liquid is absorbed, 8 mins. Pour the rice into a large bowl and cool to room temperature, stirring occasionally. Stir in 2 1/2 cups of the cheese and 3 eggs until well combined and set aside.
2. Preheat the oven to 350°F. Using the butter, grease the inside of a Bundt pan, making sure to coat it very well. Dust the inside of the pan with 3 tbsp. of the breadcrumbs. Make sure it is evenly coated and there are no bald spots. This is very important to prevent sticking. Set aside.
3. Add the peas to the sauce and toss gently to incorporate.
4. Spoon two-thirds of the rice mixture into the prepared Bundt pan. Using damp hands, press the rice evenly over the bottom of the pan and 2 1/2-inches up the sides and middle of the pan creating a well to hold the filling. Spoon a layer of sauce in the well of rice, add mozzarella and meatballs. Cut hard boiled eggs and place on top of the meatballs. Press gently to make sure it is evenly packed and add a little more sauce. Spoon the remaining rice over the filling and, using damp hands, press the rice evenly over the filling, being sure to press the rice on top into the rice along the edges to seal. Sprinkle evenly with the remaining 2 tbsps. breadcrumbs and dot with the remaining 1/2 tbsp. butter. Bake until lightly browned on top, 45 mins.
5. Cool 15 mins.
6. Place a plate, large enough to cover the top of the pan, over the pan. Invert onto the plate, then carefully lift the pan off the rice, shaking gently if needed. Warm the remaining sauce and fill the opening in the middle of the molded rice with the sauce to serve.



SWEET MEMORIES

Brother & Sister,
John Gifaldi & Patty Heiden
Personal Chefs



UNICOI PRESERVES
Suzy & Clark Neal

Crisp Mix

SERVES: 30

- | | | |
|--|--|----------------------------------|
| 3 cups Laura Lynn Bite Size Rice cereal | 2 cups Laura Lynn Soup and Oyster Crackers | 2 tbsp. hot sauce |
| 3 cups Corn Chex cereal | | 1 tbsp. lemon juice |
| 3 cups Laura Lynn Wheat Bran Flakes cereal | 2 cups Laura Lynn dry roasted peanuts | 2 tsp. Laura Lynn seasoning salt |
| 2 cups mini pretzels | 1 stick Laura Lynn butter, unsalted | 1 tsp. garlic, granulated |
| | ¼ cup Laura Lynn Worcestershire sauce | 1 tsp. onion powder |
1. Preheat the oven to 250°F.
 2. Add cereal, pretzels, crackers and peanuts to a large mixing bowl, and stir to combine.
 3. Melt butter in a microwave safe bowl; whisk in Worcestershire sauce, hot sauce, lemon juice, seasoning salt, garlic and onion powder.
 4. Pour melted butter mixture over crisp mix, stirring as you go.
 5. Divide crisp mix between two baking sheets and bake for 60 minutes, stirring and rotating baking sheets every 15 minutes.
 6. Cool on clean dish towels for about 15 min. Store in an airtight container.



GEE GEE PALMORE
Head Designer, Uniquely Neva

Peppermint Bark

- 12 oz. semisweet chocolate chips or chopped semi sweet chocolate**
- 16 oz. white chocolate chips or chopped white chocolate**
- ½ tsp. peppermint extract**
- ¾ cup candy canes, crushed**

1. Place semisweet chocolate chips in a medium bowl and microwave for 30 second increments, until melted. Stir until smooth.
2. Spread chocolate into a roughly 9 x 13 rectangle on a piece of parchment paper. Place chocolate in the fridge for 15 minutes to set.
3. Place white chocolate chips in a medium bowl and microwave for 30 second increments, until melted. Add peppermint extract and stir until smooth.
4. Spread white chocolate over the semisweet chocolate layer. Top with candy canes. Let harden in the fridge for about 20 minutes, then break into pieces and serve.

ALOHA!



ESTEE FELTON
Digital Sales Manager, WLOS

**HAWAII'S FAVORITE
HOLIDAY DESSERT
WILL HAVE YOU
GOING BACK FOR
SECONDS OR THIRDS.**

Hawaii-Style Pumpkin Crunch

SERVES: 18

PUMPKIN CRUNCH:

- 1 (15 oz.) can pumpkin**
- 1 (12 oz.) can evaporated milk**
- 1 cup sugar**
- 3 eggs**
- 1 (15¼ oz.) box yellow cake mix**
- 1 cup macadamia nuts, walnuts or pecans, chopped**
- 1 tsp. cinnamon**
- 2 sticks butter (one stick is 8 tbsp.)**

FROSTING:

- 8 oz. cream cheese**
- ¾-1 cup whipped topping**
- ½ cup powdered sugar**
- parchment paper**

1. Preheat the oven to 350°F. Line a 9x12 cake pan with parchment paper, ensuring all sides of the pan are covered.
2. Mix pumpkin, milk, eggs, cinnamon, and sugar. Pour the mixture onto the parchment paper in the pan.
3. Pour the yellow cake mix gently and evenly over the pumpkin mixture.
4. Sprinkle the nuts over the cake mix. Gently press the nuts into the cake mixture, but not so hard that it falls into the pumpkin mixture.
5. Melt the 2 sticks of butter. Gently pour the butter over the cake and nut mixture evenly.
6. Bake at 350°F for 50-60 min. Let cool completely!
7. Once cooled, invert the pan onto a tray. Remove the parchment paper. The top layer is now the crust.
8. To make the frosting, mix the cream cheese, whipped topping, and powdered sugar until smooth.
9. Spread the frosting evenly over the top of the pumpkin mixture. Place into the fridge to chill.
10. Cut into squares, and top with more nuts for extra crunch and serve.

Chocolate Pot de Crème

SERVES: 6

- 1 cup 60% cocoa bittersweet chocolate chips
- 2 cups heavy whipping cream, room temperature
- 7 egg yolks, room temperature
- ½ cup granulated sugar
- 1 tbs. butter, softened

1. Set your oven to 325°F. Place ramekins on top of a rack inside your roasting pan. Fill each ramekin with water to just below the lip. Now, add water to the roasting pan until it's ¼" to ½" from the top of the ramekins. Next, remove the ramekins from the roasting pan, empty each of the water, dry well, and butter the insides.
2. Using a double boiler on medium, add heavy whipping cream and chocolate chips to the top pot. While the mixture is warming up (about 5 min.), start the next step.
3. Separate egg yolks (reserve whites for another use) and

add them to a large mixing bowl. With a whisk, or mixer on very low, mix the yolks, sugar, and salt. Continue to blend for 2 min. Try not to create bubbles in the mixture.

4. Continue stirring cream and chocolate chip mixture, making sure all the chips have melted and incorporated into the cream (about 15 min.). When finished, transfer the chocolate cream mixture to a 4-cup measuring cup (or use a 2-cup size twice). Very slowly, pour the warm chocolate cream mixture into the bowl of egg yolks and sugar, letting it . very slowly, to the mixing bowl with egg yolks and sugar mixture. Hint: Letting the warm chocolate cream glide down the side of the bowl, instead of directly

into the egg mixture, while whisking or mixing or very gently, will prevent the eggs from scrambling.

5. After the two mixtures are well combined, strain it through a sieve back into the measuring cup. This step will make it easier to pour into the ramekins. Fill the ramekins, add the lids (don't use plastic lids) or foil, and gently lower each into the roasting pan. Avoid splashing any water into the ramekins.
6. Cook for about an hour. Remove each ramekin from the water bath and take off the lids or foil. Let sit on the countertop for 30 min. Refrigerate for at least 3 hours. Serve with whipped cream, berries, or shaved chocolate.



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