

FROM THE CULINARY MINDS OF THE INGLES TABLE COMMUNITY

THE
ingles
TABLE



Free

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This year has been crazy, and it's about to get crazier. The holidays are here. A time for gatherings with friends, family, and lots and lots of food. Between Thanksgiving, Christmas, Hanukkah, Kwanzaa, and New Year's Eve it seems like there's never a time when you're not planning a meal or eating a meal.

This special Holiday Edition of the *Ingles Table* magazine will show you how to prepare quick and tasty dishes that'll leave everyone with a smile on their face, without draining you, or your pocketbook. Here's a great hint... if you don't have time to cook, check out the Ingles Deli. They have a tasty assortment of prepared foods, including holiday meals, that can be ordered in advance. You can sit back, relax, and enjoy everything the season has to offer.

As always, Ingles is committed to bringing you the highest quality items, from in-store prepared holiday

meals, to delicious artisanal cheeses from around the world, to the freshest produce, and don't forget about the mouth-watering desserts.

We have even more quick and easy meals at the *Ingles Table* online for the holidays and all year long. Log on to ingles-markets.com and click the *Ingles Table* box. You'll find more recipes, printable shopping lists, tips and tricks, and, instructional videos.

From all of us to you... Happy Eating,

-Cindy

Cindy Mixon
Vice President Deli Operations,
Ingles Markets



CROISSANT BRITTLE

Head over to ingles-markets.com to find Suzy Neal's super easy recipe for these tasty little bites.

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Check out the recipe for these amazing sugared nuts. They make a great hostess gift, if you can stop eating them yourself. Head over to ingles-markets.com for the recipe.





Grandmaw Farmer's Graham Cracker Squares

SQUARES:

- 1 box graham crackers
- 1 cup sugar
- 1/2 cup milk
- 2 sticks butter, *melted*
- 1 egg
- 1 cup pecans, *chopped*
- 1 cup graham cracker crumbs
- 1 cup shredded coconut

FROSTING:

- 1 box powdered sugar
- 1 stick (softened) butter
- 1 tsp. vanilla extract
- 2 or 3 tbsp. milk

SQUARES:

Line a 9x13 baking dish with graham crackers and set aside. In large saucepan, mix sugar, milk, butter, and egg, and cook over medium heat until thickened; remove from heat. Stir in pecans, graham cracker crumbs, and shredded coconut. Spread this mixture over the graham crackers in baking dish. Top with another layer of graham crackers.

FROSTING:

Mix all frosting ingredients together thoroughly. Spread evenly over top layer of graham crackers. Refrigerate for 2 hours before cutting into any size squares.

**THESE WILL
BECOME A FAMILY
FAVORITE.**



Turn coins into
extra cash for this year's
holiday feast!



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White Holiday Sangria

2 apples, *cored and shiny sliced*
2 pears, *cored and shiny sliced*
1 orange, *sliced and cut into quarters*
1 bottle white wine
(Pinot Grigio/Sauvignon blanc/chardonnay)
1 cup pear liqueur or pear juice
1 cup sparkling apple cider
3 cinnamon sticks
ice or frozen white grapes
fresh rosemary, *to garnish*

● Add apples, pears, and oranges to a large pitcher, followed by the white wine, pear liqueur, sparkling apple cider, and cinnamon sticks; combine the fruits with the alcohol. Cover the pitcher with plastic wrap and transfer to the refrigerator for at least 30 mins. When ready to serve, fill the desired number of glasses with ice (or frozen grapes) and fill approximately three-quarters full with sangria. Add apple, pear, and orange slices from the pitcher into each glass. Garnish with a sprig of fresh rosemary! Enjoy and happy holidays.

**WATCH ABBY J MAKE
THIS RECIPE, AND LEARN
SOME TRICKS AND TIPS, AT
INGLES-MARKETS.COM**



YOU CAN CARVE A TURKEY



Remove your cooked turkey and place it on a cutting board.



If you have trussed the legs, remove the string



Slice between the carcass meat and the leg/thigh joint. Slice through and remove.



Cut completely around the wishbone, reach in, firmly grasp, and pull it out.



Make a cut along one side of the backbone from one end of the turkey to the other.



Continue slicing down and around the breast until it comes free from the bird.



Repeat this process on the other side of the bird



Do the same for the wings on the other side of the turkey.



Now you are left with the carcass, a great start to an amazing turkey stock.



Cut between the leg and the thigh to separate them.



On the back of the thigh, you'll want to remove the bone. Cut all around it...



and then lift it out of the meat.



Slice the thigh into thick slices.



Slice the breast into thick slices being careful to leave the golden brown skin intact.



Place all the pieces on your serving platter and embellish with colorful garnish.



Hash Brown Casserole

Preheat oven to 375°F. Spray a 9 x 13 casserole dish with non-stick spray. In a large bowl, break up tater nuggets. Mix in sour cream, cream of chicken soup, cheese, red bell pepper, jalapeño, and onions. Stir to combine. Spoon mixture into casserole dish, top with crushed cereal, then drizzle with melted butter. Bake, uncovered, on middle rack of oven 1 hour. Garnish with reserved green onion and serve.

- 32 oz. bag Laura Lynn tater nuggets, *thawed*
- 8 oz. Laura Lynn sour cream
- 10.5 oz. can Laura Lynn cream of chicken soup
- 2 cups Laura Lynn shredded sharp cheddar cheese
- 1/2 cup green onions, *chopped, plus additional for garnish*
- 1/2 cup red bell pepper, *diced*
- 1 jalapeño pepper, *seeded, deveined, diced*
- 2 cups Laura Lynn Bite Size Rice cereal, *crushed*
- 1 stick Laura Lynn unsalted butter, *melted*

**WATCH SUZY & NEAL
MAKE THIS RECIPE, AND
LEARN SOME TRICKS AND TIPS,
AT INGLES-MARKETS.COM**

**THIS CASSEROLE MAKES
EVERY BREAKFAST BETTER!**





Grilled Stuffed Turkey Breast with “Saucy” Cranberry Sauce

- 5 tbsp. unsalted butter,
divided (2 tbsp. softened)
- 1/2 cup yellow onion, *finely chopped*
- 1/2 cup celery, *finely chopped*
- 1 cup 1/4-inch bread cubes,
toasted or stale
- 1/2 cup dried sweetened cranberries
- 1/2 cup pecans, *toasted and chopped*
- 2 tsp. fresh sage leaves, *minced*
- 1/4 tsp. Kosher salt
- 1/4 tsp. freshly ground black pepper
- 1 boneless turkey breast half
(with skin), 2 1/2 to 3 lbs, butterflied

Prepare the grill for indirect cooking over medium heat (350°F to 450°F). In a large skillet over medium heat on the stove, melt 3 tbsp. butter. Add onion and celery; cook until tender, 6-8 minutes, stirring occasionally. Remove from heat and add bread cubes, cranberries, pecans, sage, salt and pepper. Mix until all the bread is moistened. Let cool. Lay butterflied turkey breast out and season both sides with salt and pepper. Spread the stuffing over the turkey breast, leaving a margin of about 1 inch around the edges. Roll up breast lengthwise and tie with butcher's twine. Brush turkey breast all over with softened butter. Place turkey breast skin side up, and grill over indirect heat with lid closed, until internal temp of 160°F-165°F, about 45 min. Transfer to cutting board and let rest. Cut into 1/4 – 1/2 inch slices, plate, and serve topped with cranberry sauce!

**WATCH JOE MAKE THIS RECIPE,
AND LEARN SOME TRICKS AND
TIPS, AT INGLES-MARKETS.COM**

**GET JOE'S "SAUCY"
CRANBERRY SAUCE RECIPE AT
INGLES-MARKETS.COM**



Kodiak Cakes Stained Glass Cookies

Preheat oven to 350°F. In the bowl of an electric stand mixer, cream together shortening and sugar until well combined. Mix in egg, then blend in vanilla. With mixer set on low speed, slowly add in Kodiak Cakes Mix, flour, and milk; mix until well combined. Scrape dough out and roll dough out onto a floured surface (about 1/4-inch thick). Cut out as many large shapes as possible using a cookie cutter (I like stars and snowflakes). Transfer cut shapes to baking sheet lined with a silicone baking mat or parchment paper. Cut a smaller shape (same shape as larger) from the center of each and remove. Re-roll remaining dough and continue cutting shapes. Unwrap and separate hard candy by color, then place each color in separate small resealable bags. Crush into bits using a meat mallet. Now, cut end of bags, fill the cookie centers, about 3/4 of the way and bake until candy center has melted, about 12 – 14 mins. Let cool on baking sheet until candy has hardened. Repeat process with remaining dough. Store in an airtight container.

- 2 cups Kodiak Cakes Buttermilk
- Flapjack and Waffle Mix
- 1/4 cup all-purpose flour
- 1/4 cup milk
- 4 tbsp. shortening
- 1 cup sugar
- 1 egg
- 1 tsp. vanilla extract
- hard candy

**A FUN AND
DELICIOUS RECIPE
TO MAKE WITH
THE KIDS.**





Cream Cheese Blintzes

1 loaf white bread, *decrusted*
16 oz. cream cheese
2 eggs
1 tsp. vanilla extract
1/4 cup sugar
1/2 cup butter, *melted*
2/3 cup sugar
2 tbsp. ground cinnamon
powdered sugar, *for garnish*

Preheat the oven to 400°F. After removing crusts from the bread, use a rolling pin to flatten each piece separately. Set aside. In one mixing bowl, combine cream cheese, egg, vanilla, and sugar. Using an electric mixer, beat until light and fluffy. In the second bowl, add your melted butter and allow it to slightly cool. In the third mixing bowl, combine sugar and cinnamon. Spread the cream cheese mixture evenly over each piece of flattened bread. Roll up each piece of bread into a tube and cut into thirds. Insert a toothpick through each tube to hold together. Dip each blintz, one at a time, into the melted butter, followed by dredging each piece in the cinnamon sugar, to coat. Once coated, place each blintz on a parchment-lined baking sheet; bake for five mins. Allow to cool slightly before dusting them with powdered sugar and serve.

"The blintzes can be prepared ahead of time. Place unbaked blintzes on layers of waxed paper in plastic storage boxes and place them in the freezer. Thaw as many as you need at room temperature, then bake and serve."

**MAKE EXTRA OF
DELICIOUS BLINTZES,
THEY'RE ADDICTING.**

**WATCH BRUCE MAKE THIS RECIPE, AND LEARN SOME
TRICKS AND TIPS, AT INGLES-MARKETS.COM**



Caviar Baked Potatoes

4 russet potatoes
1 jar black lump fish caviar
1 red onion, chopped
sour cream, *to taste*
goat cheese, *to taste*
2 hard boiled eggs, *crumbled*
1 small jar capers
salt & pepper, *to taste*

Preheat your oven to 425°F. Thoroughly wash and dry your potatoes. Coat the skin in olive oil using your hands or a brush. Generously sprinkle the entire potato with salt and pepper. Prick the potatoes in a few places with the tines of a fork. Bake your potatoes directly on a rack, set in the middle of the oven. Bake for 50-60 minutes until the skins are dry and the insides feel completely soft. Once you're able to handle them, cut a slit in the top of the potato lengthwise and top with these decadent toppings. This dish makes an impressive and lavish side dish... definitely something fun, quirky your guests will surely be talking about for weeks to come.

**WATCH JONATHAN MAKE
THIS RECIPE, AND LEARN
SOME TRICKS AND TIPS, AT
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**DID YOU KNOW INGLES
CARRIES AN AFFORDABLE
SELECTION OF CAVIAR?**





Shrimp Tacos

1 cup cooked shrimp
2 tbsp. Laura Lynn olive oil
1/2 cup red bell pepper, *finely chopped*
1/2 cup green bell pepper, *finely chopped*
1/2 cup yellow bell pepper, *finely chopped*
1/2 cup shredded carrots
1/2 cup red cabbage, *finely chopped*
1/2 cup mango salsa, *Ingles Produce*
6 corn taco shells

Preheat oven to 350°F. Heat your taco shells in the oven for 10 mins. Heat olive oil in a frying pan at med-high heat. Fry shrimp in oil for up to 10 mins., stirring periodically until edges are golden brown. Place shrimp into the warmed taco shells and dress each with the remaining ingredients

WATCH CALEB MAKE THIS RECIPE, AND LEARN SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM

A LIGHT AND FRESH MEAL TO HAVE DURING THE HOLIDAYS.





Dixie Crystals's Gingerdoodle Cookies

2 cups and 2 tbsp. all-purpose flour	1/2 tsp. salt	3/4 cup (1.5 sticks) butter, <i>softened</i>	1/2 cup (divided) Dixie Crystals Extra Fine Granulated Sugar
1 tbsp. cornstarch	1 tsp. ginger	3/4 cup Dixie Crystals Light Brown Sugar	1 large egg
2 tsp. baking soda	1/4 tsp. cloves	1/4 cup molasses	2 tsp. vanilla extract
2 tsp. cinnamon, <i>divided</i>	1/8 tsp. nutmeg		

Preheat oven to 350°F and line two cookie sheets with a silicone mat or parchment paper. Set aside. In a medium-sized bowl, whisk together flour, cornstarch, baking soda, 1 tsp. cinnamon, salt, ginger, cloves, and nutmeg. Set aside. In a small bowl, combine 1/4 cup granulated sugar and remaining 1 tsp. cinnamon. Set aside. In a stand mixer, cream together butter, brown sugar, and remaining 1/4 cup granulated sugar until light and fluffy. Add molasses, egg, and vanilla extract, mixing until well combined. Slowly add dry ingredients to wet ingredients, and mix until fully combined. Roll 1 heaping tbsp. of dough into balls and toss in cinnamon sugar mixture. Place on cookie sheets, leaving about 2-inches for spreading. Bake for 10 mins., until edges are just set. While warm and just out of the oven, sprinkle tops of cookies with any remaining cinnamon sugar mixture. Store in an airtight container for up to a week.



**THE PERFECT CROSS
BETWEEN GINGERBREAD
COOKIES AND A
SNICKERDOODLE**

**WATCH MARK AND HIS DAUGHTERS MAKE THIS RECIPE, AND
LEARN SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM**



Apple Cranberry Stuffed Pork Chops



2 tbsp. butter, *divided*
1/4 yellow onion, *minced*
2 stalks celery, *finely chopped*
1/4 cup dried cranberries

1 Granny Smith apple,
peeled, cored and diced
1 tsp. Kosher salt
5 pork chops,
(each approx. 8 oz. and 1 inch thick)

1 cup apple juice
1 tbsp. cornstarch
2 tbsp. brown sugar
1 tsp. freshly ground black pepper

Preheat your oven to 350°F. Using a Dutch oven, melt 1 tbsp. butter over medium heat. Add minced onion and cook until they just begin to turn brown. Remove the Dutch oven from the heat and stir in celery, apple, and cranberries. Season with salt. Pour mixture into a bowl and allow to cool. While the apple-cranberry mix is cooling, place a pork chop on a flat cutting surface and with a sharp knife cut a pocket length wise into the chop. Repeat with each pork chop. Now, stuff the chops with the apple-cranberry mix. Next, melt the remaining 1 tbsp. butter

in the Dutch oven over medium heat. Pan-fry the chops in butter for 2 mins. on each side. Cover the Dutch oven and place in the oven for 45 mins. While the chops are in the oven, in a small bowl, stir together apple juice, cornstarch, and brown sugar. After you have removed the baked pork chops, place the Dutch oven on the stove over medium high heat. Pour in the apple juice mixture, bring to a simmer, and reduce by half, stirring frequently. Season with black pepper. Serve with the apple glaze poured over the stuffed pork chops.



**A GREAT
ALTERNATIVE HOLIDAY
MEAL!**



with

Angela Ramsey

Homemade Hot Chocolate

DAIRY FREE – EGG FREE – GLUTEN FREE – SOY FREE



**LET YOUR KIDS
DECORATE THE TOP
WITH GARNISHES.**

2 cups sweetened vanilla almond milk
(or dairy-free milk of your choice)

2 tbsp. organic cocoa powder
(or raw cacao powder)

dash of cinnamon

NOTE: If using a dairy-free milk without vanilla, add 1/4 tsp. pure vanilla or peppermint extract. If using unsweetened dairy-free milk, you may want to add 1 tbsp. raw honey or maple syrup.

OPTIONAL GARNISHES:

- whipped cream - chocolate syrup - grated chocolate or chocolate chips - crumbled cookies - mint leaves

Warm milk until hot, but not boiling; simmer about 5 minutes. Add cocoa powder and cinnamon to the warm milk; whisk to combine for about 2 mins. Simmer another 5 minutes or so. Serve immediately.



Stuffed Pork Tenderloin

Set oven to 450°F. Place pork tenderloin on a work surface. Use a sharp knife, butterfly the meat by making a lengthwise cut, slicing down but not cutting all the way through. Open the meat flat along the cut. Drizzle the meat with olive oil and generously season with salt, pepper, rosemary, fennel, orange zest and juice, bread cubes, and garlic. Press seasoning with your hand and roll up the meat. Secure by tying the roast in several places with the kitchen twine. Season outside with additional salt and pepper. Lightly grease a baking dish with olive oil and place the meat in the dish. Drizzle with a little more olive oil and rub over the surface of the meat. Place in the baking dish in the oven and roast for 15 mins. then reduce the heat to 350°F and continue cooking until the internal temperature is 145°F using a meat thermometer. Remove from the oven and cover with foil; let rest for 7 minutes. Place the roast on a cutting board, remove twine, slice and serve.

- 1 1/2 lb. boneless pork shoulder
- 1 – 2 tbsp. olive oil
- Kosher salt, *to taste*
- black pepper, *to taste*
- 2 tbsp. rosemary, *chopped*

- 4 cloves garlic, *minced*
- 1 lg. orange, *zested and juiced*
- 2 tsp. fennel seeds, *crushed*
- 1/2 cup Panettone bread, *cubed*
- 6 5-inch pieces kitchen twine



**WATCH PATTY & JOHN
MAKE THIS RECIPE, AND
LEARN SOME TRICKS AND TIPS,
AT INGLES-MARKETS.COM**



Holiday Baked Brie with Jam, Fruit, and Nuts

**WATCH ABBY J MAKE THIS RECIPE, AND LEARN
SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM**



3 tbsp. fig jam (or honey), *divided*

1/4 cup dried mission figs, *sliced*

1/4 cup shelled pistachios, *roughly chopped*

1/4 cup walnuts, *roughly chopped*

13.2-oz round French brie

2 tbsp. dried apricots, *chopped*

1 tbsp. dried cranberries

1/2 cup frozen cranberries

fresh rosemary, *for garnish*

Preheat the oven to 375°F. Place fig jam in a microwave for 30 seconds, to soften. In a small bowl, combine the dried fruit with the nuts. Add half of the fig jam and mix well to coat the fruit/nut mixture. Place the brie in a small seasoned cast iron skillet. Using a small knife, coat the cheese with the remainder of the jam or honey. Top the brie with the dried fruit/nut mixture. Add the frozen cranberries around the brie. Place the skillet on top of a baking sheet. Bake for 10 mins. (or until brie softens). Remove from oven and let brie sit for 5 mins. Serve with your favorite bread or crackers.



Red Cabbage and Kale Colcannon

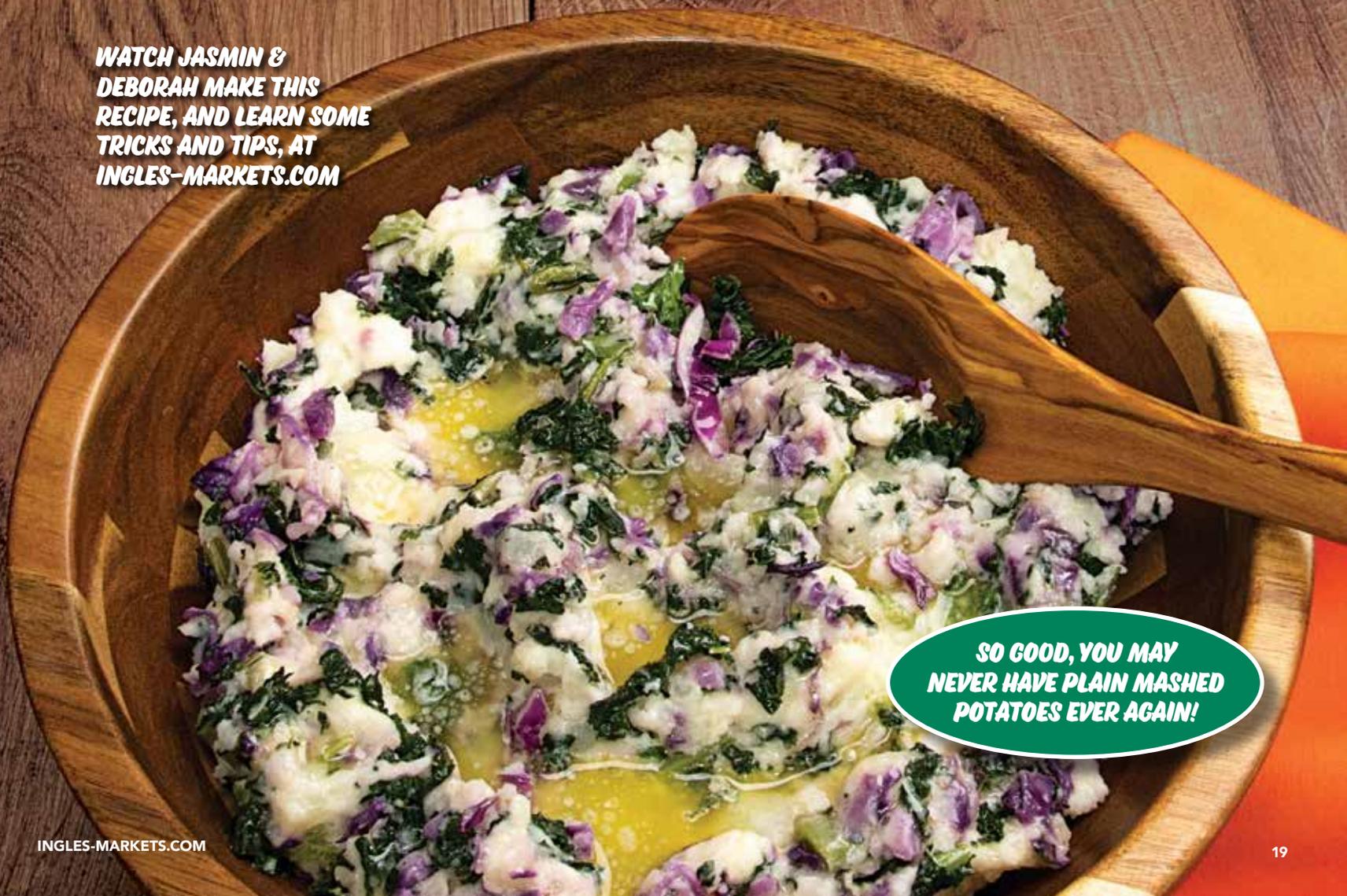
4 lbs. Russet potatoes *(about 8 medium) peeled*
2 tsp. sea salt
2 tbsp. butter *(plus more for garnish)*
2 tbsp. olive oil

1 1/2 cup kale *(cleaned and chopped, frozen or fresh)*
1 1/2 cup red cabbage *(cleaned and chopped)*
2 oz. cream cheese, room temperature
1/3 cup buttermilk *(full-fat preferred)*

Peel and cut potatoes into chunks. Place them in a large saucepan or Dutch oven and cover them with cold salted water. Bring to a boil and cook approximately 15-20 mins., until easily pierced with a fork. When potatoes are done, pour into colander and drain. While potatoes are cooking, add olive oil to a skillet and warm. Then add the cabbage and saute for about 5-7 min. Next, add the frozen kale and saute for 5-7 minutes more. (If using

fresh kale add with red cabbage to start). Total time 10-15 minutes until tender, but not soft. Remove from heat. Put potatoes in a mixing bowl. Add cream cheese and butter; begin to mash with mixer or potato masher. Add buttermilk, a bit at a time, until you get the texture and consistency you like. Add the cabbage and kale to the potatoes and stir until mixed evenly. Transfer to serving dish and top with pats, or melted, butter.

**WATCH JASMIN &
DEBORAH MAKE THIS
RECIPE, AND LEARN SOME
TRICKS AND TIPS, AT
INGLES-MARKETS.COM**



**SO GOOD, YOU MAY
NEVER HAVE PLAIN MASHED
POTATOES EVER AGAIN!**



CHEF BRUCE'S AUTUMN CHOWDER

4 cups sweet potatoes, *peeled and diced*

2 tsp. bacon grease, *or vegetable oil*

1 cup celery, *diced*

1 cup yellow onion, *diced*

8 oz. andouille sausage, *cut into half wheels*

2 cups yellow corn kernels

2 cups cooked white beans
(great northern or navy)

2 tsp. ground black pepper

2 tsp. dried oregano

1 tsp. salt

1 tsp. dried thyme

1/2 tsp. red pepper flakes

1 cup all purpose flour

4 cups water

8 cups whole milk

Cover diced sweet potatoes with salted water in a stock pot. Bring to a low boil, simmer for ten minutes then drain. Over medium high heat, add the bacon grease to the emptied stock pot. Then add the sausage and begin to brown, stirring occasionally. Add celery and onions, cooking until vegetables are softened, about three minutes. Remove from heat, add the corn, drained sweet potatoes, white beans, spices, and the flour, stirring to coat all ingredients. Place back on the heat and add the water, stirring until beginning to boil. Reduce the heat to medium low before adding the milk. Stir and warm the chowder, not allowing it to boil again. Simmer for at least twenty minutes before serving with crackers or crusty bread.



Grilled Salmon with Chipotle Fig Glaze

2 (6-8 oz.) wild caught salmon fillets
2 tbsp. salted butter
2 tsp. shallots, *chopped*
2 tbsp. fig jam
1 chipotle peppers in adobo, *chopped*
1 tbsp water
sea salt, *to taste*
2 tbsp. chopped chives
3 tbsp. olive oil
black pepper
6-8 dried figs

- Preheat grill to medium-high heat, around 400°F-450°F (or oven to 400°F). In small saucepan over medium-high heat, melt butter. Add the shallots and cook, stirring frequently, approx. 1 minute. Add the fig jam, chipotle, water, and a pinch of salt. Reduce to low heat and cook until the mixture thickens, approx. 3-4 mins. Stir in dried figs and chives; remove from heat. Coat salmon lightly with olive oil, season with salt and pepper. Place flesh side down on preheated grill for 3 minutes. Twist 90° to achieve grill marks, and cook for another 3 minutes. Turn salmon and baste with the glaze. Let cook until medium rare – medium, 120°F-130°F internal temp. Move salmon to board or plate; coat with glaze and let rest before serving with your favorite wild rice.

WATCH JOE MAKE THIS RECIPE, AND LEARN SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM





Easy & Elegant Marinated Shrimp

2 tbsp. Old Bay seasoning
1 lb. raw shrimp, *peeled and deveined*
1/3 cup fresh lemon juice

1 cup Laura Lynn olive oil
1 tsp. pickling spice
1/2 tsp. crushed red chili flakes

1/2 tsp. Kosher salt
1 med purple onion, *sliced thin*
1/4 cup Italian parsley, *chopped*

1 tbsp. Laura Lynn capers
6 bay fresh leaves
lemon slices, *for garnish*
Ingles bakery baguette, *for serving*

TO COOK THE SHRIMP:

Prepare an ice bath and set aside. Bring 2 qts. water to a boil, stir in Old Bay seasoning, add shrimp. Cover, reduce heat to low; cook 2-3 mins. until shrimp have turned pink and are just cooked. Drain the shrimp and place in ice bath to cool. Set aside, drain when cooled.

MAKE THE MARINATED SHRIMP:

In a large mixing bowl, whisk together lemon juice, olive oil, pickling spice, chili flakes, and salt. Stir in onion, parsley, bay leaves, and capers. Gently stir in the shrimp to combine. Then add the shrimp and marinade to a clean quart sized jar. Add a little more olive oil if the shrimp aren't completely submerged. Seal with a tight fitting lid and refrigerate a minimum of 4 hours, overnight is better. Shake the jar every now and again. Shrimp will get more flavorful as they marinate and will keep, refrigerated, 4-6 days. Serve with sliced lemons and crusty bread to sop up all that delicious sauce.

**GREAT FOR PARTIES
ANY TIME AND ANYWHERE. TO
TRANSPORT, KEEP SHRIMP IN
THE JAR AND POUR INTO A DEEP
RIMMED PLATTER OR SERVING
BOWL WHEN YOU ARRIVE.**

**WATCH SUZY & CLARK MAKE THIS RECIPE, AND LEARN
SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM**



Garofalo Farfalle Pasta with Broccolini



16 oz. bag Garofalo farfalle 1 red chili pepper 2 bunches broccolini salt, to taste
extra virgin olive oil, as needed 1 garlic clove, unpeeled 4 Italian sausages Parmesan cheese, grated

Garofalo

Add a small amount of oil to the bottom of a large pan and place the sausages in it. Add water until the sausages are halfway submerged and cook over medium heat. While that's cooking, start the farfalle following package directions. While the sausage and pasta are cooking, remove the tougher part of the stems of the broccolini and add them to a tall pot with plenty of olive oil, garlic, chili pepper, and salt. Cover and heat over a very low flame. After about 10 mins., you'll want to turn the sausages over and cook until the water has

completely evaporated and the sausages are browned on both sides. Remove sausages and slice into 1/2 inch pieces.

Add your sausages, cooked broccolini, and drained pasta to a large serving bowl and toss. Top with Parmesan cheese.

WATCH JASMIN MAKE THIS RECIPE, AND LEARN SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM



Mediterranean Goat Cheese Spread

1 lb. goat cheese, *softened*
1/2 cup feta cheese, *crumbled*
1/2 cup sun-dried tomatoes, *minced*
1/2 cup kalamata olives, *drained and diced*

1/2 cup artichoke hearts, *drained and minced*
1/4 cup slivered or sliced almonds, *minced*
1 1/2 tsp. almond extract
1 tsp. dried rosemary, *minced*

In a bowl, beat goat cheese and feta cheese together with an electric mixer on low speed, until smooth, scraping down the sides often. To the bowl, add the almond extract and rosemary, continuing to beat and scraping the sides. Add the sun-dried tomatoes, olives, artichoke hearts, and almonds to the bowl, folding into the cheese to keep the ingredients whole. Once all ingredients are folded and combined, line a serving bowl with plastic wrap. Scrape the cheese mixture into the bowl, pressing down firmly to fill all crevices and pushing out air pockets. Level the top of the spread and fold the excess wrap up and over the edges to seal the bowl. Refrigerate for one hour for the flavors to meld. To serve, unwrap the top of the bowl and carefully turn over onto a serving platter, removing the glass bowl. Carefully peel away the remaining plastic wrap and surround with pita chips, crackers, and celery.



**THIS SPREAD IS
PACKED WITH FLAVOR.
YOU'RE GONNA
LOVE IT!**

**WATCH BRUCE MAKE THIS RECIPE, AND LEARN
SOME TRICKS AND TIPS, AT [INGLES MARKETS.COM](http://INGLESMARKETS.COM)**

Leah's TIPS

COLD WEATHER BEVERAGES

As temperatures dip, there's nothing quite as satisfying as sipping on a warm beverage on a chilly evening. If you tend to be a late night "snacker", a soothing hot beverage may make it easier for you to avoid a tempting late night snack. Here are some ideas for warm, soothing beverages: **HOT TEA** - There are a wide selection of tea bags and loose teas at your local Ingles Market. Depending on the flavor you choose, add a cinnamon stick, honey, your preferred sweetener, or a slice of lemon or orange. **HOT CHOCOLATE** - Use milk or plain or vanilla soy beverage to make hot chocolate using cocoa powder or chocolate syrup. Top with a dollop of whipped cream - it looks decadent, but actually adds only a few calories! Make it into a Peppermint Hot Chocolate by adding a candy cane stick for stirring. **HOT APPLE CIDER** - Heat up apple cider and put in a cinnamon stick. **HOT MILK** - There's nothing like the taste of a mug of warm milk sweetened with a little honey or a non-caloric sweetener. **HOT CHAI TEA** - Look for chai mixes near the teas at Ingles. Mix with milk or soy beverage. **BROTH** - If you prefer more savory flavors, try a sipping broth or heat up a cup of beef, chicken or vegetable broth. Add a sprig of rosemary and maybe a slice of lemon for more flavor.



Leah McGrath, RD, LDN

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Asparagus with Spanish Romesco Sauce

1 bundle asparagus
salt and pepper, *to taste*

1 red bell pepper, *quartered*
1 large tomato
5 cloves garlic, *peeled*

1/4 cup almonds
1 slice day old bread
2 tsp. paprika
salt and pepper, *to taste*
3 tbsp. olive oil
1 tbsp. sherry vinegar

Romesco is a Spanish sauce that's quite easy to make, very versatile, and can really kick up the flavor on any sautéed or baked veggie as a side dish. It also really compliments fish.

Preheat oven to 450°F. Place peppers, garlic, and tomatoes on a sheet pan. Roast them in the oven until the peppers and garlic begin to blister and the skin easily peels from the tomatoes, about 10 -12 minutes. Allow peppers, tomatoes, and garlic to cool and then place them in a food processor with the bread, almonds, olive oil, sherry vinegar, salt, pepper, and paprika. Pulse until a thick puree forms. Once that's done, heat a tiny bit of oil in a pan on medium-high. Toss in the asparagus, salt and pepper, and cook until the tips start to blacken. Remove, plate, and top with Romesco sauce.





Panettone Bread Pudding

BREAD PUDDING:

- 1 (12 oz.) panettone, cubed
- 3 large eggs, beaten
- 1/2 cup sugar
- 2 1/4 cups heavy cream
- 2 tsp. vanilla extract

- 1 tbsp. orange liqueur
- 1 pinch salt
- 1/4 tsp. freshly grated nutmeg
- 1 1/2 tsp. lemon zest
- 1 tsp. grated orange zest

- 2 1/2 tbsp. unsalted butter

- 2 tbsp. white sugar

SAUCE:

- 1/2 cup butter
- 1 cup white sugar

- 1/4 cup orange liqueur

- 3 tbsp. water

- 1/8 tsp. fresh grated nutmeg

- 1/8 tsp. salt

- 1 egg



BREAD PUDDING:

Place panettone bread cubes into a 2-qt. buttered casserole; set aside. In a large mixing bowl, whisk eggs and sugar until sugar is dissolved and mixture becomes light yellow in color. Mix in cream, vanilla, and orange liqueur, salt, nutmeg, lemon zest, and orange zest. Pour mixture over panettone. Cover and refrigerate for 30 mins. Preheat oven to 350°F. Dot the top of the bread pudding with butter (cut into bits), and sprinkle with sugar. Bake until it is fully set, and a knife inserted into the center comes out clean (1 to 1 1/4 hours). Remove and cool for at least 15 mins.

SAUCE:

Melt butter in a saucepan over low heat. Stir in sugar, orange liqueur, water, nutmeg, and salt until the sugar is fully dissolved. Remove from heat. In a small mixing bowl, whisk 1 egg while

slowly pouring 2 tbsp. of the hot mixture into the bowl with the egg. Then, slowly pour the warmed egg mixture

back into the saucepan. Place the saucepan back over medium-low stirring until

the sauce almost reaches a

simmer and thickens – 1

to 2 mins. Spoon over

the bread pudding

and serve

immediately.

**A GREAT DESSERT
YOU CAN ALSO HAVE
FOR BREAKFAST!**



**WATCH PATTY & JOHN
MAKE THIS RECIPE, AND
LEARN SOME TRICKS AND TIPS,
AT INGLES-MARKETS.COM**

Berry Syllabub

**THIS DESSERT IS
QUICK, EASY, AND
SO DELICIOUS.**

- 1 lemon, zested and juiced
- 1/4 cup powdered sugar
- 1/4 cup dry white wine
- 1 cup cranberries, halved
- 1 cup blueberries
- 2 tsp. honey, warmed
- 1 1/2 cups cookie crumbs
(you may use macarons,
sugar cookies, vanilla wafers
or lady fingers)
- 1 1/2 cup heavy whipping cream

In a 2 cup glass measuring cup, whisk together lemon zest and juice, powdered sugar, and wine. Cover and refrigerate. In a mixing bowl, combine cranberries and blueberries. Drizzle with honey and combine. Measure out 1/4 cup of cookies crumbs into the bottom of each dessert glass. Top the cookies with 1/3 cup of berries. Set the cups aside. Making sure your mixing bowl is clean and dry, pour the heavy whipping cream into the bowl and start beating, up to medium high speed. As the cream begins to thicken, carefully pour the juice/wine mixture into the bowl. Continue beating until just beginning to get medium to stiff peaks. Immediately pile the cream onto the berries in each dessert glass, sprinkling a pinch of cookie crumbs on top for garnish, and serve.

**WATCH BRUCE MAKE
THIS RECIPE, AND LEARN
SOME TRICKS AND TIPS,
AT INGLES-MARKETS.COM**

JASMIN'S MOROCCAN SWEET POTATOES

POTATOES:

- 3-5 sweet potatoes
- 2 tbsp. olive oil
- 1 tbsp. moroccan seasoning
- ½ cup pistachios
- ½ cup dried cranberries
- ½ cup feta cheese
- thyme (and/or parsley) for garnishing

VINAIGRETTE:

- 4 tbsp. freshly squeezed orange juice
- 2 tsp. dijon mustard
- ½ cup olive oil
- 1 clove of garlic, *minced*
- 1 tbsp. honey
- 1 tbsp. apple cider vinegar
- 1 tsp. fresh thyme leaves, *chopped*
- ½ tsp. salt
- ¼ tsp. black pepper

Preheat oven to 425°F. Dice sweet potatoes and place in baking dish. Coat with olive oil and mix in Moroccan seasoning, pistachios, dried cranberries, and vinaigrette. Cook for 45 mins. Once the dish is out of the oven, top with feta cheese and some sprigs of thyme (and/or parsley).





with

Angela Ramsey

Steamed Artichokes with Lemon Garlic

DAIRY FREE – EGG FREE – GLUTEN FREE – NUT FREE – SOY FREE

- | | |
|---|--------------------------------|
| 3 globe artichokes | 1 tbsp. extra virgin olive oil |
| 1 tbsp. Celtic sea salt | 1 tbsp. fresh lemon juice |
| 1 bay leaf | 2 garlic cloves, <i>minced</i> |
| 1 lemon, <i>sliced in quarters</i> | 1/2 tsp. garlic salt |
| 8 tbsp dairy / soy-free butter, <i>melted</i> | |

In a deep pot, with a steamer basket, bring 2 inches of water and the salt to a boil. Cut off the tops of the artichokes (about 1/2 inch) with a serrated knife. Cut off all but 1/2 inch from the bottom stem; then use scissors to trim the tops of the outer leaves. Add bay leaf and lemon quarters to boiling water. Add artichokes to the steamer basket, cover, and steam about 30 minutes. While artichokes are steaming, melt butter in a small saucepan over low heat. Stir in oil, lemon juice, minced garlic, and garlic salt; whisk to combine. Divide in individual ramekins. When artichoke leaves are soft and easy to pull out, serve one with each lemon garlic butter. Pull out one leaf at a time, dip in butter, and then scrape the soft white-colored “meat” using your teeth or a spoon. Continue and discard remaining thin leaves and silky center until you come to the “heart” in the center.

THESE ARE WORTH EVERY LITTLE BIT OF WORK TO GET TO THE “HEART.”

WATCH ANGELA MAKE THIS RECIPE, AND LEARN SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM



Blackbird Chicken Wings



2 lbs, wings,
flats, and drums
olive oil
Epic Dry Rub*
1 bottle of Kaitlyn Baker's
Blackbird Hot Sauce
1 cup honey
1/2 stick butter
1/2 cup chunky blue cheese dressing
celery stalks

WINGS:

Pre-heat grill to high. Lightly coat wings with olive oil and coat with dry rub*. Let sit on drying rack for 30 min. Cook wings over direct heat, turning frequently, until the internal temperature is 160°F-165°F.

BLACKBIRD WING SAUCE:

In small saucepan over medium heat, melt butter. Then add honey and entire bottle of Blackbird hot sauce. Reduce to low heat and stir occasionally until all ingredients are blended together. Pour sauce over wings in large mixing bowl and toss until coated thoroughly. Serve with chunky blue cheese and celery.

*Get the Epic Dry Rub recipe online at ingles-markets.com.

WATCH JOE AND KAITLYN MAKE THIS RECIPE, AND LEARN SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM



Cajun Green Beans with Clifty Farms Ham



- 1 Clifty Farm Country Ham Hock
- 3 tbsp. vegetable oil
- 1 lb. fresh green beans
- 1 lb. fingerling red potatoes, *halved*
- 2 tbsp. Cajun seasoning
- 2 cups white wine

Preheat your oven to 300°F. In a large cast iron skillet, add oil and heat on medium.

Add all ingredients, except the white wine, and cook for about 10 minutes.

Add white wine, place the lid on top, and cook in the oven for at least 4 hours... the longer the better!

Serve over long grain white rice and enjoy.

**WATCH DEREK MAKE THIS RECIPE,
AND LEARN SOME TRICKS AND
TIPS, AT INGLES-MARKETS.COM**

