


Free

# ingles table







I'm getting so excited for  
the holidays this year! Getting together with  
friends and family to share stories, play games, and eat lots  
of delicious food. These pages are filled with easy, tasty, and creative  
recipes that will please you and your guests without breaking the bank.  
But, we couldn't fit all the recipes in this magazine. Visit [ingles-markets.com](https://ingles-markets.com) and  
click the "Ingles Table" button to find even more seasonal recipes, and instructional  
videos, printable shopping lists, and more, to make your holidays as tasty as possible.

Not in the mood or don't have time to cook yourself? Ingles has you covered. The Ingles Deli,  
Bakery, and Cheese departments has a vast selection of delicious in-store prepared foods, including  
delicious complete holiday dinners and fresh-made desserts, and all the side dishes you love. Now,  
here's a suggestion we think you'll like. Take the food we've made and transfer everything to your own  
serving dishes. Let your guests think you made everything from scratch. *Shhhh, it'll be our little secret.*

Here's a tip for you. If you find yourself in need of a quick holiday gift, Ingles has countless items  
throughout the store that will help you create a fantastic gift basket. Be creative walking around the  
store building a thematic collection of items. Make sure you check out the bulk bins too. Just fill  
a jar with some nuts and/or candy, and voilà. Turn to page 4 and get some great ideas from the  
Ingles Dietitian, Leah McGrath.

Whatever holiday you celebrate, may it be the best ever!

*-Cindy*

Cindy Mixon  
Vice President Deli/Bakery/Starbucks  
Ingles Markets

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# The most wonderful time of the year!

**This holiday cheese tree was made from premade cheese balls and decorated with fresh parsley, yellow & red peppers, pine nuts, and pistachios. We've placed a cheddar star on top. This goes great with crackers or a fresh baked baguette from the Ingles bakery.**



Cover - Candy Cane Caprese

Available exclusively at  
[ingles-markets.com](http://ingles-markets.com)

- 4 Leah's Tips
- 5 Holiday Green Beans
- 6 Creamed Spinach
- 7 French Crepes with Vanilla Cream Filling and Fruit Topping
- 8 Pesto Smashed Fingerling Potatoes with Roasted Tomatoes
- 9 Crab Pasta Salad
- 10 Stuffing Muffins
- 11 Turkey 101
- 12 Everything Bagel Salmon Salad Gone Wild
- 14 Holiday Treats from Kellogg's
- 16 Roasted Beef Tenderloin with French Onions
- 17 Red Wine Poached Pears with Mascarpone
- 18 Beef and Cucumber Bites
- 19 Roasted and Stuffed Beets
- 20 Zucchini and Squash Gratin
- 21 Christmas Potpourri with Oranges and Cranberries
- 22 Mushroom "Sausage" Rolls
- 23 Mom's Gluten-Free Dressing
- 24 Lobster Dip
- 25 Fruit Cake Surprise
- 26 Coquito
- 27 Peppermint Julep



# Leah's TIPS

## Holiday Giving Baskets

It's that time of year when we think about giving our friends, neighbors, and co-workers gifts. Here are some ideas for budget-friendly gift baskets or gift bags that can fit a variety of tastes and are perfect for that community get-together or office gift exchange or for that college-student in their own apartment. Use a basket (you may even have one saved at home) or a holiday-themed gift bag.

*(Don't forget to tuck an Ingles Markets gift card in the basket or bag!)*

**PASTA PERFECTION** – Some fancy or fun-shaped pasta, pasta sauce, a kitchen towel and a wooden spoon.

**GRILLMASTER GIFT** – An oven mitt, grill tongs and an interesting spice herb blend and/or marinade.

**BONUS FOR BAKERS** – Chocolate chips, bagged nuts, a bag of flour and a bag of sugar along with a fun holiday cookie cutter. (Think about including a copy of one of your favorite cookie recipes!)

**TEA-TIME TREAT** – A mug, an assortment of caffeinated and herbal teas and a jar of local honey.

**COFFEE CARING PACKAGE** – A mug, flavoring syrup, a bag of ground holiday coffee (like peppermint mocha)

**BREAKFAST BUNDLE** – A container of oatmeal or granola, bowl, spoon, nuts and dried cherries or cranberries.

**SPICE IT UP** – An assortment of herbs and spices along with a kitchen towel and cutting board.

There are lots of different ways you can create a special gift basket or gift bag that might reflect the food interests of your friend, family member or co-worker. Think about getting them items that they might not buy themselves because they're more of a "treat". Decorate your basket or bag with a small Christmas ornament, a cookie cutter or holiday card.



**LEAH  
MCGRATH,  
RD, LDN**

Corporate Dietitian,  
Ingles Markets  
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**KELLI SMITH & ERIN BARNETT**  
The Southern Table

## Holiday Green Beans

SERVES: 4-6

- 1 (16 oz.) bag frozen Laura Lynn whole green beans
- 3 tbsp. butter
- 2 tsp. minced garlic
- ½ cup walnuts, chopped
- ½ cup dried cranberries
- 2 tsp. lemon juice
- ½ cup feta cheese, crumbled
- 1 tsp. salt

1. Bring a pot of water to a boil and add green beans. Cook until tender, then drain.
2. In a large skillet, melt butter over medium heat and add garlic. Let cook for one minute.
3. Add green beans to skillet for one minute.
4. Add cranberries, walnuts and lemon juice.
5. Season with salt.
6. Remove from heat. Add feta cheese.
7. Serve warm.

**TRY THIS FRESH & DELICIOUS  
ALTERNATIVE TO THE TYPICAL  
GREEN BEAN CASSEROLE**



# Creamed Spinach

SERVES: 6-8

- |  |  |
|--|--|
| 1 lb. frozen spinach, thawed                     | 1. Preheat oven to 350°F.  |
| ½ cup white onion, diced                         | 2. Melt butter in a large skillet. Add onions and sauté until translucent.   |
| 3 tbsp. butter                                   | 3. Add flour to the butter and onions. Whisk until combined. Slowly add the heavy whipping cream, whisking to combine. |
| 2 tbsp. flour                                    | 4. Add the salt, pepper, and nutmeg. Stir until it thickens.   |
| 2 cups heavy whipping cream                      | 5. Add ½ cup parmesan cheese and the cheddar cheese and stir until combined.   |
| 2 tsp. salt                                      | 6. In a large mixing bowl combine the spinach, sauce, bacon, and eggs. Mix until all the spinach is coated in sauce.   |
| ¼ tsp. black pepper                              | 7. Pour the mixture into a casserole dish. Top with breadcrumbs and remaining parmesan cheese.                         |
| ⅛ tsp. nutmeg                                    | 8. Bake 30 minutes.  |
| 6 strips bacon, cooked                           | 9. Enjoy!  |
| 4 hard-boiled eggs, diced                        |  |
| ½ cup parmesan cheese, shredded                  |  |
| 8 oz. white extra-sharp cheddar cheese, shredded |  |

## TOPPING:

- ½ cup breadcrumbs
- ½ cup parmesan cheese, shredded

**AS AN ALTERNATIVE TO A CASSEROLE, JUST COOK THE SPINACH IN THE SKILLET WITH THE SAUCE.**



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



# French Crepes with Vanilla Cream Filling and Fruit Topping

SERVES: 6

## Vanilla Cream Filling:

- 1¼ heavy cream, room temperature
- 8 oz. block of cream cheese, room temperature
- 1 tbsp. sour cream, room temperature
- 3 tbsp. sugar
- 2 tsp. vanilla extract

## Crepes:

- 1¾ cup all-purpose flour
- 3 eggs
- ¼ tsp. salt
- 1 tbsp. vanilla extract
- 1 tsp. sugar
- 2 cups milk
- 2¼ tbsp. unsalted butter, melted

## Toppings:

- 1 20 oz. can of cherry pie filling
- 1 6.5 oz. dairy whipped topping

1. Prepare the vanilla cream by mixing the heavy cream on high for 2 minutes. Add the cream cheese, sour cream, sugar and vanilla and beat for 2 more minutes. Put in refrigerator while you make the crepes.
2. Make the crepes with a mixer or in a blender. Add flour, eggs, salt, vanilla extract, melted butter to a bowl or blender. Gradually, add milk gradually and mix until smooth. Heat an 8" crepe pan on stove top at medium heat and lightly butter it. Pour a ¼ cup of batter into the crepe pan and rotate the pan to spread it evenly. Cook on the first side for 2 minutes and flip and cook on the other side for about 30 seconds. Stack on a plate with parchment paper between the slices and repeat. You should have 10-12 crepes.

Spread each crepe with the vanilla cream filling evenly. Fold each crepe into quarters and top with the cherry pie filling and add the whipped topping to taste.



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





## Pesto Smashed Fingerling Potatoes with Roasted Tomatoes

SERVES: 6-8

8 oz. of your favorite basil pesto	3 tbsp. olive oil
1½ lb. fingerling potatoes, washed	¼ cup arugula
1 lb. grape tomatoes, cut in halves	¼ cup chopped walnuts
	1 salt & pepper, to taste

1. Pre-heat oven to 450°F.
2. Bring a large pot of water to a boil. Add two tablespoons of Kosher salt and add potatoes. Lower heat to medium-high and let cook for about 10 minutes, until fork tender.
3. Grease a large baking sheet with olive oil. Drain potatoes and place in rows on the baking sheet. Use a flat bottom cup or back of a spoon to “smash” potatoes.
4. Add cut tomatoes to the baking sheet, spreading evenly in a single layer. Drizzle everything with olive oil.
5. Bake for 20 minutes until the edges are crispy. Season with salt and pepper. Transfer to a serving dish and top with pesto, olive oil, fresh arugula, and chopped walnuts. Served warm or cold.



**SMOKIN' JOE LASHER**  
Co-Owner and Founder  
M7 Event Solutions and Catering



# Crab Pasta Salad

SERVES: 8

- |   |                               |   |                                     |
|---|-------------------------------|---|-------------------------------------|
| 1 | pack of imitation crab, diced | 1 | 16oz box of colorful rotini noodles |
| 1 | cucumber, diced               | 1 | 16oz bottle of classic ranch        |
| 3 | roma tomatoes, diced          | ½ | cup of italian dressing             |
| 1 | red onion diced               |   | salt & pepper to taste              |

1. Boil rotini noodles per package instructions in salted water.
2. Drain the rotini noodles and place into a large bowl.
3. Add the diced ingredients to the rotini noodles and mix well.
4. Add in the ranch and italian dressing. Mix well again.
5. Add salt and pepper to taste.



**JERRICA BROWN**  
Brown's Wine & Dine Catering



# Who wants leftovers?

## Stuffing Muffins

SERVES: 4-6

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 4 cups of leftover stuffing, crumbled | 1/2 cup chicken stock            |
| 2 cups leftover turkey, shredded      | 2 cups leftover mashed potatoes  |
| 1 cup leftover green beans            | 1/2 cup leftover gravy           |
| 3 eggs, whisked                       | 1/2 cup leftover cranberry sauce |

1. Preheat oven to 350°F. Grease muffin tin with cooking spray.
2. In a large bowl, combine the stuffing, turkey, green beans, eggs, and stock. Stir until combined.
3. Divide the mixture evenly into the 12 muffin cups. Bake the muffins for 30 minutes.
4. Heat the leftover mashed potatoes in the microwave until hot.
5. Top each muffin with about 3 tbsp. of mashed potatoes. Drizzle gravy on top.
6. Serve with cranberry sauce on the side.
7. Enjoy!



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

**USE ANY LEFTOVER  
VEGETABLE, IT DOES NOT  
HAVE TO BE GREEN BEANS.**



# TURKEY 101

## **Two weeks before:**

If you're going to cook a frozen turkey, this is the time to head to the store. The largest and smallest birds will sell first, so you'll find the size you want if you shop early. Figure 1½ pounds per person.

## **Three to five days out:**

Time to move your frozen turkey to the refrigerator. Cooking a partially frozen turkey will add additional time to your cooking. Figure 24 hours per 4 to 5 pounds for defrosting time.

## **Two days out (for dry brining):**

If you're going to dry brine your turkey, now is the time to start that process. Dry brining a turkey is the act of rubbing salt all over it and placing it into a bag or container that just fits it. The salt will initially draw out moisture from the turkey but then the salty liquid that's produced will be reabsorbed into the meat, taking some of the salty flavor with it and breaking down some of the proteins to help keep it moist. You can also add citrus zest, garlic, herbs, and peppercorns for more flavor.

## **One day out (for wet brining):**

If you're going to wet brine your turkey, it's best to do so between 12 and 24 hours before you're going to cook it. A wet brine starts with a solution of water and salt (approx. 1 cup salt to 1 gallon of water). Some people swear that adding 1/4-1/2 cup of white or brown sugar to each gallon of water produces a browner skin and adds flavor. When wet brining, make sure you place it in a large enough pot or bucket and put in enough liquid to completely cover the turkey. Keep the turkey cold and covered with a lid. Add citrus zest, garlic, herbs, and peppercorns for more flavor.

**NOTE:** Whether to rinse off the brine before cooking is a debated subject but, according to the USDA, rinsing raw poultry puts you at risk of contracting foodborne illnesses. That's because the poultry may harbor the bacteria that cause salmonella poisoning, and the only way to destroy this bacteria is to cook the meat thoroughly. If you do decide to rinse off the brine, be sure to thoroughly disinfect your hands, the sink, and the surrounding area before you do anything else. Whichever you decide, make sure you pat the turkey dry with paper towels before placing it in the oven. This will give you a crisp exterior to hold in all the juices.

## **Four hours before dinner:**

This is when you would put your unstuffed 16lb. turkey into the 325°F oven. Figure approx. 15 minutes of cook time per pound. A stuffed turkey could take slightly longer. All ovens are different so remember, **a turkey is fully cooked when the thigh registers 165°F with an instant read thermometer.**

## **30 minutes before dinner:**

Don't let all your hard work and planning be destroyed by cutting into your turkey too soon. We know you're hungry, but you need to let your cooked turkey rest for at least 30 minutes before slicing or all the liquids will run out leaving you with a dry bird.





# Everything Tastes Better



TO DEFROST FROZEN FISH, REMOVE SEAFOOD FROM ALL PACKAGING, AND PLACE IN A COVERED CONTAINER.



JOHN GIFALDI  
Personal Chef

## SALAD GONE WILD!

### Wild Rice, Arugula, Sweet Potato and Cashew Salad

SERVES: 6

5-6 cups arugula

1 cup blend of purple, red and wild rice

1 large, sweet potato, diced

2 cups water  
garlic powder, to taste  
onion powder, to taste  
salt, to taste

chili powder, to taste

¼ cup raisins  
¼ cup cashews

#### DRESSING:

¼ cup extra virgin olive oil  
1-2 tbsp. lemon juice  
1-2 tsp. honey  
¼ tsp. garlic powder

1. In a saucepan, mix 1 cup of wild rice with 2 cups of water. Bring to a boil then reduce to low, cover and cook until the water is absorbed, and the rice is tender. Let cool.
2. Set oven to 400°F.
3. Spread diced and peeled sweet potatoes on a cookie sheet lined with parchment paper. Drizzle with olive oil and season with garlic powder, onion powder, chili powder, and salt. Bake for 20 minutes or until they are fork-tender.
4. Mix together all of the ingredients listed above for the dressing and set aside.
5. In a large bowl mix ½ of the dressing with the arugula.
6. Add the cooled rice, cashews and raisins to the bowl with the arugula. Add the rest of the dressing and toss the salad.



# With *Everything!*



UNICOI PRESERVES  
Suzy & Clark Neal



## Everything Bagel Salmon

SERVES: 6-8

- 1.5 - 1.75 lb. wild sockeye salmon fillet, defrosted  
Laura Lynn Dijon mustard  
everything bagel spice mix  
 $\frac{3}{4}$  tsp. turbinado sugar
- 2 cedar planks\*, soaked for at least 30 min. (\*Ingles Meat Dept.)  
Laura Lynn aluminum foil

### FOR SERVING:

Ingles bakery bagels  
Laura Lynn cream cheese  
lemon slices  
Harvest Farms Organic arugula

1. Preheat oven to 400°.
2. Line a baking sheet with aluminum foil. Place cedar planks on the baking sheet.
3. Place the salmon fillet, skin side down, on the cedar planks, then brush the flesh side of the fish with Dijon mustard.
4. Sprinkle salmon generously with bagel spice, and turbinado sugar.
5. Bake for 15 min. or until desired doneness.
6. Alternately, grill at 400°, using same preparation and cooking instructions.
7. Serve with bagels, cream cheese, lemon slices, and arugula.

**NER, THEN THAW IN REFRIGERATOR.**





# Kellogg's Frosted Flakes Peanut Butter Clusters

SERVES: 12

- 6 cups Kellogg's  
Frosted Flakes cereal
- 1 cup Laura Lynn  
light corn syrup
- 1 cup Laura Lynn  
granulated sugar
- 1 cup Laura Lynn  
creamy peanut butter
- 3/4 cup Laura Lynn dry-  
roasted peanuts, chopped
- 1/2 cup mini candy-  
coated chocolates

1. Place the Frosted Flakes into a large mixing bowl.
2. Combine sugar and corn syrup in a sauce pan and bring to a boil over medium heat, stirring constantly.
3. Once the mixture reaches a full boil, remove the pan from heat and stir in the peanut butter and chopped dry roasted peanuts.
4. Pour mixture over Frosted Flakes and stir to combine.
5. Once mixture has cooled slightly, gently fold in the mini candy-coated chocolates.
6. Using a tablespoon, scoop the mixture into individual clusters onto a parchment lined sheet pan. Allow to cool completely before removing the clusters from the sheet pan.
7. Store in an air-tight container until ready to serve.



UNICOL PRESERVES  
Suzy & Clark Neal

# Kellogg's



**Kellogg's  
Corn Flakes  
Cheeseballs**

**Kellogg's  
Cocoa Krispies  
Cheeseballs**

**Kellogg's  
Fruit Loops  
Cheeseballs**



**JOHN GIFALDI**  
Personal Chef

**KELLOGG'S RECIPES  
AVAILABLE EXCLUSIVELY AT  
[INGLES-MARKETS.COM](http://INGLES-MARKETS.COM)**



**KAITLYN BAKER**  
Nashville Recording Artist/Songwriter

**Kellogg's Rice Krispie Reindeers**





**SMOKIN' JOE LASHER**  
Co-Owner and Founder  
M7 Event Solutions and Catering

## Roasted Beef Tenderloin with French Onions

SERVES: 8

### ROASTED BEEF:

- 3 lb. whole, trimmed beef tenderloin
- ½ cup olive oil, divided
- 1 kosher salt, to taste
- 1 tbsp. granulated garlic
- 3 tbsp. cracked black pepper, divided
- 1 fresh thyme leaves, for garnish
- 1 fresh chopped parsley, for garnish

### FRENCH ONIONS:

- 2 lbs. thinly sliced onions
- 4 tbsp. butter
- 1 tsp. chopped, fresh thyme
- 1 tsp. chopped, fresh rosemary
- 1 bay leaf
- ¼ cup rice wine vinegar

### HORSERADISH SAUCE:

- 2/3 cup mayonnaise
- 2/3 cup sour cream
- 3 oz. prepared horseradish
- ½ tsp. lemon, zest and juice

### FRENCH ONIONS:

1. Coat large, heavy bottom pot or cast iron with oil over medium heat, add butter and let melt.
2. Stir in onions, seasoning liberally with salt and pepper. Stir frequently until onions begin to soften. Add thyme, rosemary and bay leaf and let onions cook slowly until caramelized, stirring occasionally. Once onions are caramelized, remove herb sprigs and bay leaf and add rice wine. Let simmer for another 15 minutes or so. Keep warm until ready to serve.

### HORSERADISH SAUCE:

1. Combine mayo, sour cream, horseradish, lemon zest and lemon juice in small bowl. Whisk until combined. Season with salt & pepper to taste, then refrigerate until ready to serve.

### ROASTED BEEF TENDERLOIN:

1. Pre-heat oven to 450°F. Prepare tenderloin in baking pan with rack. Bring to room temperature for at least 20 minutes.
2. Coat beef with olive oil on all sides. Mix salt, granulated garlic and black pepper in small bowl and then liberally coat the tenderloin. Place in oven and roast uncovered until internal temperature reaches 130° F.
3. Remove from oven and lightly cover with foil. Let rest for approximately 15 minutes.
4. Carve into ¼" slices and serve on a platter with French onions and horseradish sauce on the side.





**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking

## Red Wine Poached Pears with Mascarpone

SERVES: 4

- 1 bottle red wine, ideally not sweet
- $\frac{3}{4}$  cup granulated sugar
- 3 tbsp. honey
- $\frac{1}{2}$  lemon, juiced
- 1 cinnamon stick
- 1 vanilla bean, split lengthwise
- 2 inch piece of orange zest
- 3 whole cloves, crushed
- 3 whole black peppercorns, crushed
- 4 firm to ripe pears
- Mint leaf to garnish, if desired

### MASCARPONE FILLING:

- 8 oz. tub mascarpone
- 3 tbsp. confectioners' sugar
- 1 tsp. vanilla extract

1. In a large saucepan, combine wine, sugar, honey, lemon juice, cinnamon, vanilla bean, orange zest, cloves, and peppercorns. Heat gently, stirring occasionally until the sugar is dissolved.
2. Slice off the bottom of each pear just enough it stands upright on its own and just enough of the top to be used as a cap later.
3. Use an apple corer to remove the core of the pear. Discard the core.
4. Peel the pears removing all of the skin.
5. Once poaching liquid is at a simmer, gently place the pears in the pot standing rightside up.
6. Turn pears over every 10 minutes, until soft. Approx. 30 minutes if pears aren't ripe and at least for 20 minutes if they are.
7. Once pears are poached, remove from liquid and let cool completely. Cover and place in the refrigerator until ready to serve.
8. Strain poaching liquid through a fine strainer to remove seasoning ingredients and set liquid aside to cool.
9. Allow mascarpone to come to room temperature.
10. In a medium mixing bowl combine mascarpone, confectioners' sugar, and vanilla, mixing well.
11. Fill a piping bag, or ziplock bag, with the mascarpone mixture.
12. Once pears and poaching liquid is cool and you are ready to serve the pears, use a ladel to pour enough poaching liquid in a shallow bowl to cover the bottom, about  $\frac{1}{4}$ ."
13. Gently place a pear in the center of the liquid.
14. Pipe the mascarpone filling into the center of the pear filling it just slightly above the tope of the pear.
15. Place the cut top over the mascarpone and serve.







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

## Beef and Cucumber Bites

SERVES: 10

- 2 beef ribeye steaks, boneless
- 2 cucumbers, sliced into  $\frac{1}{8}$ -inch thick rounds (about 24 rounds)
- $\frac{1}{2}$  cup cream cheese chives & onion, softened
- $\frac{1}{2}$  cup Abby J's Smokin Hot Sauce
- 1 cup arugula
- 1 green jalapeño, sliced thin
- 1 red sweet pepper, sliced thin

1. Remove the ribeye steaks from the refrigerator, and season both sides with salt and pepper. Sear the steak on each side, until the internal temperature is 145°F (medium-rare). Remove the steak from heat, and transfer to a cutting board. Place an aluminum foil tent over the steak and let it rest for 5 minutes.
2. Cut the cucumbers into  $\frac{1}{8}$  inch rounds. Place the cucumbers on your serving platter and top each slice with 1 tsp. of the cream cheese mixture and 2 sprigs of arugula.
3. Slice the steak into thin ( $\frac{1}{4}$ -inch) slices and place on top of the arugula. Add  $\frac{1}{2}$  teaspoon of Abby J's Smokin Hot Sauce on each piece of meat. Lastly, garnish with a slice of green and red pepper.

### INTERNAL STEAK TEMPERATURES

Rare: 120°F - 130°F  
Medium Rare: 130°F - 140°F  
Medium: 140°F - 150°F  
Medium Well: 150°F - 160°F  
Well Done: 160°F - 165°

**A SMALL BITE FULL OF  
"SMOKIN HOT" FLAVOR!**





**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking

## Roasted and Stuffed Beets

SERVES: 6

### beets:

- 6 beets, color of choice
- 4 tbsp. olive oil
- 1 small loaf pumpernickel bread (6 cups cubed)
- 1 large white onion, chopped
- 2 cups vegetable broth
- 1 tbsp. fresh sage, chopped
- ½ tsp. dried thyme
- salt and pepper to taste

### goat cheese topping:

- 8 oz. chevre/soft goat cheese, room temperature
- ¼ cup fresh chives, chopped
- ¼ cup fresh parsley, chopped
- 1 clove of garlic
- ⅓ cup walnuts, toasted and chopped

### spiced honey

- 1 cup honey
- 1 ½ cup water
- 1 cup granulated sugar
- 3 whole cloves
- 2 cinnamon sticks
- 1 whole vanilla bean, cut and scraped
- 4 whole black peppercorns
- ⅛ tsp. red pepper flakes

### BEETS:

1. Dice the bread into small cubes, spread evenly on a sheet pan and dry in the oven at 200°F. Do not toast, just dry out the bread.
2. Cut the top and bottom tips from the beets and wash thoroughly.
3. Lightly coat beets with olive oil, salt, and pepper. Place on a parchment-lined sheet pan. Cover with foil and roast at 400°F for one hour, until fork tender.
4. Remove from the oven and let beets cool enough to handle. Remove the skins from the beets (wear food handlers gloves so as to not stain hands).
5. Hollow out the middle of the beets leaving the bottom and sides intact.
6. Dice and reserve the scooped out portion of the beets.
7. Sauté the onion in 2 tbsp. of olive oil until translucent. Add vegetable stock and bring to a boil. Then add the sage, thyme, salt and pepper, and stir to combine. Lower heat and simmer for 5 minutes.
8. Combine the bread and diced beets into a large bowl. Add vegetable stock to the bread mixture and stir to combine completely.
9. Scoop stuffing mixture into beets, top with ½" goat cheese slice, and roast uncovered at 400°F for 30 minutes.
10. Place beets on a serving platter and drizzle with the spiced honey. Garnish with chives, parsley, and walnuts.

### GOAT CHEESE TOPPING:

1. In a medium-size mixing bowl thoroughly combine goat cheese, chives, parsley, walnuts, and garlic (pressed through a garlic press) until smooth.
2. Place the entire mixture into a piping bag without any nozzle in the end.
3. Roll out a piece of plastic wrap onto a smooth surface. Pipe 2 rows of the goat cheese mixture onto the plastic wrap. Roughly 8-10" length. Then another two rows on top of the bottom two.
4. With the side of the plastic wrap closest to you, pull plastic over the mixture and roll tightly to remove as much air as possible.
5. Twisting both ends at the same time, tighten the ends until the log is tight. Place in the refrigerator to firm up. Minimum of one hour.
5. When ready to use, unwrap and slice into ½" coins.

### SPICED HONEY:

1. Combine all the ingredients into a small saucepan and simmer for 15 minutes or until mixture is thick and has a syrup consistency.
2. Using a fine strainer, pour the spiced honey into a container (with a lid), to remove the solid ingredients. Let honey cool.





**DEBORAH ADAMS**

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

## Zucchini and Squash Gratin

SERVES: 6

### GRATIN:

- |     |  |   |  |
|-----|--|---|--|
| 2   | yellow squash, sliced                                | 1 | tsp. salt                                  |
| 2   | zucchini, sliced                                     | 1 | tsp. white pepper                          |
| 1/2 | large sweet onion,<br>sliced in rounds and<br>halved | 4 | oz. cream cheese,<br>softened              |
| 1   | tsp. garlic, minced                                  | 1 | cup shredded cheese,<br>(cheddar, gruyere, |

### parmesan,

or mixture of any)

- |     |   |
|-----|---|
| 1/4 | cup mayonnaise  |
| 3/4 | cup water to just come<br>to the top of the squash<br>in saucepan |

### TOPPING:

- |   |  |
|---|--|
| 2 | tbsp. butter, melted   |
| 1 | cup Panko bread crumbs   |
| 1 | tbsp. mixed herbs dried,<br>(chevil, parsley,<br>tarragon, chives or any<br>Mediterranean herbs) |

1. Wash and slice zucchini and squash in rounds
2. Peel and slice onion into rounds and halve the rounds
3. Put the zucchini, squash, garlic, salt, pepper and onions into a saucepan with enough water to just come to top, but not cover the mixture. Cook on medium heat for 25 minutes until vegetables are tender, but not soft. Strain over a bowl to remove excess water
4. Add the shredded cheese, cream cheese and mayonnaise to

the warm pan you cooked in. Stir to combine and add the vegetables back to pan and gently stir to combine. Pour all in a 2 quart casserole or gratin dish

5. Add the panko bread crumbs and the herbs to the butter in a small bowl. Sprinkle over the top of the gratin evenly
6. Bake at 350°F for 25 minutes until hot and topping is lightly browned
7. Let rest for 5-7 minutes and serve.



# gift giving made easy



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

## Christmas Potpourri with Oranges & Cranberries

- |                   |                            |
|-------------------|----------------------------|
| 1 orange, sliced  | 1 tablespoon whole cloves  |
| 4 cinnamon sticks | 1 teaspoon vanilla         |
| 1 cup cranberries | 3 sprigs of fresh rosemary |

1. Add all ingredients to a large pot. Cover with 4 to 6 cups of water until the ingredients float.
2. Turn heat to low/medium and simmer for up to two hours.
3. If you'd like to have the simmer pot for longer, simply check on it each hour and add more water as needed.

## Dried Orange & Apple Potpourri

- |                             |                           |
|-----------------------------|---------------------------|
| 2 oranges, sliced and dried | 6 cinnamon sticks         |
| 2 apples, sliced and dried  | 1 tablespoon whole cloves |
| 1 lemon, sliced and dried   | 2 jars                    |
| 1 lime, sliced and dried    | Ribbon or twine           |
| 4 sprigs of rosemary        |                           |
| 1 cup dried cranberries     |                           |

1. Slice all the fruit about ¼ inch thick. Lay the slices on a baking sheet lined with parchment paper. Dry the fruit in a 200°F oven for 5 hours turning the slices every hour or until dried.
2. When the fruit is completely dry, add the fruit and spices to the jars with a ribbon and attach a gift tag.
3. Use the potpourri by adding 4 to 6 cups of water and simmer for 2 hours.





**THESE WILL MAKE ANY PLANT-BASED EATER, OR MUSHROOM LOVER, VERY HAPPY DURING THE HOLIDAY MEAL. TO MAKE IT EXTRA SPECIAL, SPOON SOME WARM MUSHROOM GRAVY OVER THE TOP.**



**MICHAEL MCMURTREY**  
Graphic Designer / Food Stylist  
[blueplatecreative.com](http://blueplatecreative.com)

PLANT-BASED

## Mushroom “Sausage” Rolls

SERVES: 6- 8

- 1 leek, cleaned well and chopped fine
- 1 bulb of fennel, rinsed and chopped fine
- 2 tbsp. olive oil
- 4 cups mixed mushrooms, chopped fine
- ½ cup chopped walnuts
- 3-4 cloves garlic, minced
- 1 tbsp. Dijon mustard
- ½ cup white wine
- sea salt
- freshly ground black pepper
- ½ cup panko breadcrumbs
- 1 cup flat-leaf parsley, about half a bunch
- 1 tbsp. fresh sage leaves, chopped fine
- 1 tbsp. fresh thyme, removed from stems
- 2 sheets of frozen puff pastry, thawed in refrigerator
- ½ cup faux liquid egg or alternative milk
- 2 tsp. sesame seeds, untoasted

1. Heat 1 tbsp. of olive oil in a large frying pan over a medium-high heat, then add leeks and fennel. Cook for 10 to 15 minutes, or until golden. While they're cooking, finely chop the mushrooms.
2. Add the chopped mushrooms and garlic to the leeks and fennel. Cook for a further 5 minutes, or until the mushrooms start to soften. Add mustard and wine, season with salt and pepper, and then reduce the heat to low. Cook for 5 to 10 minutes, or until all the liquid has evaporated. Set aside or refrigerate to cool.
3. Once cooled, add the mushroom mixture to a large bowl. Stir in breadcrumbs, parsley, and sage. Stir well to combine. Check for seasoning and adjust if necessary.
4. Preheat your oven to 400°F. Line a large baking tray with parchment paper.
5. Cut the sheets of puff pastry in half lengthways so you have four equal-sized pieces. Spoon a quarter of the mushroom mixture along the middle of one length of pastry, molding it into a long sausage shape.
6. Brush the “egg” along the pastry edges. Carefully fold one of the long sides of the pastry up over the filling. Press the edges to seal, then crimp with a fork. Repeat with the remaining ingredients until you have four long rolls. Cut each length into four pieces.
7. Place the rolls on the prepared baking tray, brush with “egg”. Sprinkle sesame seeds on top. Bake for 25 to 30 minutes, or until golden. Serve warm.



# Mother Knows Best

## Mom's Gluten-Free Dressing

SERVES: 6-8

- |   |                                   |
|---|-----------------------------------|
| 1 loaf of gluten free bread (or more)       |                                   |
| 6-8 stalks celery, chopped (reserve leaves) | Herbs: dried sage,                |
| 1 16oz. pkg. bulk breakfast sausage         | thyme, less basil, oregano        |
| 1 minced onion                              | 2 tbsp. butter or olive oil       |
| chopped parsley (optional)                  | 32 oz. chicken broth - low sodium |

1. Preheat your oven to 350°F.
2. Cut each slice of bread into 6 or 8 pieces. Place on a sheet pan and bake for 20 min. (Heels cook quicker so keep an eye on it.)
3. While bread is toasting in the oven, grease a 9x12 casserole dish with olive oil. A longer casserole dish will give you a crispier dressing verses a square casserole dish.
4. Remove toasted bread sheet pan and sprinkle the bread generously with dried sage, thyme, basil, and oregano.
5. Transfer toasted bread into the prepared casserole dish.
6. Sauté celery in 1-2 tbsp. olive oil or butter over medium heat, until softened. Add leaves just at the end.
7. Remove celery from the sauté pan and add the sausage. Press the sausage into one large circular patty. Brown on one

- side and then divide the sausage patty into 6 pie-shaped wedges. Flip each piece and brown the other side. Once both sides are browned, chop up the sausage into a smaller crumble.
8. Place toasted bread, cooked sausage, and celery into a large stock pot. Pour in the chicken broth and stir until well combined. (This is when you add your optional chopped parsley)
9. Once the liquid as been absorbed, lightly press the mixture into your prepared casserole dish.
10. Cover dish and refrigerate overnight.
11. On the big day, bake the dressing at 350°F for 45 minutes. If the dressing gets too dry, add more chicken broth.



**MARC & ANGELA RYAN**  
Newlyweds who love cooking together



# Dive in, Chip First

## Lobster Dip

SERVES: 6

- 6-8 oz. of cooked lobster, chopped
  - 1 shallot, minced
  - 2 garlic cloves, minced
  - 8 oz. cream cheese, softened
  - 8 oz. shredded cheddar cheese
  - ¼ cup fresh parsley, chopped
  - 1 tsp. of paprika
  - 1 tbsp. olive oil
  - ½ cup of sour cream
  - tortilla chips, for dipping
1. In a skillet over medium-high heat, add the olive oil.
  2. Saute the shallots and garlic until fragrant.
  3. In a mixing bowl, add lobster meat, shallot with garlic mixture, softened cream cheese, sour cream, half of the cheddar cheese and paprika. Mix together well.
  4. Once mixed add mixture to an oven safe dish.
  5. Top with remaining cheddar cheese and bake for 5-10 minutes or until the cheese is melted.
  6. Garnish with parsley and paprika.
  7. Serve with tortilla chips and enjoy!



**JERRICA BROWN**  
Brown's Wine & Dine Catering



# Fruitcake they'll love!



**MARC & ANGELA RYAN**  
Newlyweds who love cooking together

## Fruit Cake Surprise

SERVES: 6-8

- 1 (21 oz.) can cherry pie filling
- 1 (15 oz.) can crushed pineapple
- $\frac{3}{4}$  cup of chopped strawberries (save a few whole strawberries for decoration)
- 1 (about 18 oz.) box yellow
- 1 stick margarine
- 1 stick butter
- Whip cream or Ice cream, for a garnish (optional)

1. Dump cherry pie filling, crushed pineapple, and strawberries into a 9 x 13 baking dish. Stir all the fruit together.
2. Sprinkle the cake mix evenly over the top of the fruit, breaking up any chunks of cake mix with a fork.
3. Slice the stick of margarine into thin squares and distribute them over the cake batter making sure they are spaced evenly. Next, repeat step 3 with the stick of butter.
4. Bake this dish at 350°F for 45 minutes to 1 hour, or until the top of the dish is bubbly.
5. Let cake cool. Serve as is or with a dollop of whip cream or scoop of ice cream. Add a strawberry for garnish.



# CELEBRATE!

**Coquito (Little Coconut) is a part of a Puerto Rican Holiday Celebration. It's great over ice, with coffee or tea, and even with hot chocolate. It also makes a great gift and will last for up to 6 months in the refrigerator because there's no eggs.**

## Coquito

SERVES: 8

- 12 oz. can unsweetened full-fat coconut milk
- 14 oz. can sweetened condensed coconut milk\*
- 2 cups cream of coconut (the kind you use for piña coladas)
- ¼ tsp. cinnamon
- 1/8 tsp. nutmeg
- 1 tsp. real vanilla
- 12 oz. Puerto Rican white rum
- coconut whipped cream, garnish
- cinnamon sticks and nutmeg, garnish

1. Combine all the milks, spices, and rum into a blender. Blend on a very low speed to blend and break up any solid pieces of coconut milk. Refrigerate until well chilled.

\*If you can't find sweetened condensed coconut milk, make your own. Add 2 (14 oz.) cans of full-fat coconut milk and ½ cup of demerara sugar to a saucepan. Bring to boil and the simmer for 45 min, stirring often, until it's reduced by half.



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**FILL A GLASS WITH  
ICE AND SERVE THE  
COCKTAIL FROM A  
CLEAR ORNAMENT.**



**KELLI SMITH & ERIN BARNETT**  
The Southern Table

## **Peppermint Julep**

**SERVES: 2**

- 1 cup crushed ice**
- 1 oz. peppermint simple syrup**
- 2-3 oz. cranberry ginger ale**
- 1 sprig fresh mint**
- 1 candy cane, for garnish**

- 1. Add peppermint simple syrup to the bottom of a glass.**
- 2. Add ice.**
- 3. Pour in the cranberry ginger ale**
- 4. Add fresh mint and candy cane for garnish.**

**FOR SOME EXTRA  
HOLIDAY FLAIR,  
WE ADDED FRESH  
CRANBERRIES AND  
RIMMED THE GLASS  
WITH CRUSHED  
PEPPERMINT.**



## MERRY BERRY CHAI

### *Instruments*

Jigger  
Cocktail Shaker  
Hawthorne Strainer  
Fine Mesh Strainer

### *Ingredients*

2 oz Shades of Rosé Gin  
1 oz Bright Chai Syrup  
0.5 oz Blackberry Syrup  
0.25 oz Lemon Juice  
Aquafaba or Egg Whites

### *Instructions*

Add all ingredients to a cocktail shaker and dry shake (without ice) for 15 seconds. Fill shaker halfway with ice and reshake for 10 seconds. Double strain into desired glass and enjoy!



## APPALACHIAN CHRISTMAS

### *Instruments*

Jigger  
Cocktail Shaker  
Hawthorne Strainer  
Bar Spoon/Stirrer

### *Ingredients*

2 oz Appalachian Aperitif  
1 oz Lemon Juice  
0.5 Pear Rosemary Syrup  
0.5 oz Brown Sugar Syrup  
6-8 drops Rizzo Bitters

### *Instructions*

In a cocktail shaker, add all ingredients and fill halfway with ice. Shake for 15 seconds. Strain into a Collins glass over fresh ice and garnish with rosemary and apple slice.  
Enjoy!

