

Free

ingles table

FROM OURS TO YOURS

**All-New Flavorful
Recipes From
the Ingles Table
Family of Chefs
and Home Cooks**

The new year brings with it an opportunity to start fresh and set goals. I bet some of you have already started eating healthier and been more active... Congratulations, keep it up! Our team decided to redesign the Ingles Table magazine. Our goal was to provide you easier to follow instructions and more visually appealing images. We hope you enjoy what we've done.

Now that the weather is colder, you and your family will be craving comfort foods that'll keep everyone warm and satisfied. We've filled these pages with more easy to follow recipes that'll put a smile on everyone's faces.

But, we also know that you don't always want to prepare a meal from scratch. After having to deal with snow, rain, wind, traffic, etc., cooking dinner is the last thing you want to do. So why don't you drop by the Ingles Deli where you'll find delicious pre-made dishes that'll allow you to put your feet up and relax. Hot soups and stews, rotisserie chickens and pork tenderloin, fresh salads and more, are just a quick stop away.


While you're in the store, make sure you swing by the Cheese Shoppe with its expansive artisanal selections from around the world, and our Ingles Bakery with its array of mouth-watering desserts.

The Ingles Table doesn't end here in this magazine. You'll want to visit ingles-markets.com where you'll find more incredible recipes, printable shopping lists, tips and tricks, and instructional videos.

From all of us to you... Happy New Year,

-Cindy

Cindy Mixon
Vice President Deli Operations,
Ingles Markets



This warm and comforting
BAKED RICE AND BEANS recipe
from Steve Woronoff is available
exclusively at ingles-markets.com



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Even more recipes at ingles-markets.com!



**CANDIED
BACON ROSES
OMG!?**

The recipe
for this amazing
treat by Unicoi
Preserves can
be found exclusively
at ingles-markets.com



JASMINE QUEEN

Winner, "My Diet is Better Than Yours"

Lasagna Soup

SERVES: 4

- 4 oz. lasagna noodles, broken into bite size pieces
- ½ lb. Italian sausage, hot or sweet
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 tsp. dried oregano
- 2 tbsp. tomato paste
- 4 cups chicken broth, low-sodium
- 1 (15 oz.) can crushed tomatoes
- 1 cup water
- ½ cup basil, chopped
- 2 tbsp. ricotta cheese, reduced fat
- fresh basil, for garnish

1. Cook lasagna noodles in a large pot of lightly salted water. Drain noodles; spritz lightly with olive oil to keep from sticking and set aside.
2. Meanwhile, cook sausage in Dutch oven or heavy-bottomed pot over medium-high heat.
3. Drain off all but 1 tsp. of sausage fat then add the onion and cook, stirring until softened (about 4 minutes).
4. Add garlic and oregano and cook until fragrant (about 60 seconds).
5. Add the tomato paste and cook, stirring, until darkened (about 2 minutes).
6. Add the chicken broth, tomatoes and 1 cup water; cover and bring to a simmer. Uncover and cook until slightly reduced (about 10 minutes).
7. While soup is simmering combine Ricotta cheese and about 2 tbsp. of thinly sliced basil.
8. Add remaining basil to soup and simmer for 2 more minutes.
9. Divide the soup among bowls and add noodles. Top with 1 tbsp. ricotta cheese and basil.

Serving the noodles separately will allow you to control the amount of calories and carbs in your soup.

**Everything you love
about Lasagna...in a soup!**





**Carb Watching?
Put the filling
into a bowl instead
of on bread.**



CALEB OWOLABI

Fashion rockstar and up-and-coming
media mogul

Reuben Sandwich

SERVES: 1

- 2 tsp. butter, *softened*
- 2 slices rye bread
- 4 tbsp. Thousand Island dressing
- 2 tbsp. sauerkraut
- 2 slices Swiss cheese
- ¼ lb. corned beef brisket, *thin cut*

1. Butter each bread slice and place in a skillet with butter facing down.
2. Spread thousand island dressing on each slice.
3. Spread sauerkraut and place cheese on each slice.
4. Place corned beef on one slice of bread, place the other on top.
5. Grill sandwich on medium-low heat, flipping once, until browned.



CHEF STEVE WORONOFF
Bed & Breakfast "Relief Innkeeper"

Sausage, Apple, and Brie Stromboli

SERVES: 6

- 1 lb. fresh pork sausage, *ground*
- 1 Granny Smith apple, *grated*
- 1 tbsp. fresh sage, *minced*
- 1 pinch Kosher salt
- 1 pinch course ground pepper
- 1 can refrigerated classic pizza crust
- ½ cup orange marmalade
- 1 Granny Smith apple, *sliced 1/8 inch thick*
- 8 oz. Brie cheese, *cut in 1/4 inch slices*
- 5 tbsp. pecans, *chopped*
- 5 tbsp. sweetened dried cranberries

1. Preheat oven to 375°F. Using a 15x10-inch non-stick pan with sides, line with parchment paper and spray with a non-stick spray.
2. In a mixing bowl, combine the pork sausage, grated Granny Smith apple, minced sage, kosher salt, and pepper.
3. Using a 12 inch skillet, brown the sausage over medium heat approximately 10 minutes stirring frequently. Drain and set aside.
4. Open the pizza dough can and unroll lengthwise onto the baking pan. Press out the dough almost to the edges of the pan.
5. Spread 1/3 cup of the orange marmalade down the center of the dough in a 4 inch wide strip. Top with the apple slices, 1/2 of the cheese slices, the sausage and the remaining cheese, 3 tbsp. of the pecans and 3 tbsp. of the cranberries. The 4-inch strip will have a layer of marmalade, apple slices, cheese, sausage cheese, pecans and cranberries.
6. Using either kitchen scissors or a sharp knife, braid the dough by making cuts 1 inch apart on the long sides of the dough. Fold the strips of dough diagonally over the filling alternating from side to side stretching the dough as needed. Bake for 15 minutes.
7. Meanwhile, in a small bowl, mix the remaining marmalade, 2 tbsp. of pecans and 2 tbsp. of cranberries. Spoon the mixture over the baked Stromboli, covering the top and sides then bake an additional 10-15 minutes or until golden brown.
8. Using a spatula, loosen Stromboli from parchment paper and let rest for 5 minutes. Serve warm with additional slices of apple, pecans and cranberries.

A very versatile recipe with many variations so maybe add grated onion to the sausage, use apricot preserves to replace the orange marmalade and instead of pizza dough use puff pastry.



DEBORAH ADAMS

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

Salmon in Tomato Cream Sauce

SERVES: 6-8

- 4 (6 oz.) salmon fillets
- 2 tsp. olive oil
- 2 tbsp. shallot, *minced*
- 1 (15 oz.) can smooth tomato sauce
- ¼ cup rosé wine
- 3 tbsp. tomato paste
- ¼ cup creme fraiche
- 2 tsp. salt
- 1 tsp. pepper
- 2 tbsp. butter
- handful of chives, tarragon,
chervil, or thyme, *chopped*

1. Remove your salmon fillets from the refrigerator and let them come to room temperature.
2. In a saucepan, add 2 tsp. olive oil and warm. Add shallots and sauté for 2 minutes. Add tomato sauce and wine and tomato paste. Cook for 10 minutes. Add creme fraiche and stir. Add 1 tsp. salt and ½ tsp. pepper.
3. Add 1 tsp. salt and ½ tsp. pepper to your salmon. In a large frying pan over medium-high heat, melt the butter. When it foams, add the salmon fillets skin side down and sear until golden (about 4 minutes). Turn and cook about 3 more minutes until golden on both sides.
4. To serve, put each fillet in an individual dish with sloped sides to contain the sauce. Spoon 2-3 tbsp. of sauce over each fillet. Sprinkle with chopped fresh herbs.

You will have about 2 cups of sauce, so you can serve up to 6 salmon fillets with this recipe. Serve with a garden salad and mashed potatoes.

For homemade creme fraiche, stir 4 tbsp. whole fat buttermilk and 1 cup heavy cream together. Cover and let sit overnight at room temperature.





CHEF CLARENCE ROBINSON

Cooking with Comedy Catering
Chef, Western North Carolina Mission

Korean Fried Tofu with Tri-Colored Peppers and Onions

SERVES: 6

- 2 pkgs. extra firm tofu, cubed
- 2 green and red pepper, thinly sliced
- ½ red onion, thinly sliced
- 1 cup sesame oil
- 2 tbsp. garlic, minced
- 1 tbsp. red pepper flakes
- 1½ tbsp. lemongrass, finely chopped
- 2 tbsp. soy sauce
- ½ cup honey
- 1 cup scallions, sliced
- black pepper, to taste

1. Heat a sauté pan over high heat. Once your pan is hot, add the sesame oil. Add tofu and stir well.
2. Once the tofu has begun to brown, add the peppers, onions, and garlic; stir to incorporate.
3. Once the vegetables have started to soften, mix in the soy sauce and red pepper flakes.
4. After sautéing for another five minutes, add the honey, scallions, and lemongrass.
5. Stir everything well, plate up, and fall in love!

Make sure you take your extra firm tofu out and let it rest on cheesecloth or paper towels to soak up all of the water.



UNICOI PRESERVES
Suzy & Clark Neal

Apple Fritter Breakfast Sandwich

SERVES: 2

- 8 oz. breakfast sausage, *ground*
- 2 apple fritters (from Ingles bakery)
- 2 slices Laura Lynn pepper jack cheese
- 2 Laura Lynn eggs
- 1 tsp. unsalted Laura Lynn butter
- $\frac{1}{8}$ tsp. kosher salt
- $\frac{1}{8}$ tsp. ground black pepper

1. Preheat a 12 inch cast iron skillet over

medium high heat. Divide the ground sausage into two 4 oz. portions and form into balls. Place the formed balls into the skillet, and press them into patties using a spatula. Cook smashed patties for 5 minutes and flip. Allow to cook an additional 2 minutes, or until the internal temperature reaches at least 160°F.

2. Slice the apple fritters in half lengthwise, creating a top half and bottom half. These will be your buns. Place the fritters cut side down on a sheet pan and place under the broiler for 1 minute, just to warm the fritters and melt the glaze slightly. Move to a cooling rack.
3. Place the cooked sausage patties on the sheet pan and top each patty with a slice of pepper jack cheese. Place under the broiler until the cheese is melted and bubbling. Remove pan from oven and set aside.

4. In a non-stick skillet, melt the butter over medium heat. Carefully crack the eggs and add them to the pan, taking care not to break the yolk. Season the eggs with the salt and pepper. Cook the eggs until the whites have just started to solidify and carefully flip the eggs over and cook for an additional 30 seconds. Take care not to break the yolks. We are looking for over easy doneness.
5. To build the sandwich, top the bottom half of the apple fritter with the sausage patty, cheese side up. Place the over easy egg on top of the cheese, and top with the remaining half of the apple fritter. Serve immediately.

Burger meets pastry meets fried egg in one glorious mashup - what's not to love?





JONATHAN AMMONS
Bartender • Cook • Writer
dirty-spoon.com @jonathanvv

Tom Ka Soup

SERVES: 2

- 1-2 cups chicken stock
- 1 large piece ginger, *skinned*
- 4-5 garlic cloves, *chopped*
- 1 lemongrass stalk, *smashed*
- 1-2 limes, juiced and zested
- 2-4 chicken tenderloins or
1-2 breast, *cut into pieces*
- 4-6 mushrooms, *sliced*
- 1 red bell pepper, *sliced*
- 1 can coconut milk
- 1 tbsp. fish sauce
- 1 bunch cilantro, *chopped*
- 2 green onions, *sliced*

1. Bring chicken stock, ginger, garlic, lemongrass, and lime zest, to a boil. Simmer until lemongrass and ginger flavor have been imparted to the stock. Remove ginger and lemongrass.
2. Add chicken and bring back to a boil, simmering for 4-5 minutes. Remove and chop or pull, and set aside.
3. Add mushrooms and bell pepper; cook for several minutes, until the pepper has been cooked through.
4. Pour in coconut milk, fish sauce, and lime juice, returning the chicken to the pot as well, and stir. Garnish with cilantro and scallions.



T Cast Iron Beef, Bean, and Jalapeño Cornbread

SERVES: 6

Filling:

- 1 lb. ground beef
- ½ cup onions, *chopped*
- 1 tbsp. vegetable oil
- 1 tsp. chili powder
- 1 tsp. salt
- 1 tsp. garlic salt
- 1 red bell pepper, *seeded and cut into rings*
- 1 jalapeño pepper, *seeded and cut into rings*

Topping:

- 2 cups buttermilk self rising corn meal mix
- 1 cup sharp cheddar cheese, *shredded*
- 1 tbsp. sugar
- 1 (16 oz.) jar Abby J's Bean and Jalapeño Salsa
(or any jar of chunky-style salsa)
- 1¼ cups milk
- 3 tbsp. vegetable oil
- 1 large egg, *slightly beaten*
- sour cream, cilantro, or
fresh salsa, *for garnish*

1. Preheat oven to 425°F.
2. Make the filling: Heat the oil in a 10½ inch cast

iron skillet over medium heat until hot. Add oil, ground beef, onion, chili powder, salt, and garlic salt: cook until the beef is no longer pink, stirring frequently and breaking up any clumps of meat. Remove the beef mixture from the skillet to a bowl. Place the bell pepper rings and jalapeño rings in a single layer in the bottom of the skillet. Spoon the beef mixture over the rings.

3. Make the topping: In a medium bowl, stir together corn meal mix, cheese, sugar, salsa, milk, oil, and egg; stir until well blended. Spread the batter evenly over the mixture in the skillet. Bake until golden brown, 35 to 40 minutes.
4. Place a serving plate over the skillet; carefully invert and remove from the skillet. Cut into wedges and serve.

Garnish with sour cream, cilantro, or fresh salsa if desired.





SWEET MEMORIES

Brother & Sister, John Gifaldi & Patty Heiden
Personal Chefs

Soft Pretzels with Irish Cheese Rarebit

SERVES: 8

Pretzels:

- 1 lb. frozen bread dough, *defrosted*
- $\frac{2}{3}$ cup baking soda
- 2 eggs, *beaten*
- coarse salt

1. Preheat oven to 450°F and bring a large pot of water to a boil.
2. Cut bread dough into 8 pieces and roll them to be about 12 inches long.
3. Create each piece into pretzel shapes. (Check out the video at ingles-markets.com to learn the technique).
4. Add baking soda to the boiling water
5. Gently place each pretzel into the boiling water for about 30 seconds, or until they float to the top.
6. Remove the pretzels from the water and place them on a baking sheet
7. Brush with pretzel with egg wash, and sprinkle with salt.
8. Bake for 10-15 minutes, or until they are golden brown.

Irish Cheese Rarebit:

- 2 oz. Irish cheddar, *shredded*
- 2 tbsp. Irish dry stout
- $\frac{1}{2}$ tsp. grainy mustard
- 2 dashes Worcestershire sauce

1. Into a non-stick pot on medium-high heat, add all the ingredients. Stir until melted and smooth. Dip your fresh soft pretzels into the cheese sauce and enjoy.



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

Grilled Shrimp And Griddled Corn Cakes With Black Bean And Tomato Relish

SERVES:

Relish:

- 1 can black beans, *rinsed and drained*
- ½ cup tomato, *seeded and finely chopped*
- ½ cup yellow or red bell pepper, *finely chopped*
- ⅓ cup red onion, *minced, rinsed and drained*
- 1 small garlic clove, *minced*
- ¼ tsp. chipotle chili powder
- 1 small lime, *juiced and zested*
- Kosher salt
- finely ground black pepper

Corn Cakes:

- 2 cups fine grind cornmeal
- ¼ cup all purpose flour
- 2 tsp. baking powder
- 1½ cup whole milk
- ¼ cup (½ stick) unsalted butter, *melted and cooled slightly*
- 1 large egg, *lightly beaten*

Shrimp:

- 1 lb. extra large (16/20 ct.) shrimp, *peeled and deveined, tails left on*
- ½ cup sour cream
- extra virgin olive oil
- fresh cilantro sprigs

1. In a medium bowl combine relish ingredients, including ½ tsp. salt and ¼ tsp. pepper. Mix well and let stand at room temperature for at least 30 minutes or up to 4 hours.
2. In a medium bowl whisk cornmeal, flour, baking powder, and ¾ teaspoon salt. (If using polenta, process it in a food processor until ground to the texture of fine sand, 1 to 2 minutes.) In a large

measuring cup whisk milk, butter, and egg. Pour wet ingredients over dry ingredients and whisk gently until a smooth batter forms, being careful not to over mix.

3. Prepare grill to a medium heat (350° to 450°F). Preheat a griddle over direct heat for about 10 minutes.
4. Lightly brush shrimp with oil and season evenly with ¼ tsp. salt and ¼ tsp. pepper. Coat griddle with 2 tbsp. oil.
5. Working in batches, ladle ¼ cup of the batter for each cake onto the griddle, flattening each cake gently with the back of a spoon. Cook over direct

medium heat, with lid closed, until cakes are browned on both sides and cooked through, 3 to 5 minutes, turning once. At the same time, grill shrimp over direct medium heat until just firm to the touch and opaque in the center, 3 to 5 minutes, turning once or twice.

6. To serve, divide the corn cakes among serving plates and dollop about 2 tsp. of sour cream on each cake. Top with one or more shrimp (depending on the size you purchased). Drain and spoon the relish alongside each cake. Garnish with cilantro, if desired. Serve immediately.







JASMIN QUEEN

Winner, "My Diet's Better Than Yours"

Muffuletta

SERVES: 8

- 1 8 – 10 inch round Italian bread
 - 1 cup mixed pitted olives from Ingles olive bar, *roughly chopped*
 - ¼ cup olive oil
 - ½ cup pickled vegetables, such as giardiniera, *chopped*
 - ¼ cup roasted red peppers, *chopped*
 - 2 tbsp. Italian parsley, *chopped*
 - 2 tbsp. red wine vinegar
 - 2 cloves garlic, *minced*
 - 1 tsp. Italian seasoning
 - ½ lb. salami, *deli sliced*
 - ½ lb. provolone, *deli sliced*
 - ½ lb. capicola, *deli sliced*
 - ½ lb. smoked mozzarella, *deli sliced*
 - ½ lb. mortadella, *deli sliced*
1. Divide the bread lengthwise. Scoop out some of the interior to add more room for the ingredients. You can reserve the bread for another use.
 2. Combine olives, oil, pickled vegetables, red peppers, parsley, vinegar, garlic and Italian Seasoning in a bowl. Stir until mixed.
 3. Spread half of the olive tapenade on the bottom half of the bread.
 4. Layer salami, provolone, capicola, mozzarella, and mortadella on the bottom of the bread.
 5. Top with the other half of the olive tapenade and the other half of the bread.
 6. Wrap entire loaf in plastic wrap.
 7. Place cast iron pan on top of the wrapped sandwich and set aside to rest for 1 hour.
 8. After resting, cut the sandwich in to 8 even triangles.

Leah's TIPS

Taking Steps towards Better Health

The 2020-2025 Dietary Guidelines for Americans have just been released ([DietaryGuidelines.gov](https://www.dietaryguidelines.gov)) with some key guidelines:

Pick nutrient dense foods and beverages.

Example: Eat an apple rather than drinking apple juice. Have a baked potato or baked sweet potato instead of french fries or potato chips.

Choose a variety of options from each food group.

Example: protein foods are more than red meat... nuts, seeds, soy products chicken, eggs, fish, turkey and seafood also provide protein

Pay attention to portion sizes.

Sometimes an increase in calories and weight may not be due to WHAT we are eating but HOW MUCH. Be sure to check the portion size on the Nutrition Facts Panel

For personalized eating and health plan based on age, size, weight, and physical activity:

[MyPlate.gov](https://www.myplate.gov) (there is also an app that can be downloaded)

For Healthy Eating on a Budget:

[myplate.gov/eat-healthy/healthy-eating-budget](https://www.myplate.gov/eat-healthy/healthy-eating-budget)

Leah McGrath, RD, LDN

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KAITLYN BAKER
Nashville Recording Artist/Songwriter

Broccoli Rice Casserole

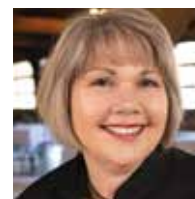
SERVES: 8

- 1 (20 oz) package frozen PictSweet Farms baby broccoli florets
- 1/2 cup PictSweet Farms chopped onions
- 1 (8.8 oz) package microwave instant rice
- 1/2 cup mayonnaise
- 1 egg
- 1 (10.5 oz) can cream of mushroom soup, *undiluted*
- 1 cup cheddar cheese, *shredded*

1. Preheat oven to 350°F.
2. Place frozen broccoli and onions in a saucepan, cover with water and bring to a boil. Cook for 3 minutes and drain.
3. Prepare rice according to package directions.
4. Blend all ingredients together and pour into a greased casserole dish. Bake for 40-45 minutes.

A wonderful dish that will become a family favorite.





SUZY NEAL
Unicoi Preserves

Eton Mess

SERVES: 4-6

Meringues:

- 3 egg whites, *large*
- $\frac{1}{4}$ tsp. cream of tartar
- $\frac{3}{4}$ cup Laura Lynn granulated sugar
- $\frac{1}{2}$ tsp. Laura Lynn vanilla extract

Strawberries:

- 1 lb. fresh strawberries,
hulled and sliced
- 4 tbsp. Unicoi Preserves
strawberry vanilla spread

Whipped Cream:

- 1 cup Laura Lynn heavy whipping
cream, *cold*
- 2 tbsp. Laura Lynn powdered sugar

1. Preheat oven to 350°F.
2. Add egg whites to a clean bowl.
3. Use an electric mixer and beat egg whites on medium speed until foamy.
4. Add cream of tartar and continue beating until they hold soft peaks.
5. Slowly add the granulated sugar, beat until meringues hold stiff peaks. Beat in vanilla.
6. Line a baking sheet with parchment or silicone baking mat. Spoon or pipe meringues into 12 equal mounds. Bake for approximately 1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ hours. The meringues are done when the outsides are dry and crisp and separate easily from the parchment paper. Meringues can be stored in an airtight container for several days.
7. Mix strawberry slices and Unicoi Preserves together in a medium mixing bowl, set aside.
8. In a large bowl, whip heavy whipping cream and powdered sugar with a hand mixer until stiff peaks form.
9. Crumble 6 meringues into whipped cream, then fold in most of the sliced strawberries, reserving some for garnish. Spoon into dessert cups, garnishing with reserved strawberry slices and additional crumbled meringue. Serve immediately.

This is a great do ahead dessert! You can make all three components of Suzy's Eton Mess ahead, then just assemble it when you're ready to serve.



ANGELA RAMSEY
Host of "The Ingles I Know"

Chickpea Blondies

SERVES: 8

- 1 (15 oz.) can chickpeas,
rinsed and drained
- $\frac{1}{2}$ cup almond butter
- $\frac{1}{3}$ cup pure maple syrup
(or honey if you're not vegan)
- 2 tsp. vanilla
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{3}$ cup vegan chocolate chips,
- 2 tbsp. coarse sea salt,
for sprinkling

1. Preheat oven to 350°F and line 8x8 inch pan with parchment paper.

2. In a food processor, add all ingredients except for chocolate chips. Process until smooth.
3. Fold in $\frac{1}{3}$ cup of chocolate chips.
4. Spread batter evenly in prepared pan then sprinkle 2 tablespoons of chocolate chips on top.
5. Bake for 20-25 minutes or until toothpick comes out clean and edges are a bit brown.
6. Let cool completely on wire rack. Sprinkle with sea salt then cut into squares. Store covered in the fridge for up to 3-5 days.

These blondies are gluten, dairy, egg, soy, and peanut free. They are a healthy alternative, deliciously packed with secret protein. Easily substitute with any of your favorite nut butters. Since the dough is vegan, you can eat the dough straight from the bowl! I like serving it with non-dairy vanilla ice cream.





So versatile ... it's luxurious and silky quality makes a delicious starter for an elegant dinner, or, simply served in a bowl with your favorite sourdough bread or soda crackers for lunch.



SWEET MEMORIES

Brother & Sister, John Gifaldi & Patty Heiden
Personal Chefs

New England Clam Chowder

SERVES: 6

- 3 dozen fresh littleneck clams, *scrubbed*
(or 3 cans chopped clams and juices)
 - 4 slices thick-cut bacon, *chopped*
 - 2 tbsp. unsalted butter
 - 3 stalks celery, *finely chopped*
 - 1 medium yellow onion, *finely chopped*
 - 2 tsp. chopped fresh thyme or $\frac{1}{4}$ tsp. ground
 - $\frac{1}{3}$ cup all-purpose flour
 - $1\frac{1}{2}$ cups water
 - 1 large russet potato, *peeled and cut into $\frac{1}{2}$ inch cubes*
 - 2 cups half-and-half
 - Kosher salt and freshly ground pepper
 - fresh chives, *chopped for topping*
1. Rinse clams several times under cold running water. Transfer to a large pot and add 3 cups of water. Bring to a simmer over medium-high heat, then cover and cook until the clams open, about 6 minutes. Strain through a fine-mesh sieve into a large bowl; reserve the broth. Transfer the clams to a bowl and cover with plastic wrap so they don't dry out.
 2. Cook the bacon in a large pot over medium heat until crisp, about 10 minutes; remove with a slotted spoon and drain on paper towels. Melt the butter in the same pot over medium heat. Add the celery, onion and thyme and cook, stirring occasionally, until soft, about 10 minutes. Add flour and cook, stirring 1 minute. Stir in reserved clam broth/juice, water, and potato. Bring to a simmer and cook until potato is tender, and soup thickens slightly, about 15 minutes.
 3. Meanwhile, remove the clams from their shells and roughly chop.
 4. Reduce the heat under the soup to medium low. Whisk in the half-and-half and warm through (do not boil). Remove from the heat. Stir in the chopped clams, season with salt and pepper, to taste.
 5. Ladle the soup into bowls and top with the reserved bacon and chives.



HALEY HAYNES
@lauralynnobessed

Chinese New Year Fried Rice and Pork Dumplings

SERVES: 2

Fried Rice:

- 4 tbsp. extra virgin olive oil
- 2 eggs
- 1 bunch green onions, *chopped (reserve some for garnish)*
- 3 cloves garlic, *minced*
- 1 cup peas and carrots, *frozen*
- 1-2 cups brown rice, *cooked (leftover rice works best)*
- ¼ cup soy sauce, *low sodium*
- 2 tbsp. sesame seeds, *toasted*
- sesame oil for drizzle

1. Heat oil in a large frying pan or wok on medium-high heat. Add eggs and scramble in the pan for about 1 minute. Add green onions

and garlic. Sauté until fragrant for about another minute.

2. Add peas and carrots and cook for an additional 1-2 minutes until veggies begin to slightly brown.
3. Add rice, soy sauce and sesame seeds. Turn heat up to high and stir frequently for 3-4 minutes until all ingredients are combined. Immediately prior to removing from heat, add sesame oil and give one last mix before removing from heat. Serve immediately.

Garnish with additional fresh scallions and sesame seeds for extra color!

**Visit [ingles-markets.com](https://www.ingles-markets.com) to
get Haley's easy and delicious
Pork Dumpling recipe.**



CAROLINE TAYLOR
[Bio Here](#)

Grilled Chicken Thighs with Mango Chutney

SERVES: 4

- 1 (8-count) pack boneless skinless chicken thighs
 - $\frac{1}{4}$ cup basic dry rub
 - 1 jar medium hot red pepper jam
 - 1 shallot, *finely chopped and minced* (or $\frac{1}{2}$ small onion)
 - $\frac{1}{4}$ cup of water
 - 1 fresh (or frozen) mango, *chopped* salt and pepper, to taste
-
1. Pat dry chicken thighs and liberally sprinkle with a basic dry rub.
 2. Grill on medium heat until almost done on a medium flame or if outdoor grilling isn't available or in the event of inclement weather, you can also brown the chicken thighs in a stovetop skillet. Remove from heat and place to the side.
 3. In a skillet, combine the medium hot red pepper jam (thin with 2-3 tbsp. of water) and finely chopped shallot or $\frac{1}{2}$ sautéed sweet onion. Cook for about 2-3 minutes.
 4. Return chicken to heat (grill or stovetop) and baste with approximately $\frac{1}{3}$ of the glaze until the outside of the chicken is caramelized. Retain remaining glaze in saucepan.
 5. Add chopped fresh (or frozen) mango to the glaze mixture and heat until just warm.
 6. Top finished product with chutney glaze.

Here I've served the chicken on white rice. You can also substitute wild rice or other grain.





CHEF ABBY J
Owner/Chef, Blackhawk Flyfishing
Abby J's Gourmet

Chocolate Raspberry Martini

SERVES: 1

- 1½ oz. raspberry liqueur
- 1½ oz. RumChata
- 1 oz. heavy cream
- dark chocolate shavings
- fresh raspberries

1. Combine all ingredients except the chocolate and raspberries into a shaker with ice. Shake well and strain into a martini glass.
2. Sprinkle dark chocolate shavings and add raspberries to garnish.

**Share this cocktail
with someone special
on Valentine's Day
or any time of year.**



If you like peanut sauce or peanut butter, you're gonna love this stew.



MICHAEL MCMURTREY
Graphic Designer / Food Stylist
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African Peanut Stew

SERVES: 4-6

- 1-2 **tblsp. olive oil**
- 1 **red onion, chopped**
- 2 **tblsp. ginger, peeled and chopped**
- 4-6 **cloves garlic, minced**
- 1 **sweet potato, chopped**

- 6 **cups vegetable stock**
- 1 **cup unsalted peanut butter (chunky or smooth)**
- 6 **oz. tomato paste**
- 1 **tsp. salt**
- 1 **bunch kale (or other greens), ribs removed and leaves chopped into 1 inch strips**
- 1 **tblsp. lime juice**
- ¼ **cup peanuts, roughly chopped**
- 2-3 **cups white rice, cooked**

1. In a dutch oven, add olive oil and sauté onion, ginger, garlic, and sweet potato until everything begins to get soft.

2. Add the stock and bring to a boil.
3. In the meantime, mix together the peanut butter and tomato paste in a medium-sized, heat-safe mixing bowl.
4. Transfer a cup of the hot stock to the bowl of peanut butter and tomato paste. Whisk the mixture together until smooth and pour the mixture back into the dutch oven; mix well.
5. Stir in kale and season soup with peri-peri sauce and lime juice.
6. Simmer for about 15 minutes on medium-low heat, stirring often. Season with additional salt and/or peri-peri sauce, if desired.
7. Serve over cooked rice and top with chopped peanuts.

Catering *simplified*

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