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THE  
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TABLE

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into  
SPRING!**

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





Here it is, the Spring issue of the ***Ingles Table*** magazine. These pages will inspire you when you're prepping meals for your friends and family as the weather starts warming up and we get outside more.

The ***Ingles Table*** family is once again bringing you delicious dishes to impress. They're easy, exciting, and super flavorful, while keeping in mind that you still need to work within a budget.

Here's a quick tip to relieve your cooking stress: Relax and have fun. You don't always need to make a dish from scratch to make it your own. Ingles has delicious pre-made Deli, Bakery, Salad Bar, and Cheese Shoppe items to help get started on a great recipe. Dress them up with a few extra items or garnishes and call it your own. Don't worry, we'll keep your secret.

Finally, did you know the ***Ingles Table*** goes further than what you see within these pages? That's right, head over to [ingles-markets.com](http://ingles-markets.com) where you'll find more quick and delicious seasonal specialties with printable shopping lists, instructional videos, tips and tricks.

**From our Ingles Table family to yours,  
have a tasty Summer!**

*-Cindy*  
Cindy Mixon

Vice President Deli Operations, Ingles Markets

### ***TRY IT, YOU'LL LIKE IT!***

Ever heard of a Horn Melon? This spiky fruit contains a jelly-like, lime green interior, with white seeds, similar to a cucumber. It's sweet and tart with a taste that has been described as a cross between a banana, passion fruit, and lime. Ingles carries several fruits and veggies that you probably haven't tasted. Look for upcoming videos at [ingles-markets.com](http://ingles-markets.com) where we'll show you how to use them.



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## TIME TO FIRE UP THE GRILL!

The Ingles Meat Department sells Organic, USDA Choice, and Prime Beef to help you make the best burgers possible



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# toe-may-toe/toe-mah-toe tomato

Tomatoes are unique in that they can be enjoyed raw and cooked, in sauces, salads, and drinks. Full of umami, you use them in recipes as vegetables, even though you've probably been told they're a fruit, but that's not completely accurate. Botanically, they are classified as berries. There are numerous varieties of tomato plants available year-round because they can be grown in so many locales, and in greenhouses. While they originated in South America, the cultivation of tomatoes spread to Spain, China, Europe, Middle East, and North Africa before returning back to North America in the 1700s.

*Some of the varieties of tomatoes include:*

**BEEFSTEAK** - They have a thinner skin and shorter shelf life. They are often used in sandwiches.

**PLUM** - Sometimes called "paste" or "Roma" tomatoes, they have a low water and high solids content. Great for sauces and canning.

**CHERRY** - Small and round, these sweet tomatoes are great for salads.

**GRAPE** - Small and oblong, they are a variation of the Plum tomato.

**CAMPARI** - Sweet and juicy, with low acidity, and a lack of mealiness. They are larger than Cherry and smaller than Plum.

**PEAR** - Pear-shaped tomatoes that based on the San Marzano tomatoes. They have a richer taste.

**HEIRLOOM** - Increasingly popular with home and organic producers, they tend to have more interesting flavors. Unlike most tomatoes, they haven't been bred to be uniformly red and perfect in shape.

*Ingles always carries a wide variety of tomatoes. Try some that you've never had before. You'll find they're all a bit unique.*

When storing tomatoes, leave them unwashed, at room temperature, and out of direct sunlight. You should also store them stem down to prolong life. Place unripe tomatoes in a paper bag to help speed up the ripening process.





## Asparagus Supreme

Snap or peel asparagus spears to get rid of the woody ends. In a large saucepan, bring salted water to a boil and blanch spears for twenty seconds. Remove spears and immediately submerge them into a bowl of ice water, to prevent further cooking. Let spears sit in the ice bath for a few seconds, then remove and set aside. In a saucepan, melt 1-2 tbsp. butter, over medium-high heat, and sauté mushrooms until they begin to color, about 2 minutes. Stir in water chestnuts, season with salt and white pepper, and sauté until heated through. In a small mixing bowl, whisk together sour cream, heavy cream, and almond extract. Add the cream mixture to the saucepan, heating until warm. Remove from heat. Arrange spears on a serving dish and drizzle with the warm cream sauce. Garnish with toasted almonds. Serve immediately.

- 8 cups water
- 1 lb. fresh asparagus spears, *trimmed*
- 1-2 tbsp. butter
- 8 oz. mushrooms, *sliced or julienne*
- 1 cup water chestnuts, *julienne*
- Salt and white pepper, *to taste*
- 1 cup sour cream
- 3 tbsp. heavy cream
- 1 tbsp. almond extract
- 1 cup sliced almonds, *toasted*

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







## Springtime Pasta Salad



Mix all the salad ingredients together in a bowl. Combine all the dressing ingredients in a separate bowl and blend together using an immersion blender. You can also put all the dressing ingredients into a traditional blender. Toss dressing with the salad and enjoy.

- SALAD
- 3 cups spiral pasta, *cooked*
- 1 cup tri-color peppers, *julienne*
- 1/2 cup onion, *julienne*
- 1 cup zucchini/yellow squash, *julienne*
- handful cherry tomatoes

- DRESSING
- 1 bottle balsamic vinaigrette
- 3/4 cup mayonnaise
- 2 tbsp. hemp/chia seeds

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





with

Angela Ramsey

## Cauliflower Chicken Fried Rice

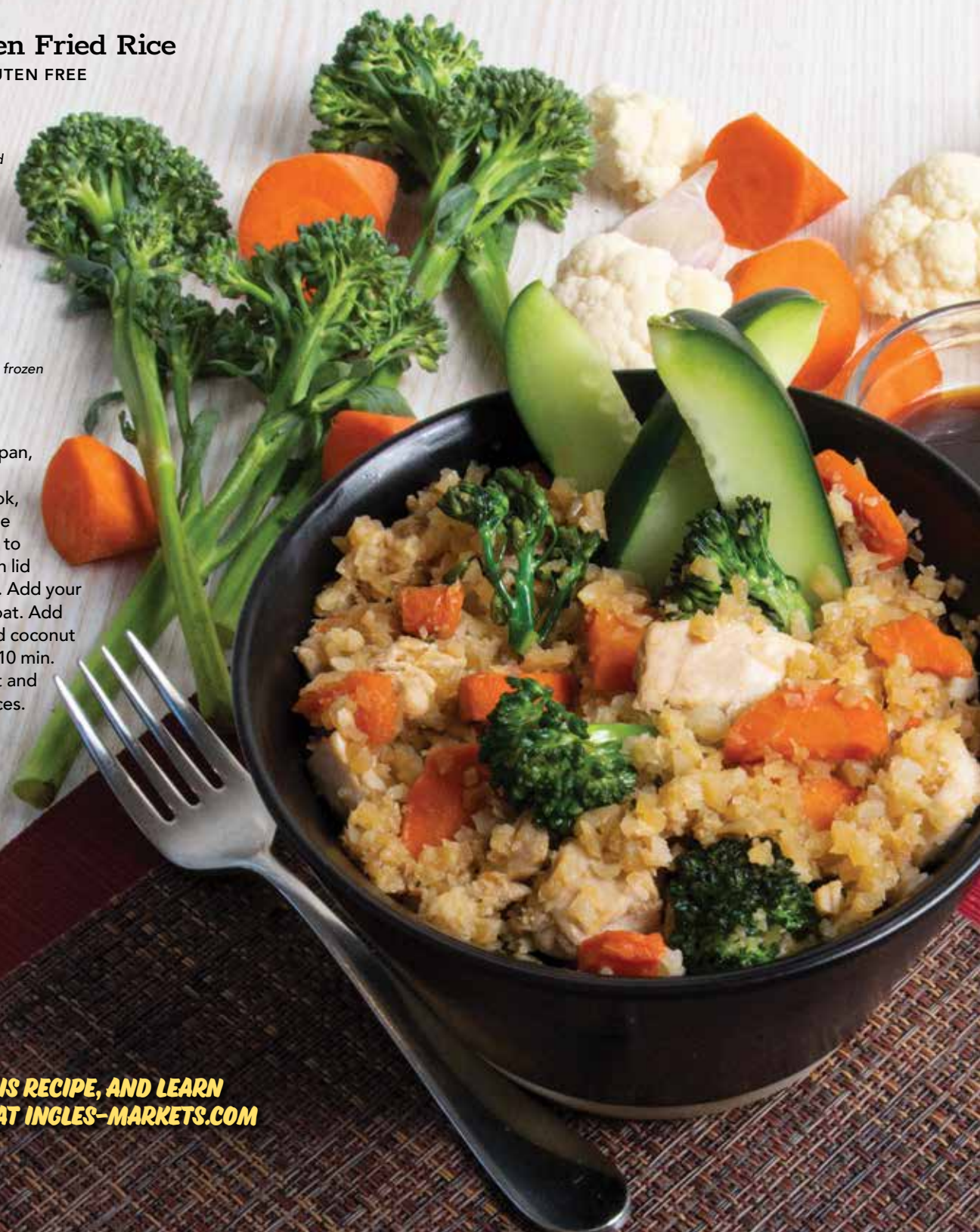
DAIRY FREE - EGG FREE - GLUTEN FREE  
SOY FREE- PEANUT FREE

10 medium carrots, *peeled & sliced*  
3 bunches of broccolini, *trimmed*  
6 cloves garlic, *minced*  
1 tsp. pink Himalayan salt  
1/4 cup coconut oil  
2 lbs. boneless, skinless  
chicken breasts, *diced*  
1/3 cup coconut aminos  
3 (10 oz.) bags riced cauliflower, *frozen*  
1 cucumber, *peeled & sliced*

Add 1/4 cup of coconut oil to a pan, over med-high heat, and start sautéing carrots. While they cook, trim the broccolini and mince the garlic. Add both to the pan. Stir to coat everything in oil, cover with lid and continue to cook 10-15 min. Add your chicken to the pan and stir to coat. Add cauliflower, stir to combine. Add coconut aminos and continue to cook 5-10 min. Season with pink Himalayan salt and garnish with fresh cucumber slices. Serve immediately.

### ANGELA SAYS:

*Try adding other fun ingredients like fresh pineapple, roma tomatoes, or cashews.*



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





## French Onion & Leek Tart



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

Sweat sweet onions and leeks in butter and olive oil, seasoning with salt and pepper (to taste), for 20 mins., with the lid on. Remove lid and add spring onions; sweat for 10 more mins. Stir in chopped herbs. Let cool and drain with a strainer. Preheat oven to 400°F. Spray a 9 1/2 inch tart pan, bottom and sides, lightly with cooking spray. Add a parchment round to the bottom. Roll out pastry to fit into the pan, on bottom and up the sides. Trim excess pastry around the fluted edges. Dock pastry sides and bottom, for steam to escape. Now, add parchment paper on top of the pastry, including up the edges. Fill with a layer of dry beans (or blind baking beads). Put in 400°F oven for 15 minutes. Remove and let slightly cool. Remove parchment and beans. Add cooled onion/leek mixture into crust. Bake for 15-20 mins., until lightly browned. Cool and serve. Use fresh rosemary as a garnish. Great for brunch with fruit or as a light lunch with a salad.

- 2 tbsp. butter
- 2 tbsp. olive oil
- 3 leeks, washed & sliced (cut off tough green stems)
- 3 sweet onions (about 2 lbs) washed and sliced
- 12 spring onions (roots and most of stem removed)
- 1 puff pastry, thawed
- salt & pepper, to taste
- 1 tbsp. herbs, finely chopped  
(any Mediterranean herbs you like)
- fresh rosemary sprigs, for garnish





## Herb Cup Appetizers

Lightly toast phyllo shells according to directions on package. While phyllo shells are toasting, in a small mixing bowl, combine cream cheese, sour cream, dill, parsley, and pepper. Stir until combined. Taste and add salt and pepper as desired. Spoon about 1 tsp. of the filling into each phyllo shell. Top with a slice of cucumber, a slice of radish, and a piece of tomato. Sprinkle with additional fresh dill if desired.

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

φύλλο (*phi, ypsilon, lamdha, lamdha, omikron*) or phyllo, means "leaf" in Greek. It's pronounced "fee-loh." Some people also spell it as "filo" or "fillo."

- 30 mini phyllo shells
- 1/2 cup chive and onion cream cheese
- 1/4 cup sour cream
- 2 tbsp. fresh dill, *chopped (more for garnish)*
- 3 tbsp. fresh parsley, *chopped*
- 1/4 tsp. cracked black pepper
- 2 small salad cucumbers, *thinly sliced*
- 2 large radishes, *quartered and thinly sliced*
- 6-10 grape tomatoes, *halved*
- salt and pepper, *to taste*







## Cherry Bombs



12 whole jalapeño peppers  
8 oz. fresh ground Laura Lynn pork sausage  
8 oz. Laura Lynn white sharp cheddar cheese, *grated*  
1 cup Bisquick baking mix  
1/4 cup milk  
1 tbsp. of your favorite BBQ rub  
4 oz. jar Unicoi Preserves Cherry Jalapeño Spread

Cut the jalapeños in half lengthwise and remove the seeds and ribs. I like to use a small spoon to scoop out the inside of the peppers. Grate the cheese. In a mixing bowl, combine the ground sausage, grated cheese, baking mix, milk and BBQ seasoning and mix thoroughly by hand to combine. Stuff the mixture into the cut pepper halves, packing it in firmly. I like to overfill the peppers slightly, mounding the mixture into the pepper half. Continue until all peppers have been stuffed.

### OVEN PREPARATION:

Preheat oven to 400°F. On a foil lined baking sheet, arrange peppers in a single layer and place on the middle rack of your preheated oven. Bake for 15-20 minutes, until the sausage mixture is dark golden brown. Remove tray from oven and glaze the peppers generously with the cherry jalapeño spread. Return the tray to the oven and cook an additional 2 minutes to set the glaze. Remove from oven, plate and serve immediately.

### GRILL PREPARATION:

Set up your grill for direct cooking and preheat to 400 °F. Place stuffed peppers on pre-heated grill and cook for 15-20 minutes, until sausage mixture is dark golden brown and jalapeños are slightly charred. Glaze the top of the peppers with cherry jalapeño spread and cook an additional 2 minutes to set the glaze. Remove from grill and serve immediately.

**WATCH SUZY & CLARK MAKE  
THIS RECIPE, AND LEARN SOME TRICKS  
AND TIPS, AT [INGLES-MARKETS.COM](http://INGLES-MARKETS.COM)**





## Tiffany Chicken

In a bowl, stir together all marinade ingredients. Cut chicken breasts in half diagonally and place in an airtight container. Pour half of the marinade over the chicken. Seal and refrigerate for at least a couple of hours. Refrigerate the other half of the marinade for later. Preheat oven to 400°F. Place potatoes and onions in a 9"x13" casserole dish, cover with reserved marinade, and bake uncovered for 30 minutes. Remove dish from oven and place chicken and marinade over the potatoes and onions. Place rosemary on top and put back into the oven for an additional 25-30 minutes. When chicken is fully cooked, remove dish, sprinkle with salt and pepper to taste, and serve.

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

- 3 or 4 thick chicken breasts, *halved diagonally*
- 12 baby yukon gold or red potatoes, *halved*
- 2 large sweet onions, *quartered*
- **MARINADE:**
- 3 lemons, *juiced*
- 3 lemons, *quartered for garnish*
- 2/3 cup olive oil
- 2 tbsp. fresh chopped rosemary, *plus sprigs for garnish*
- 1/2 tsp. crushed red pepper flakes
- 2 tsp. salt
- 2 tsp. pepper
- 2 cloves garlic, *minced*

### SARAH ELIZABETH SAYS:

*"One night, my friend Tiffany served this delightful dish. My daughter, who is quite the picky eater, surprisingly loved it. Now, I prepare this lemony, delicious 'Tiffany Chicken' (as our daughter calls it) in our home."*







## Orecchietta with Asparagus and Pancetta

Heat olive oil over medium heat in a large skillet. Add pancetta and cook until browned, stirring frequently. Drain pancetta on a paper towel-lined plate, but don't drain the skillet. Add shallot and garlic, cook over medium heat until fragrant and golden, about 2 mins. Add asparagus and cook until bright green and barely tender, about 4 mins. Add white wine and cook until reduced by half. Stir in mascarpone, lemon zest and juice, cheese, and about 1 cup reserved pasta water. Season with salt and pepper, cook until slightly thickened and bubbly. Reduce heat to low. Mix in cooked pasta, parsley, cooked pancetta, and adjust seasoning. Add pasta water to thin, if desired. To serve, spoon into bowls and top with toasted breadcrumbs.

**LEARN HOW TO MAKE JOHN & PATTY'S EASY AND DELICIOUS TOASTED BREADCRUMBS AT [INGLES-MARKETS.COM](https://ingles-markets.com)**

- 1 tbsp. extra virgin olive oil
- 4 oz. pancetta, *small dice*
- 1 shallot, *minced (about 1/4 cup)*
- 1 large clove garlic, *minced*
- 1 bunch asparagus, *chopped into 1/2-inch pieces*
- 1/2 cup dry white wine, *or chicken broth*
- 8 oz mascarpone
- 1 lemon, *zested and juiced*
- 2 tbsp. Parmesan cheese, *grated*
- 1 lb. orecchiette,  
    *cooked al dente, 1 1/2 cups pasta water reserved*
- 1 tbsp parsley, *minced*
- kosher salt and pepper
- toasted breadcrumbs, *find recipe at [ingles-markets.com](https://ingles-markets.com)*







## Creamy Cashew Pesto Pasta

PLANT-BASED • DAIRY FREE • EGG FREE • SOY FREE • PEANUT FREE

Place cashews in a bowl, pour in enough water to cover them, and then let soak overnight. Add soaked cashews, and soaking water, to a blender. Add nutritional yeast, garlic, basil, nutmeg, and red peppers flakes. Blend until smooth. (If the sauce is too thick, you can add more water or vegetable stock to thin it out). Add salt and pepper, to taste. Prepare pasta according to package directions. While pasta is cooking, sauté mushrooms and cherry tomatoes for about 5 min. Reserve a cup of pasta water before draining. Drain pasta, return to pot, add the sauce, mushrooms, and tomatoes. Toss to coat. Add reserved pasta water to get to the sauce consistency you like. Plate and garnish with fresh basil and pine nuts.

Serve warm or chilled depending on the season

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

- 2 cups raw cashews
- 1/2 cup nutritional yeast (*baking aisle*)
- 6-10 roasted garlic cloves, *from the salad bar*
- 1 cup fresh basil, *firmly packed*
- 1/4 tsp. nutmeg
- 1/2 tsp. red peppers flakes, *optional*
- salt and freshly ground black pepper, *to taste*
- 1 lb. rigatoni pasta (or other), *prepared*
- 8-12 oz. mushrooms, *whatever type you like*
- 1-2 cups cherry tomatoes, *halved*
- 1/3 cup toasted pine nuts

**MICHAEL SAYS:**  
"Don't be scared  
by 'Plant-Based'  
recipes. Feel free  
to substitute real  
Parmesan cheese  
for nutritional  
yeast, or add  
chunks of rotisserie  
chicken from the  
Ingles Deli."



# Leah's TIPS

## HIKING FOOD

With warmer weather comes more opportunities to enjoy the outdoors and hit the trails and hike or just go for a walk. Whether you prefer to stick to paved walks or greenways or you like to hike off the Blue Ridge Parkway or in the Great Smoky Mountain National Park; it's not a bad idea to have some snacks and water with you.

Most of us don't need beverages other than water, and if our hikes or walks are fairly short we may not even need a snack.

If you do like to carry snacks with you, here are a few ideas that will pack and travel well without needing refrigeration:

- Meat sticks like Hickory Nut Gap Farms pork and beef sticks
- Meal replacement bars or granola bars (be sure not to bring ones with sugar alcohol that can cause GI distress!)
- Mini carrots
- Celery sticks
- Nuts (check out all of the options in our bulk bins in Produce)
- Nut butter packs
- Dried fruit
- Homemade granola with cereal, raisins, and nuts
- Apples



Happy Hiking! —Leah

**Leah McGrath, RD, LDN**  
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## Chicken with Garlic Cream

- 4 bone-in / skin-on chicken thighs
- 2 tbsp. vegetable oil
- 1 cup chicken broth
- 1 tbsp Mediterranean-style dried herbs (such as one or all of these: basil, chives, rosemary, oregano, thyme, sage)
- salt & pepper
- 2-3 heads of peeled garlic, about 40 cloves
- 1/4 cup crème fraîche

Preheat oven to 350°F. Season chicken with salt and pepper, set aside. On high heat, add vegetable oil to a cast-iron (or ovenproof) skillet. When oil is smoking hot, add chicken, skin side down, Brown for 3-5 minutes per each side. Remove chicken from skillet, set aside. Lower heat to medium, add garlic cloves, and constantly stir until they're slightly browned, about 3-5 min. Remove the garlic to a bowl, pour out about 3/4 of the oil in the pan, keeping the brown bits in the pan. Turn the heat back up and add chicken broth. Stir to release the brown bits. Add your chicken back into the pan, skin side up. Then add the garlic back. Bake for 30-35 minutes. Place chicken on a serving dish. Incorporate the crème fraîche to the pan juices and garlic cloves. Pour the sauce over the chicken and serve.

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



**DEBORAH SAYS:**  
"Come to the website to learn how easy it is to make homemade crème fraîche."





## Spicy Asparagus Tart

Preheat oven to 400°F. Line a baking sheet with parchment paper. Use a rolling pin to gently roll out the puff pastry. Dock the pastry with a fork and score it using a knife, leaving a 1 inch border. Make an egg wash by combining a beaten egg with water. Brush the pastry 1 inch border with the egg wash and the center of the pastry with olive oil. Sprinkle the pepper jack cheese over the pastry. Arrange the asparagus spears to be parallel with each other. Add the diced peppers, prosciutto, and Parmesan cheese. Bake for 25 minutes, or until the crust is golden brown. Sprinkle with salt, pepper, and red pepper flakes. Slice into squares and serve.

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

**ABBY J SAYS:**

*"Cut the tart into bite-sized pieces for an easy and delicious appetizer."*

- 1 sheet puff pastry
- 1 egg, *beaten*
- 1 tbsp. water
- 8 oz. Laura Lynn pepper jack cheese, *grated*
- 1 bunch thin asparagus, *tough ends trimmed*
- 2 mini sweet peppers, *diced*
- 1 jalapeño, *diced*
- 3 slices of prosciutto, *torn into small pieces*
- 1/2 cup Parmesan cheese
- 1 tbsp. olive oil
- 1 tsp. salt
- 1 tsp. freshly ground pepper
- dash red pepper flakes





# The Ingles you may not know.



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- 🌿 We sell **Organic, USDA Choice, and Prime Beef**
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- 🌿 We carry a vast selection of **allergen-free products** at great prices
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- 🌿 We have **donated over 3900 meals every day since 1993**
- 🌿 We have **donated over \$21,000,000** through our 'Tools for Schools' program
- 🌿 **AND MUCH, MUCH MORE!**

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## Egg Roll in a Bowl

Heat a wok, or large skillet, over medium-high heat. Add chicken and cook until no longer pink. (You can also start with pre-cooked chicken if you want to save time) Add coleslaw mix and onion, stir to combine. Add your garlic, ginger, sesame oil, rice wine vinegar, hoisin sauce, and soy sauce. Keep stirring for a couple minutes and then add peanuts. Continue to cook for another 2-3 minutes. Top with peanuts for garnish and serve.

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

**JASMIN SAYS:**

*"Instead of chicken, try pork, beef, shrimp, or even tofu."*

- 1 lb. chicken breast, *chopped or ground*
- 1 bag coleslaw mix
- 1/2 cup yellow onion, *diced*
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 2 tsp. minced garlic
- 1 tsp. ground ginger
- 1/4 cup soy sauce
- 1 tbsp. hoisin sauce
- 1/4 – 1/2 cup lightly salted peanuts, *chopped*







### THREE CHEESE KALE TORTELLINI SALAD

- |   |  |
|---|--|
| 1 bag fresh kale                          | 1/2 cup mozzarella pearls                        |
| 3-4 cups cheese tortellini, <i>cooked</i> | 1/2 cup sun-dried tomatoes in oil, <i>strips</i> |
| 1 pkg. feta cheese, <i>chunked</i>        | 1 tsp. black pepper                              |
| 1/2 cup Parmesan, <i>shredded</i>         | 1/2 cup roasted garlic balsamic vinaigrette*     |

Place all the items in a bowl and toss well. Note: Use these measurements as a guideline. If you like more or less of one of these ingredients, feel free to adjust them to your liking.

\*Find the roasted garlic balsamic vinaigrette recipe at [ingles-markets.com](http://ingles-markets.com)





## Faux Pho

1/4 lb. ground pork, sausage, or beef  
1 pkg. beef flavor ramen noodles  
1 pt. beef stock, or water with the spice packet from the ramen  
1/2 onion, sliced  
1/2 carrot, cut into matchsticks  
3 cloves garlic diced  
1 bunch fresh cilantro, chopped  
mint, for garnish  
dash of soy sauce, optional  
dash of fish sauce, optional  
1 star anise  
1 tsp. sugar  
2-3 whole cloves  
sriracha, to taste  
hoison sauce, to taste  
dash of cooking oil

Start by rolling ground meat into 3-5 little meatballs (roughly the size of a pinball) and brown in a pot of oil. Set them aside and use that same pot to sauté onions and garlic, scraping the bits left from the meat, for extra flavor. Add carrots and stir for a minute, then pour in beef stock (in lieu of beef stock, feel free to use the beef spice pack from the ramen or beef bouillon), add the noodles, 1 star anise, 2 whole cloves, and, if you have it, soy sauce, sugar, fish sauce, and bring to a boil. Once it hits boiling point, back the burner off to low, drop the meatballs back in, cover. Let rest for 5 minutes. Serve garnished with green onions and fresh herbs (mint and cilantro are ideal, basil works well too), and drizzle with sriracha, and hoisin.

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







## Puttanesca Sauce

In a screaming hot saucepan, sauté onions in olive oil, until they start to get translucent. Add garlic, capers, olives, red pepper flakes, and stir for a minute or two. Add your basil, stir. Then stir in your tomatoes and tomato sauce. Add the anchovies, stir, cover, and continue to simmer on low for about 10 minutes. Finally, give the sauce a final stir and pour over your favorite pasta topped with shrimp or chicken with a garnish of fresh basil.

- 2 tbsp. olive oil
- 3/4 cup onion, *diced*
- 2 tbsp. fresh garlic, *minced*
- 2 tbsp. black olives, *finely diced*
- 2 tsp. anchovy paste  
(or 3 whole anchovies, *minced*)
- 2 tbsp. capers, *drained*
- 1 tsp. red pepper flakes
- 1/4 cup fresh basil leaves, *chopped*
- 2 cups roma tomatoes, *diced*
- 2 cups tomato sauce
- fresh basil ribbons, *for garnish*

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







## Slow Cooker French Dip Sandwiches

Place first 6 ingredients into the bowl of slow cooker and stir to combine. Add beef chuck roast and then add enough water to mostly cover the roast. Place the lid on slow cooker and cook on low for 8 to 10 hours, or until beef is very tender and falling apart. Remove beef and place on a flat surface, leaving all the broth in the slow cooker. Shred beef with a fork, discarding any fat. Place beef back into the slow cooker to keep warm. To serve, slice rolls in half, spoon roast beef, with beef au jus, on to a sub roll, top with sliced cheese, if desired. Serve each sandwich with a small bowl of beef au jus dip on the side.

- 1/2 cup Laura Lynn soy sauce
- 1 Laura Lynn Beef Bouillon cube
- 1 bay leaf
- 1 tsp. dried rosemary
- 1 tsp. dried thyme
- 1 tsp. garlic powder
- 3 to 4 lbs. boneless beef chuck roast
- Ingles sub rolls (*Bakery*)
- Laura Lynn provolone cheese, *sliced*

***WATCH SUZY & CLARK MAKE THIS RECIPE, AND LEARN SOME TRICKS AND TIPS, AT [INGLES-MARKETS.COM](http://ingles-markets.com)***



*"Au jus" is a French culinary term meaning "with juice." It refers to meat dishes prepared or served together with a light gravy, or broth, made from the juices given off by the meat as it is cooked.*





## Garden Slaw

In a large serving bowl, whisk together mustard, apple cider vinegar, honey, olive oil, salt, and pepper until it is emulsified. Add the broccoli slaw, carrots, cabbage, apple, scallions, and walnuts; toss well and serve.

- 2 tbsp. grainy mustard
- 1/4 cup apple cider vinegar
- 1 tbsp. honey
- 1/2 cup extra virgin olive oil
- Salt and pepper, to taste
- 1 bag broccoli slaw

- 1 bag julienned carrots
- 1/2 purple cabbage, *thinly sliced*
- 1 Granny Smith apple, *julienned*
- 3 scallions, *sliced*
- 1 cup walnuts, *halves and pieces*

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

### MICHAEL SAYS:

*"Play around with different ingredients like jicama, celery, fennel, dried cranberries, almonds, or peanuts."*





# Catering *simplified*

FRESH  
DELICIOUS  
BEAUTIFUL  
AFFORDABLE

  
**ingles**  
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