AAUW Summer Gourmet

Southern Barbecue Bonanza

August 18, 2018 6:00 PM Home of Kathy & Bruce Hall 502 Collyer St., Longmont

Menu

opetizers

Strawberry Bruschetta Cheese Crackers Guacamole Deviled Eggs

Main Course

Best Ever Slow Cooker Pulled Pork Sandwiches With Mustard BBQ, Sweet and Sour, and Lingonberry Sauces

Watermelon Salad with Feta and Mint South Carolina Slaw Really Good Salad with Goat Cheese

Dessert

S'mores in a Jar

Sangria • Iced Tea • Lemonade

Southern Barbecue Bonanza

Attendees	<u>Recipe</u>	Amount	
Marleigh & Bill Jacques	Cheese Crackers	1 recipe	
	Watermelon Salad	1.5 recipes	
Wanda & Gene Schnabel	Guacamole Deviled Eggs	3 recipes	
Mary Blue	Strawberry Bruschetta	1 recipe	
Nancy Bruington & Kaj Lauridsen	Best Ever Slow Cooker Pulled Pork	1.5 recipes	
	Mustard BBQ Sauce	2 recipes	
Judy McDonough	Sweet and Sour Sauce	2 recipes	
Cheryle & Dan Kapsak	Really Good Salad with Goat Cheese 2 recip		
Linda & lan Davies	Really Good Salad with Goat Cheese	2 recipes	
Cindy & Neil Piller	South Carolina Coleslaw 2 recipes		
Bev Shrenk	S'mores in a Jar For 19		
Gayle & Frank Rainey	Sangria, and other beverages		
	Lingonberry Sauce	1 recipe	
Kathy & Bruce Hall	Iced Tea, Lemonade and Water		
	Buns		

Feel free to call any of the planners, if you have questions.

Nancy Bruington	303-682-0500
Kathy Hall	303-776-9613
Marleigh Jacques	303-410-4688
Gayle Rainey	303-772-6411
Wanda Schnabel	303-485-9584
Bev Schrenk	303-772-7987

Bet you didn't know that August is

Happiness Happens Month C

It's based on the premise that happiness is unlimited and contagious and that sharing one's happiness can bring a lot of joy to other people's lives. It may sound silly but what have you got to lose ...

Getting together for our gourmet feast is certainly a way to express your happiness.

Strawberry Bruschetta

Makes 48

Serve within one hour of making

Ingredients:

2 Baguettes (use Take and Bake baguettes, 2 in a pkg. Bake as indicated and cool) 24 large strawberries, cut in half Burrata cheese (sold in balls in brine where mozzarella is sold) Balsamic glaze

Directions:

- 1. Slice each baguette into 24 thin slices
- 2. Spread each slice with Burrata cheese
- 3. Place a strawberry half on each slice
- 4. Drizzle with balsamic glaze



Cheese Crackers

Makes about 40

Ingredients:

stick of butter softened
 cup flour
 cup Rice Krispies
 cup sharp cheddar cheese, grated
 Dash of Cayenne

Directions:

- 1. Mix all ingredients with a fork and hands, until soft ball forms
- 2. Roll into little balls
- 3. Press flat (can use bottom of small glass to press flat)
- 4. Bake on cookie sheet at 375° for 8 minutes

Guacamole Deviled Eggs

Yield: 6 servings

Serving Size: 2 halves

Total Time: 30 minutes

Ingredients:

6 large eggs, hard boiled
1 medium haas avocado (about 5 oz)
2-3 tsp fresh lime juice
1 tsp red onion, minced
1 tbsp minced jalapeno
1 tbsp fresh cilantro, chopped
kosher salt and fresh ground pepper, to taste
1 tbsp diced tomato
pinch chile powder (for garnish)

Directions:

- 1. Peel the cooled hard-boiled eggs.
- 2. Cut the eggs in half horizontally, and set the yolks aside.
- 3. In a bowl, mash the avocado and 2 whole egg yolks; discard the rest.
- 4. Mix in lime juice, red onion, jalapeño, cilantro, salt and pepper and adjust to taste. Gently fold in tomato.
- 5. Scoop heaping spoonfuls of the guacamole into the 12 halved eggs.
- 6. Sprinkle with a little chile powder for color and arrange on a platter.

National Deviled Egg Day - November 2





Best Ever Slow Cooker Pulled Pork

A homemade rub for an expensive pork cut yields a fantastic filling for sandwiches, lettuce wraps, and tacos.

Prep time: 10 Minutes	Cook Time: 6 hours	Servings: 16
Ingredients:		
8 pounds bone-in pork butt o 1 Tbsp sea salt 1 Tbsp garlic powder 1 Tbsp onion powder 1 Tbsp onion flakes	or shoulder roast	1 Tbsp chili powder 1 tsp black pepper 1 tsp cumin 1/2 tsp ground cloves 1/4 tsp cayenne pepper, or more to taste

Directions:

- 1. Remove the roast from the packaging and place in the bottom of a large slow cooker. Some fat is good for moisture.
- 2. In a small bowl combine the salt, garlic powder, onion powder, onion flakes, chili powder, black pepper, cumin, cloves, and cayenne pepper. Spread this all over the roast, turning the meat to coat all sides.
- 3. Cook in the slow cooker for 6 hours on high or 8-10 hours on low. The meat will be so tender that it will easily shred with tongs or two forks. Remove the bones and fat, and shred the meat.
- 4. Serve the meat as a filling for tacos, sandwiches, lettuce wraps, burritos, salads, or taquitos.
- 5. To freeze, cool the meat and divide it into meal-size portions in plastic containers with lids or in ziplock freezer bags. Chill completely before storing in the freezer. To serve: reheat in the microwave or in a pan on the stovetop with a bit of water, if necessary.

National Pulled Pork Day - October 12

Mustard BBQ Sauce

Ingredients:

c. brown Dijon mustard or yellow mustard
 c. ketchup
 2 c. apple cider vinegar
 c. brown sugar

tsp kosher salt
 garlic cloves mashed
 tsp fresh ground pepper
 tsp cayenne pepper

Directions:

Combine in sauce pan and simmer 10-15 minutes. Allow to cool before serving.

Sweet and Sour Sauce

Ingredients:

2 Tbsp peanut or sesame oil
4 garlic cloves, finely minced
1 in. (2.5cm) fresh ginger, finely shredded
1 carrot, finely shredded
1-2 hot red chiles such as Thai or bird's eye, seeded and minced, (optional)

⅔ cup (150ml) water
⅔ cup (150 ml) rice vinegar
⅔ cup (150 ml) tomato ketchup
4-5 Tbsp honey or sugar
1-2 Tbsp cornstarch dissolved in 2 Tbsp water

Directions:

- 1. Heat the oil in a wok or a large skillet, add the garlic, ginger, carrot, and chiles until softened.
- 2. Add all the remaining ingredient except the cornstarch.
- 3. Bring to a boil, then reduce the heat and simmer for 5 minutes.
- 4. Add the cornstarch and simmer for few minutes or until the sauce has thickened.

To use, bring to a boil, pour over hot fried or broiled food and serve immediately.



Lingonberry Sauce

Makes 2-3 Cups

Ingredients:

10 oz jars lingonberries sold at King Soopers or Peppercorn ½ c. Sauterne-wine 4 Tbsp lemon juice 1 cup sugar 4 tsp grated lemon peel 2 tsp grated orange peel

Instructions:

- 1. In saucepan, combine all ingredients and bring to a boil.
- 2. Reduce heat, simmer until thickened (14-20 minutes) stirring occasionally.

Watermelon Salad with Feta and Mint

Ingredients:

½ cup extra-virgin olive oil
3 Tbsp fresh lemon juice
2 tsp kosher salt
1 tsp Tabasco
½ tsp freshly ground pepper
One 8-lb seedless watermelon, scooped into balls with melon baller or cut into 1 ½ -inch chunks (10 cups), chilled
½ pound feta cheese, crumbled (2 cups)
1 ¼ cups pitted kalamata olives, coarsely chopped (optional)
1 small sweet onion, cut into ½ -inch dice

1 cup coarsely chopped mint leaves

Directions:

- 1. In a large bowl, whisk the oil, lemon juice, salt, Tabasco and pepper.
- 2. Add the watermelon, feta, olives and onion and toss gently.
- 3. Garnish with the mint and serve.



South Carolina Slaw

The key ingredient to South Carolina Slaw is mustard--two kinds: Dijon and dry. And be sure to shred or thinly slice the cabbage.

Ingredients:

½ head thinly sliced cabbage (about 1 lb.)
1 cup grated carrot
½ cup apple cider vinegar
¼ cup sugar
¼ cup vegetable oil

2 Tbsp Dijon mustard
2 tsp dry mustard
1 tsp celery seeds
1 tsp kosher salt
½ tsp freshly ground black pepper

Directions:

- 1. Place cabbage and carrot in a bowl.
- 2. Whisk together vinegar, sugar, vegetable oil, Dijon mustard, dry mustard, celery seeds, kosher salt, and freshly ground black pepper in a saucepan until sugar dissolves; bring to a boil over medium-high heat.
- 3. Pour over cabbage mixture; toss to coat.
- 4. Serve immediately.

Really Good Salad with Goat Cheese

Prep Time: 20 mins

Total Time: 20 mins

Serves: 2 large salads or 4 side salads

Ingredients:

Salad -1 very large bunch of kale 1 medium Honeycrisp apple 1 medium bulb of fennel 3 ounces chilled goat cheese, crumbled (to yield about ⅓ cup crumbled goat cheese) ⅓ cup dried cranberries ¼ cup pepitas (pumpkin seeds) or chopped pecans

Dressing -

¼ cup olive oil
1 teaspoon lemon zest
2 tablespoons lemon juice
1 tablespoon maple syrup
2 teaspoons Dijon mustard
⅓ teaspoon salt
Several twists of freshly ground black pepper

Directions:

- 1. To prepare the kale: Use a chef's knife to remove the tough ribs from the kale, then discard the ribs. Chop the kale leaves into small, bite-sized pieces. Transfer the chopped kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.
- 2. To prepare the remaining salad ingredients: Chop the apple into small, bite-sized pieces. Use a chef's knife or mandolin to slice the fennel as thin as possible. Transfer the prepared apple and fennel to the salad bowl. Use a fork to crumble the goat cheese over the salad. Roughly chop the cranberries and add them to the bowl.
- 3. To toast the pepitas: In a skillet over medium-low heat, toast the nuts, tossing frequently, until fragrant and starting to make little popping noises, about 3 to 6 minutes. Transfer the pepitas to a bowl to cool.
- 4. To make the dressing: In a small bowl, whisk together all the dressing ingredients until emulsified.
- 5. To prepare the salad: Add the cooled pepitas to the salad bowl. Drizzle dressing over the salad, just enough to lightly coat the kale once tossed (you might have some leftover dressing). Toss the salad well.

For best flavor, let the salad rest for 10 minutes before serving.



S'mores in a Jar

Serves: 4 individual s'mores jars

Prep Time: 10 mins Total Time: 10 mins

Ingredients:

4 Hershey's bars, roughly chopped
½ cup heavy cream
1 cup marshmallow fluff
16 Honey Maid Graham cracker squares
3 tablespoons butter, melted
Jet Puffed Mini Marshmallows for topping



Directions:

- 1. In a saucepan, heat the heavy cream until bubbles start to form on the side, about 2 minutes.
- 2. Add the chopped chocolate to a medium sized bowl and pour the hot heavy cream on top. Let it sit for a minute and then whisk until smooth. Reserve.
- 3. Process the graham crackers until finely crumbed. Add the melted butter and pulse a few times until the mixture resembles wet sand. Reserve.
- 4. To assemble the s'mores in a jar, start by adding ¼ of the Graham cracker mixture to the bottom of the mason jars. Then add ¼ of the marshmallow fluff, ¼ of the chocolate ganache and finish off my topping with mini marshmallows.
- 5. Using a cooking torch, toast the marshmallows until browned and serve!
- 6. If you don't have a cooking torch you can place filled jars on a baking sheet on the top rack closest to the broiler and leave for 15 seconds. The marshmallows will toast VERY quickly, so stand close. Remove immediately and garnish, if desired.

National S'mores Day - August 10



Celebrate whatever makes you happy this month!