

May 2009 Menu

BBQ/Grilling:

- Vanessa - **Famous Dave's Copy Cat BBQ Chicken**



North American/European:

- Renee - *Providing meals from Let's Dish as a treat to us.*

Grilled Martini Flank Steak for Heidi & Vanessa



Roasted Garlic Sliders for Renee & Deanna



Jerk Pork Tenderloin w/Green Bean Soufflé for Sara & Doris



St. Louis Style Pork Chops w/Sweet Potatoes - Debbie & Edel)



- Deanna - **Sloppy Joe Loaf**



Far East (Asian - Indian):

- Heidi - **Bulgogi**



- Debbie - **Orange Ginger Chicken**



Southwestern/Mexican:

- Sara - **Beef Cornbread Bake**



- Doris - **Chicken Enchiladas**



BBQ/Grilling

Famous Dave's Copy Cat BBQ Chicken Recipe

Makes 1 whole chicken

- 1 whole Chicken, cut in pieces
- 1 cup Famous Dave's Chicken Marinade
 - 1 (16 ounce) bottles Italian dressing
 - 1 (8 ounce) bottle lemon juice
- ½ cup Famous Dave's Rub Seasoning (*Recipe Below Makes 6 cups*)

2 cups packed light brown sugar	1 cup kosher salt
¾ cup granulated sugar	½ cup garlic seasoning
¼ tablespoon chili powder	¼ cup lemon pepper
¼ cup onion salt	¼ teaspoon celery salt
2 T coarse ground black pepper	2 T whole celery seeds
1 teaspoon crushed cloves	1 T cayenne
½ teaspoon Mrs. Dash original blend	¼ cup salt

Prepare rub seasoning thoroughly by mixing all rub ingredients. Store in airtight container..
- 1 bottle Famous Dave's Rich & Sassy BBQ Sauce or BBQ sauce of your choice

Cooking Day: Place chicken into 2 gallon Ziploc bag. Pour Marinade over top. Seal bag and mix well. Freeze.

Serving Day: Thaw chicken. Prepare grill. If using a charcoal grill build fire on one side of grill. Bring temperature up to 350 degrees.

Remove chicken from bag and pat dry with paper towel. Lay chicken out on cookie sheet and season both sides with the seasoning.

Place on grill skin side down over charcoal or on gas grill. Chicken will flare up at the beginning. Cover grill to extinguish flames.

Move chicken around on and off hot spots until skin side is crisp. Turn pieces over and continue moving chicken around. If using charcoal move off the charcoal side and cover. If using gas, move to top rack. Continue grilling until internal temperature is 165 degrees. This will take approximately 45 minutes to 1 hour.

Move chicken back over coals or bottom rack and begin slathering with BBQ sauce. Caramelize each side of chicken with BBQ sauce.

Remove from grill and enjoy.

North American/European

Sloppy Joe Loaf

3/4 pound ground beef 1/2 cup chopped onion
2 T. brown sugar 2 T. white vinegar
1 (1 lb) loaf Italian bread 1 1/2 cups shredded nacho-and-taco cheese blend
1 (14 1/2 oz) can diced tomatoes w/ garlic & onion, undrained

Cooking Day: Brown ground beef & onion, drain and return to skillet. Add tomatoes, brown sugar and vinegar. Cook, stirring constantly for 3 minutes. Cool and put in freezer bag.

Serving Day: Thaw in fridge overnight. Preheat oven to 425 degrees. Warm mixture on stovetop. Slice bread in half lengthwise, place on un-greased baking sheet. Spread bread halves with meat mixture and top with cheese. Bake for 12 minutes or until cheese melts and loaf is thoroughly heated. Cut each half into 3 pieces.

Far East (Asian - Indian)

Bulgogi (Korean BBQ Beef)

Sugar 1 cup soy sauce 1 clove garlic, minced
1 medium onion, sliced 2 to 3 green onions, chopped

Cooking Day - Thinly slice 3lb. beef chuck roast. Coat slices in sugar. Marinate with soy sauce, garlic, and onions. Package & Freeze.

Serving Day - Defrost in fridge and Grill until no longer pink.

Orange Ginger Chicken Freezer Recipe

1 1/2 lbs chicken pieces (breasts, thighs, legs, etc) 1/4 cup orange marmalade
1 T. honey mustard sauce 3/4 tsp ginger
1/8 tsp red pepper flakes

Cooking Day: In a small bowl, combine marmalade, honey mustard, ginger and red pepper flakes, stirring well. Put chicken in a ziploc bag or freezer container and pour sauce over top. Refrigerate for about 1 hr, turning every 15-20 minutes, then place container or bag in freezer.

Serving Day: Thaw chicken in refrigerator over night. Remove chicken from container or ziploc (do not baste with sauce) and barbeque on the grill, or cook in the oven at 350F for 35-45 minutes (time will vary depending on chicken pieces you chose) until juices run clear and thermometer registers 165F.

Southwestern/Mexican

Beef and Cornbread Bake

1 pound ground beef
3/4 C picante sauce
10 ounces frozen corn
1 package (7 1/2 to 8 1/2 oz) corn muffin mix
1 tsp dried oregano leaves, crushed
1 can (8oz) tomato sauce
1/2 C shredded cheddar cheese (2oz)

Preparation Day: In large skillet, cook beef and oregano until beef is browned. Pour off fat. Add picante sauce, tomato sauce and corn. Stir in cheese. Freeze in zip-loc bag.

Serving Day: Thaw beef mixture and dump into 2 quart baking dish, smoothing over the top with a spoon. Prepare corn muffin mix according to package directions. Spread over meat mixture. Bake at 375 degrees for 25-30 minutes or until cornbread topping is deep golden brown and pulls away from the edges of the dish. Let stand 10 minutes.

Chicken Enchiladas

10 tortillas (I used medium size whole wheat - 9-10" diameter)
2 - 3 cups cut up cooked chicken or turkey
2 cups grated cheese (you can use more or less of chicken and cheese to your taste-no specified amounts when I got the recipe)
1 small can chopped olives (4.5 oz)
1 small can chopped green chilies (4.5 oz)

Sauce:

1 can cream of chicken soup
1 cup sour cream

Cooking Day: Mix soup & sour cream together, coat the bottom of 9 x 13 cake pan with some sauce. Spread sauce inside each tortilla and fill with chicken, cheese, olives and chilies. Wrap up and put in prepared pan. When finished with all the tortillas, spread remaining sauce over all rolled up tortillas. Use any remaining cheese, olives or chilies for garnish across the middle on top of the tortillas.

Serving Day: Thaw tortillas. Bake in 350 degree oven for 30 minutes or until browned and bubbly. My husband likes to put taco sauce or salsa on these tortillas when eating them. I like them plain.