68 Side Dishes:

Apple Coleslaw

1 sm Head of cabbage, shredded or Thinly sliced
1 lg Apple cubed
2 tb Sugar
1 ts Grated orange peel
1/8 ts Cinnamon
1/8 ts Cloves (if desired)
1/2 ts Salt
1/2 c Mayonnaise or Sour Cream
1 ts Lemon juice

In a large bowl, combine all ingredients; toss lightly.

Apple Slaw

2 x Apples, thinly sliced
2 tb Lemon Juice
3 c Shredded Cabbage
1 x Stalk Celery, chopped
1 x Carrot, grated
1 x Med Onion, thinly sliced
1/2 c Sour Cream
1/4 c Mayonnaise
3/4 ts Celery Salt

Sprinkle sliced apples with lemon juice. Mix with cabbage, celery, carrot, and onion.
Combine sour cream, mayonnaise and celery salt. Toss with apple mixture and serve.
Lemon juice keeps apples from discoloring.

Aunt Ro's Coleslaw

2 Tb Super Fine Sugar
2 Lb Cabbage
1/2 Ts Celery Seed
1 C Mayonnaise
1/2 Ts Salt
1 C Sour Cream
Pinch White Pepper
2 Tb Vinegar

Cut Cabbage Into Quarters.cut Out Core.slice Cabbage Into Long,thin Slices.mix Mayonnaise,sour Cream,vinegar,sugar,celery Seed,salt And Pepper In A Large Bowl.add Shredded Cabbage And Toss Lightly.makes Three Quarts.

Bad Attitude Chili

2 lbs pork roast cut into 1" pieces
1/2 cup GOOD chile powder
1 head garlic- minced
1 Tb hot Hungarian paprika
4 beef boullion cubes
1 bottle amber Mexican beer
2 squares bitter baker's chocolate
1/4 cup bourbon
2 lbs cheap ground beef
1 lgE onion roughly chopped
8 New Mexican green chiles roasted, peeled, seeded, chopped.
1 Tb ground cumin
1 28 oz can crushed tomatoes
salt to taste

Sautee 1/4 of the garlic and onions until translucent. Add 1/4 of the meat,

chile powder and brown. Salt the meat while cooking. Put into your chili pot. Cast iron is best. Repeat until all the meat is done. Put the rest of the ingredients in you chili pot and simmer for for a hour.

As in any recipe, the amount of ingredients is variable. Add more of anything you want, especially chiles.

Baked Beans

2 c Pork & beans (16 oz cans) 1/3 c Bottled bar-b-que sauce
1/4 c Brown sugar 1/4 c Golden rasins
1/3 c Tart (granny smith) apples 1/2 c Chopped onion
8 ea Bacon strips

Drain pork and beans and place into oven-proof bowl. Chop onion and apples and add to beans. Also add Bar-B-Que sauce, brown sugar and rasins. Mix together and lay bacon strips on top. Place in covered grill and bake at 350 degrees for 1 to 1 1/2 hours.

Baked Potato Salad

3 Potatoes,Idaho,medium-size 1 ts Mustard,prepard
Water 1/4 ts Celery seed
1 1/3 ts Salt 2 tb Cider vinegar
2 tb Salad oil 1/2 c Green pepper,diced
1/2 c Onion,chopped 1/4 c Carrot,shredded

1. Put potatoes in a large saucepan with 1 inch cold water and 1 teaspoon salt; bring to a boil.

2. Cover, reduce heat and simmer 25 minutes, until potatoes are tender; drain and cool.

3. Peel potatoes and slice 1/4-inch thick; set aside.

4. Heat oil in a medium-size skillet; saute onion until soft.

5. Stir in flour, mustard, celery seed and remaining 1/3 teaspoon salt.

6. Gradually add 1/2 cup water and vinegar; cook over low heat, stirring constantly, until mixture boils and thickens.

7. Combine potatoes, green pepper and carrots in a bowl; add sauce, mixing well.

8. Spoon half the mixture into a shallow 8x8-inch baking dish; sprinkle with 1/2 cup cheese.

9. Cover with remaining potato mixture and cheese.

10. Bake, uncovered, in preheated 350'F. oven 15 to 20 minutes, or until cheese is melted and vegetables are hot.

BBQ Beans

1 lg Onion; chopped
1 lg Pepper; chopped
1 Garlic clove; crushed
1 1/2 ts Dry mustard
1 1/2 ts Chili powder
1/2 ts Cumin
1/2 ts Turmeric; dried
1 c Tomato sauce
1 1/2 tb Molasses
1/2 ts Apple cider vinegar
1 ds Tabasco sauce
4 c Beans; cooked

Time: 0:35 Saute onion, pepper
and garlic in 1/4 c water for 5 minutes. Add mustard, chili, cumin, tumeric and stir well to mix. Add remaining ingredients and mix well. Cook over low heat until heated through, about 15 minutes. HELPFUL HINT: This is great on a bun like sloppy-joe mix, with ketchup and mustard. Good take-along for picnics. Use either hot or cold. Also good over whole grains or as a sandwich spread.

BBQ, Potatoes-Deer Camp

2 Large baking potatoes
1/2 c Deer camp bbq sauce
1/4 c Parmesan cheese-grated

Cut the potatoes in half lengthwise. Cut each half into 3 long wedges. Place the wedges in a bowl with the sauce. Toss together and allow to Marinate for 30 min. Toss a couple times while marinating. Place the potatoes skin side down in a greased 13x9" glass baking dish. Bake at 375 for about 40 min. Baste the potatoes with teh sauce while Baking. When the potatoes become barley tender sprinkle them with teh Grated cheese. Turn the oven to medium broil and brown the tops of the Potatoes.

Bear's Beans

1 lg Can kidney beans
1 pk Bacon
1 lg Sweet onion
Salt and pepper, to taste

Put onion in fridge.

Put beans in pot and lots o bacon cover with water salt and pepper to taste. Add Texas Pete for a good kick. cook forever. and then some... (4-5) hours at a simmer till reduced and thickened. If its going to fast add more water. Chop cold onion and serve on side to go over beans.

Don't kiss nobody for a day.

Boston Baked Beans

4 c Navy beans	4 tb Brown sugar
3 ts Salt	1 tb Dry mustard
1 ea Onion, chopped	1/2 lb Salt pork

Soak beans overnight. Drain, cover with fresh water. Bring to boil, simmer until tender, drain. Pour 1/2 of beans into bean pot. Combine remaining ingredients and add to pot. Pour in remaining beans. Cover with boiling water and bake 8 hours at 250 degrees. Watch & add more water if necessary.

Coleslaw

1/4 c Currants	1/2 lg Pepper
1/4 c Low Cal. Mayonnaise	1/4 c Cider Vinegar
1/4 ts Celery Seeds	4 ts Low Cal. Mayonnaise
1/8 ts Pepper	1 tb Minced Onion
4 c Shredded Green Cabbage (About 10 Oz.)	2 ts Lemon Juice 2 ts Sugar
1/2 c Shredded Carrot (1 Medium)	1/4 ts Celery Seed
1/2 c Finely Slivered Green Pepper	1/8 ts Salt Pepper To Taste

1. in A Small Bowl Combine Cabbage, Carrot & Green Pepper.2. in A Small Bowl, Combine Vinegar, Mayonnaise, Minced Onion, Lemon Juice, Sugar, Celery Seed, Salt (If Desired) & Pepper.Mixing Them Well & Pour Dressing Over Cabbage Mixture. Toss The Slaw And Chill It For At Least 2 Hours, Tossing It Again Just Before Serving.
Dressing Is Excellent With Other Salads.

Cabbage-Pepper Slaw

4 c Finely shredded cabbage	Dash pepper
1 Chopped onion	1/2 c Miracle whip
1/2 c Chopped green pepper	2 tb Tarragon vinegar
1 ts Celery seed	1 tb Prepared mustard
1 ts Salt	2 tb Sugar

Combine chilled vegetables. Combine remaining ingredients, stirring to dissolve sugar. Pour dressing over vegetables and toss lightly. Refrigerate before serving for several hours to let flavors mix.

Cajun (Spicy) Potato Salad

4 Medium-size white or red Potatoes; cooked, peeled and -chopped
3 Eggs; finely chopped
1/4 c Finely chopped onions
1/4 c Finely chopped bell peppers
2 ts Ground red pepper -(preferably cayenne)
2 ts Prepared mustard
1/4 ts White pepper
Green onion salad dressing (see following recipe)

Cajun Coleslaw

5 tb Mayonnaise, (heaping)
2 tb Yellow mustard (heaping)
2 tb Olive oil
1 ts Garlic salt
1 ea Juice of mediums size lemon
4 ea Bell peppers, sliced
1 ea Large cabbage, shredded
1 ts Louisiana hot sauce
2 tb Ketchup
1 tb Wine vinegar
1 tb Lea & perrins
3 ts Salt (to taste)
2 ea Onions, medium, shredded

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork. Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has returned to the thickness of original mayonnaise. Add Louisiana hot sauce, continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do so. Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day.

Cajun Red Beans & Rice

2 c Red kidney beans, soaked
2 Bay leaves
1 1/2 c Onion, chopped
1/2 ts Thyme
3 Garlic cloves, minced
3/4 c Fresh parsley, minced
1 c Diced green bell pepper
1 ts Salt
2 tb Red miso
4 c Freshly cooked brown rice
Chopped scallions to garnish

Rinse beans & drain well. Cook in 5 cups of water for 50 minutes or until tender, with the bay leaves.

Add onion, thyme, garlic, parsley, green pepper & salt to pot, simmer over medium low heat for 15 to 20 minutes. Add miso & simmer for another 5 minutes. Remove bay leaves.

Serve over hot rice, garnished with scallions.

"Quick & Natural Rice Dishes"

Cattleman's Beef & Beans

1 lb Dried pinto beans
6 c Water
3 lb Beef brisket or round roast
1 lg Onion; chopped
1/2 c Dark molasses
2 ts Salt
1/2 ts Ground ginger
1/2 ts Dry mustard
1/4 ts Pepper
1 Bay leaf

1. Rinse beans undeer running water, place in a large kettle with water; bring to boiling; cover kettle; lower heat; cook 15 minutes; let stand 1 hour. 2. Trim all excess fat from beef; brown meat on all sides inremaining fat ina large skillet. 3. Place meat in the bottom of the slow cooker; add beans and liquid, onion, mollasses, salt, ginger, mustard, pepper and bay leaf. Add more water, if needed to cover meat and beans; cover. 4. Cook on high for 2 hours, stir beans, adding more liquid if needed to keep beans and meat covered. 5. Turn heat control to low and cook for 8 hours, or until beans are very tender and liquid is absorbed. Taste and season with a spoonful of hot prepared mustard, if you wish. 6. Remove meat to a carving board and cut into slices; spoon beans around beef on platter.

Chili Beans

1 c Dried black beans
3 c Chicken stock or water
1 c Dried black-eyed peas
-or low-sodium chicken broth
1 sm Ham hock
Salt; as desired

These are good either by themselves or as an addition to chili base. (See RECIPE).

THE NIGHT BEFORE, cover beans and peas with water and let stand to soften. Preheat oven to 275F. Combine beans, ham hock, stock or water and desired salt in a heavy 2-quart ovenproof pot, over medium heat. Cover, bring to a boil and place in the oven. Check the beans every 30 minutes and add 1/2 cup more stock each time if all the liquid has been absorbed. Cook for 1 1/2 hours or until beans are soft.

MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

Chili with Beans

1 pk Pinto beans
3 tb New Mexico (or other hot)
2 lb Chili meat OR
Chili powder
4 lb Lean beef sirloin, chopped
1 ts Dried oregano
In 1/2 inch cubes
2 tb Ground cumin
1 lb Low-fat turkey sausage
1 tb Vegetable oil
1 c Onions, chopped
1 ts Louisiana (or Tobasco) Hot
1 tb Garlic powder
Sauce
1 tb Red cayenne pepper
1 cn Jalapenos, chopped
2 cn Tomato sauce
1/2 tb Salt

Contributed to the echo by: Michael Gallagher Bob, here is my variation of a chili recipe with beans in it. If the people here don't like beans with

their chili, I'll give a substitution. DON'T change anything, for this is the way you should make authentic Texas chili--not the cheap imitation stuff.

Wash beans in colander and soak overnight. Wash again next day, and place in large chili pot. Cover with water about 1/2 to 3/4 inch over beans; simmer, covered, for about 2-1/2 hours or until done.

If substituting beans with the lean beef sirloin, brown the meat 1 pound at a time, preferably in a non-stick skillet without any oil. Place the meat in large chili pot. You will also need 1 more 12 ounce can of tomato sauce and 1 to 2 10 ounce cans of fat-skimmed beef stock. You will add the extra can of tomato sauce and the can of beef stock in the next paragraph of directions.

Brown meat and place in large saucepan. Add all of the other ingredients and spices. Mix well. Simmer, covered, for 1 hour. When beans are done, add contents of saucepan to chili pot and simmer for 30 to 45 minutes. Makes 15 to 20 servings, 225 calories each (205 with out the oil). Salt and pepper to taste.

Chinese Cabbage & Cilantro Slaw

1 lb Chinese Cabbage Finely Shredded	1/4 c Lime Juice
	2 tb Vegetable Oil
3/4 c Thinkly Sliced Red Pepper	1/8 ts Salt
2 tb Finely Chopped Green Onions	1/8 ts Red Pepper Flakes
2 tb Finely Chopped Fresh Cilantro	1 cl Garlic Sliced

Combine Cabbage, Red Pepper, Green Onions & Cilantro in A Large Bowl. Toss & Set Aside. Combine Lime Juice, Oil, Salt, Red Pepper Flakes & Garlic in A Smallbowl, Stirring With A Wire Whisk Unitl Well Blended. Pour Lime Juicemixture Over Cabbage Mixture, Tossing Well. Cover & Chill Throughly. (Fat 4.8. Chol. 0.)

Chinese Coleslaw

4 c Chinese cabbage, shredded	1/4 c Green onions, sliced
8 1/4 oz Pineapple, crushed, drained*	1/4 c Mayonnaise, reduced calor.
8 oz Water chestnuts, sliced **	1 tb Mustard, prepared
1 c Parsley, fresh, snipped	1 ts Gingerroot, grated

* packed in its own juice ** drained
~----
PER SERVING: 57 cal., 1g pro., 9g carbo., 2g fat, 0mg chol., 80mg sodium
Combine cabbage, pineapple, water chestnuts, parsley, and onion. Cover and chill. For dressing, combine mayonnaise, mustard, and gingerroot. Cover and chill. Spoon dressing over the cabbage mixture; toss to coat. BETTER HOMES AND GARDENS

Chinese Coleslaw a la Poggi

1 pk Coleslaw 9 8 oz. 1/2 c Sunflower seeds
1 pk Top ramen noodles (oriental) 1/2 c Slivered almonds
1 bn Green onions 2 ts Butter (split in half)

----DRESSING----
1/2 c Oil 3 tb Balsamic vinegar
3 tb Sugar Ramen seasoning

Break the top ramen noodles apart, being careful not to grind them in your hands, then brown them in butter. Noodles should be crisp. Set aside.

Next brown green onions, sunflower seeds and almond slivers in skillet with butter. Set aside.

Mix oil, sugar, vinegar and ramen seasoning to make the dressing. shake vigorously.

Do not mix ingredients until you are ready to serve.

Chipotle Chiles

1 lb Ripe jalapenos

Recipe by: Garry Howard Americans who love the smoky taste and fiery bite of chipotles have recently been hit with high prices and a scarcity of product. With prices for these smoked jalapenos reaching $15 a pound wholesale, home growers yearn to smoke their own. But the Mexicans have been fairly secretive about their techniques, and none of the books on chiles describe home smoking. After a trip to Delicos Mexico, I think I have solved this mystery -- but the process takes some dedication. First, let's look at how the Mexicans do it.

They use a large pit with a rck to smoke-dry the jalepenos. The pit containing the source of heat is underground, with a tunnel leading to the rack. The pods are placed on top of the rack where drafts of air pull the smoke up and over the pods. The jalapenos can be whole pods or pods without seeds. The latter are more expensive and are called "capones", or castrated ones.

It is possible to make chipotle in the back yard with a meat smoker or Weber-type barbecue with a lid. The grill should be washed to remove any meat particles because any odor in the barbecue will give the chile an undesirable flavor. Ideally, the smoker or barbecue should be new and dedicated only to smoking chiles.

The quality of homemade chipotle will depend on the maturity and quality of the pods, the moisture in the pods, the temperature of the smoke drying the pods, and the amount of time the peppers are exposed to the smoke and heat. The aroma of wood smoke will flavor the jalapenos, so carefully choose what is burned. Branches from fruit trees, or other hardwoods such as hickory,

oak, and pecan, work superbly. Pecan is used extensively in parts of Mexico and in southern New Mexico to flavor chipotle. Do not be afraid to experiment with different woods.

The differenc between the fresh weight of the fruits and the finished product is about ten to one, so it takes ten pounds of fresh jalapenos to produce approximately one pound of chipotles. A pound of chipotles goes a long way, as a single pod is usually enough to flavor a dish.

First, wash all the pods and discard any that have insect damage, bruises, or are soft. Remove the stems from the pods before placing the pepperrs in a single layer on the grill rack. Start two small fires on each side of the grill with charcoal briquets. Keep the fires small and never directly expose the pods to the fire so they won't dry unevenly or burn. The intention is to dry the pods slowly while flavoring them with smoke. Soak the wood in water before placing it on the coals so the wood wil burn slower and create more smoke. The barbecue vents should be opened only partially to allow a small amount of air to enter the barbecue, thus preventing the fires from burning too fast and creating too much heat.

Check the pods and the fires hourly and move the pods around, always keeping them away from the fires. It may take up to forty-eight hours to dry the pods completely. The pods will be hard, light in weight, and brown in color when dried. If necessary, let the fires burn through the night. After the pods have dried, remove them from the grill and let them cool. To preserve their flavor, place them in a zip-lock bag. It is best to store them in a cool and dry location. If humidity is kept out of the bags, the chipotles will last for twelve to twenty-four months.

Buen apetito!

Christmas Coleslaw

2 c Green cabbage, shredded	1 ea Onion, red, grated
2 c Red cabbage, shredded	1 c Mayonnaise
1 ea Green pepper, grated	1/2 c Oil & vinegar dressing
1 ea Red pepper, grated	2 ea Carrots, grated

Toss vegetables in a glass bowl. Combine mayonnaise and dressing and pour over and toss gently. Cover & chill overnight.

Cole Slaw

5 tb Mayonnaise, (heaping)	1 tb Lea & Perrins
1 ts Louisiana hot sauce	1 ea Juice of mediums size lemon
2 tb Yellow mustard (heaping)	3 ts Salt (to taste)
2 tb Ketchup	4 ea Bell peppers, sliced
2 tb Olive oil	2 ea Onions, medium, shredded
1 tb Wine vinegar	1 ea Large cabbage, shredded
1 ts Garlic salt	

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork. Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has returned to the thickness of original mayonnaise. Add Louisiana hot sauce, continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do so. Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day. From Justin Wilson's "Outdoor Cooking With Inside Help"

Coleslaw (Low-Cal)

----DRESSING----
2 tb Balsamic vinegar; 2 ts Honey;
6 tb Cider vinegar; 1/2 ts Celery seed;
2 tb Dijon mustard; 1/2 ts Caraway seed;
1 tb Low-sodium soy sauce; 1/4 ts Pepper; black

----SALAD----
2 c Green cabbage; shredded Green pepper; julienned
2 c Red cabbage; shredded Yellow pepper; julieened
Carrot; julienned 1/4 c Scallions; finely chopped
Red pepper; julienned 1/4 c Fresh parsley; minced

----PER SERVING----
38 x *cals 6 x *gm carbo
*gm protein 130 x *mg sodium
13/16 x *gm fat *gm fiber

Dressing: Mix dressing ingredients together in a small jar. Set aside.
Salad: Combine vegetables in a large bowl. Pour dressing over vegetables and toss to coat. Refrigerate at least 1 hour to blend flavors.
Serves 8.

Author's Note: Here's a tasty, mayonnaise-free version of a favorite American salad.

Corky's Cole Slaw

1 md Head of green cabbage; shred 1/4 c Dijon mustard
2 md Carrots; grated 1/4 c Cider vinegar
1 Green pepper; finely diced 2 tb Celery seeds
2 tb Onion; grated 1 ts Salt
2 c Mayonnaise 1/8 ts White pepper
3/4 c Sugar

Recipe by: Kit Anderson Mix vegetables in a bowl. Mix remaining ingredients in another. Mix togethe and toss well. Cover and refigerate 3-4 hours.

Creole Beans & Rice

3 c Red kidney beans, cooked
1/2 ts Cayenne pepper
1/4 ts Allspice
3 ea Scallions
1 ea Cucumber, peeled & sliced
2 ea Tomatoes, chopped
3/4 c Fresh parsley
1/4 c Vegetable oil
3 1/2 tb Cider vinegar
1 ds Tabasco oil
3 tb Vegetable oil
1 lg Onion, chopped
4 ea Garlic cloves, minced
3 ea Celery stalks, chopped
1 lg Carrot, diced
2 ea Green peppers, chopped
1/3 c Tomato paste
1 ts Cider vinegar
1 1/2 ts Brown sugar
1 ts Dijon mustard
1 pn Salt
2 ts Oregano
1/8 ts Cayenne
1/8 ts Allspice
2 1/2 c Rice, cooked

Combine scallions, cucumber, tomatoes, parsley, oil, cider vinegar, tabasco with the cayenne & allspice to make the salsa.

Saute onions & garlic in remaining oil for 2 to 3 minutes. Add celery & carrots & cook for another 2 minutes. Add pepper & continue to saute till the vegetables are tender.

Whisk together the tomato paste with 1/4 cup of red wine, cider vinegar, sugar, mustard, herbs & spices. Add to the vegetables. Combine the beans with the vegetables & stir thoroughly, Simmer for 30 minutes.

Layer the saute mixture with the hot rice & salsa & serve.

Crimson Slaw

1/4 c Vegetable Oil
1/4 c Tarragon OR White Wine Vinegar
1 tb Lemon Juice, 1/2 t. Pepper
1 ts Sugar, 1 t. Dried Dillweed
1 ts Dried Basil, 1 t. Tarragon
1 c Chopped Cauliflower
1 c Shredded Carrot
1 c Shredded Red Cabbage
1/4 c Chopped Green Pepper
1/4 c Chopped Fresh Parsley
1/4 c Chopped Green Onions

Combine Oil, Vinegar, Lemon Juice, Pepper, Sugar, Dillweed, Basil& Tarragon in A Medium Bowl, Mixing Well. Add Remaining Ingredients; Toss Well. Cover & Chill. Use A Slotted Spoon To Serve.
(Fat 7. Chol. 0.)

Crunchy Bacon Coleslaw

3/4 c Dressing, Miracle Whip
1 tb Sugar
4 c Cabbage, green, shredded
1 c Cabbage, red, shredded
1/2 c Peanuts, chopped
4 Bacon, crisply cooked, crumb

Mix dressing and sugar in large bowl. Add remaining ingredients; mix lightly. Refrigerate.

Dutch Slaw

1 Cabbage
1 Egg
1/4 c Vinegar
1 tb Sugar
1 ts Salt
1 ds Pepper

DIRECTIONS

Shred cabbage rather fine. Put in sauce pan and sprinkle with salt. Cover pan and place over a low flame and steam until very tender. Beat the egg, add the sugar, salt, pepper and vinegar and pour over the steamed cabbage. Heat for 5 minutes. Serve at once.
Source:

Four Vinegar Cole Slaw

1 Cabbage ; chopped fine
1/2 lg Yellow onion ; chopped fine
1 c Celery ; chopped fine
2 tb Sugar
3 tb Basil vinegar
3 tb Balsamic vinegar
3 tb Malt vinegar
3 tb Red wine vinegar
1 tb Garlic powder
1 tb Honey
1 tb Worcestershire sauce
1 tb Soy sauce, superior grade
1/2 tb Nuoc mam
2 tb Brown mustard seeds ; crushe
Black pepper
Crushed dried tabasco pepper
Or
Finely chopped jalapenos, to

Recipe by: Liz Linton & Tom Solomon Chop cabbage fine and soak in water and ice in the refrigerator for one hour. Drain. Place a small cloth towel in the bottom of a bowl. Line the bowl with paper towels and put the cabbage in. Chill for another one to two hours, meanwhile mixing all the remaining ingredients together. Bring out the cabbage, remove the towels, and combine cabbage thoroughly with other ingredients. Let warm to room temperature, and serve.

Fresh Pineapple Slaw

2 c Chopped fresh pineapple
1 md Carrot, shredded
1 md Green pepper, julienned
3 tb White wine vinegar
3 tb Unsweetened pineapple juice
1 tb Honey
1 ts Oil
2 oz Crumbled blue cheese

1. Combine pineapple, carrot, and green pepper in a medium bowl, toss

gently. Combine vinegar, and the next 3 ingredients and stir well with a wire whisk. Pour over pineapple mixture and toss. Cover and chill 1 hour. Top with blue cheese just before serving.

Per serving (1/2 cup) - 90 cal.

Frijoles Borachos (Drunken Beans)

2 cn Goya pinto beans
1/2 ts Cumin
1/2 md Onion; chopped
2 Cl Garlic; minced
1 Tomato; chopped
6 oz Beer
2 Fresh jalapenos; chopped

Bring to boil. Cook on low for 10 minutes until onions get soft. Salt and white pepper to taste Add fresh cilantro just before serving

Frontier Beans

1 c Green Onions/Tops; Sliced
3 ea Poblano Chiles; Roasted, **
1/2 lb Chorizo Sausage; Bulk
1 c Tomato; Chopped, 1 Lg.
32 oz Pinto Beans; *
1/4 ts Salt

* Use 2 16-oz cans of pinto beans. Drain one and leave one UNDRAINED.
** Use small Poblano Chiles and refer to Sowest 1 on how to roast, and seed them. Chop them into small pieces when you are done roasting them.

Heat the oven to 350 degrees F. Cook and stir the onions and sausage together until the sausage is done. Drain of excess fat. Mix the sausage mixture and remaining ingredients in an ungreased 2-quart casserole. Bake uncovered until hot and bubbly. Serve.

Grapefruit, Avocado & Spinach Salad

1 bn Fresh spinach (1 1/2 pounds)
1 Lemon juice
3 Red grapefruit
1 Orange juice
2 Ripe avocados
1 ts Sugar
2/3 c Grapefruit Vinaigrette ; Grapefruit Vinaigrette,
2 tb Champagne vinegar
1/2 c Corn oil
1 Grapefruit juice
Salt; to taste

Remove stems from spinach. Wash spinach throughly and dry. Tear leaves into bite-size pieces. Wrap gently in paper towels and refrigerate in zip-lock bags until ready to toss salad. Peel and section grapefruit. Slice avocados into quarters, then cut each slice into two inch chunks. At serving time, toss spinach with vinaigrette. Add grapefruit and avocados and gently toss again. Or, arrange grapefruit and avocado slices decoratively on bed of dressed spinach on individual serving plates. Pass additional dressing, if desired.

Grapefruit Vinaigrette Place the grapefruit juice, the lemon juice, the orance juice and the sugar into a small sauce pan over medium heat. Reduce to about 2 tablespoons. Transfer to a glass bowl and add the champagne vinegar and oil. Salt to taste. Makes about 1 cup.

Green Onion Salad Dressing for Cajun Potato Salad

1 Egg + 1 egg yolk
1 tb White vinegar
1 1/8 c Vegetable oil
1/4 ts Salt
1/2 c Finely chopped green onions
1/8 ts White pepper
1 1/2 tb Creole or brown ustard

Blend the egg and egg yolk in food processor or blender until frothy, about 2 minutes. With the machine on, gradually add the oil in a thin stream. When the mixture is thick and creamy, add the remaining ingredients and blend thoroughly. Refrigerate until ready to use.

Grilled Eggplant

1 lg Eggplant
1/2 ts Italian seasoning
1/3 c Butter (or marg.); melted
1/4 ts Salt
1/2 ts Garlic salt
1/8 ts Pepper

Peel the eggplant, and then cut into 3/4" slices.

Combine butter, garlic salt, and Italian seasoning; stir well. Brush eggplant sliced with butter mixture, and sprinkle with salt and pepper.

Place eggplant about 3 to 4 inches from coals. Grill over medium coals 10 minutes or until tender, turning and basting occasionally.

Grilled New Potatoes with Garlic

1 lb Potatoes ; new not tiny scr
2 tb Olive oil
2 c Garlic
1 ts Salt
1 ts Rosemary ; dried
1 x Ground pepper

Cook potatoes on stove top in water to cover or in microwave oven on HIGH (l00T power) until almost tender. Drain potatoes. Toss with garlic, rosemary and olive oil. Season to taste with salt and pepper. Can be prepared day ahead to this point and refrigerated. To grill, divide potatoes in half.

Place each batch in single layer be- tween large pieces heavy duty foil (or double thickness regular foil). Bring up ends of foil to close airtight.

Puncture several holes in each packages. Place on grill rack over hot coals, turning several times, until cooked, about 7 minutes total. Unwrap and serve immediately. Makes 6 serv- ings. Puncturing the foil with holes allows some ot the smokiness to perme- ate the potatoes.

Grilled Portabella Mushrooms

1 package portabellas
1/4 cup olive oil
2 tablespoons balsam vinegar
1 whole shallot
1 clove garlic

Recipe by: Portabella Mushroom Cap Package
1. Remove stems and wipe caps clean with a damp paper towel.

2. Combine oil, vinegar, shallots and garlic.

3. Turn mushrooms on their backs, with dark "gill" side up. Spoon dressing over gills.

4. Grill on rack over hot coals, gill sides up, for 4 minutes.

Slice and serve.

Grilled Sweet Peppers

4 tb Red wine vinegar
1 tb Dijon mustard
2 tb Red onion, minced
4 ea Garlic cloves, minced
Pepper, to taste
2 lg Red bell peppers, quartered
2 lg Green bell peppers, quarter'

Preheat broiler or grill. In a small bowl, combine the mustard, onion, garlic & pepper. Place bell peppers on the grill or broiler & brush with the mustard mixture. Cook until lightly browned, then turn. Brush the other side & cook until browned & slightly softened. Serve hot or cold with what is left of the marinade.

Grilled Vegetables

Shepherd writes: "BBQing vegetables brings out their sweetness and imparts a smoky, nutty quality that is extraordinarily delicious. Make them whenever you light up the coals all harvest season."

"Choose colorful ripe garden-fresh vegetables, such as summer squash, eggplants, onions and different colored bell peppers. Cut eggplant, onions and squash on the bias into about 1/2" thick slices. Cut peppers into 2 to 3" strips or big scallops. About an hour or so before cooking, combine vegetables with any good olive oil-based vinaigrette or use balsamic vinegar and olive oil with added minced garlic, basil, pepper and salt.

"Prepare a BBQ fire, preferably using some fruit wood or mesquite chips. When coals are evenly at the white ash stage, drain vegetables well and grill on fine mesh BBQ grid about 4 to 6" from the coals. Grill as slowly as possible until tender when pierced, turning several times and moving vegetables around with a fork so that they cook evenly. A little charring

on the edges doesn't hurt them. Enjoy warm with or without a meat course, and have crusty French bread to sop up the tasty juices."

Grilled Whole Chilies

Fruit - select firm ripe fru
110 ml Plain yoghurt
1 ts Honey
Fresh mint chopped
Mint sprigs

2. Serve with a dollop of yoghurt mixed with honey and mint. Garnish with mint sprigs.

How To Roast Peppers

Method 1 wash and dry bell peppers leaving them whole. Place them on rack Of broiler pan or on foil covered jelly roll pan. Broil under preheated Broiler 1-1 to 2" from heat, until skin scoorches and blackens. Turning every 5 min or so until the skin is blistered and charred.

Method 2 roast peppers on fooil covered jelly roll ban at 450 degrees Until charred and blistered. Turn often do this for 25 min.

Method 3 hold peppers with long handled fork aver open flame turning 2-3 Min or until skins are blackened. This is a good way to do one or two Peppers as it gives a fiirmer product.

How To Smoke Citrus

1. Using a large knife, cut fresh ggrapefruit and orangges into sixths. And pineapple into long pieces, or spears.

2. Place hickory chips in the bottom of one utility pan 3. Put broccoli, carrots and other stalk vegetables on top of hickory Chips, using just enough to keep the fruit app 1-2" above the chips.

4. Place fruits on vegatables skin side down.

5. Cover pan with another utility pan creating a sealed chamber. Place on very low heat for 3-5 min(if smoke is visible reduce heat.) 6. Teh finished citrus should have a very light-brown tint, but not be Too dark. The smoky tastte can be modified by the time spent over the Heat, so taste testing is recommended before adding the citrus to a Recipe. Discard veggies.

KFC Style Coleslaw

8 c Cabbage; finely chopped
1/4 c Milk

1/4 c Carrot; shredded
1/3 c Sugar
1/2 ts Salt
1/8 ts Pepper
1/2 c Mayonnaise
1/4 c Buttermilk
1 1/2 tb White vinegar
2 1/2 tb Lemon juice

Recipe by: Dan Garpow Cut cabbage and carrots into small pieces about the size of rice kernels. (The food processor is great for this!) In salad bowl, combine the sugar, salt, pepper, milk, mayonnaise, buttermilk, vinegar and lemon juice. Beat until smooth. Add the cabbage and carrots. Mix well. Cover and refrigerate for at least 2 hours before serving. Serves 6 to 8.

Lemon Coleslaw

1/2 c Mayonnaise
1/4 c Fresh lemon juice
2 tb Olive oil
1 tb White wine vinegar
1 ts Salt
1/2 ts Pepper
1/2 ea Red bell pepper (cut into ma
1/4 ea Red onion (cut into matchsti
2 tb Chopped fresh parsley
1/2 c Sour cream
2 tb Dijon mustard
2 tb Sugar
1 tb Prepared horseradish
1/2 ts Celery seeds
8 c Shredded cabbage (about 1 1/
1/2 ea Green bell pepper (cut into
1 ea Carrot, shredded
2 ts Grated lemon peel

Combine first 11 ingredients in bowl; wisk to blend. Refrigerate dressing until cold. (Can be prepared 1 day ahead). Combine cabbage, bell peppers, onion, carrot, parsley and lemon peel in large bowl. Toss with enough dressing to season to taste and serve.

Marinated Bean Salad

1/2 c Salad dressing (see recipe -below)
1 cn (15 oz) black beans
1 cn (15 oz) pinto beans
1 cn (15 oz) white navy beans
2 Jars (7 oz) roasted bell -peppers, drained & chopped
1 lg Sweet onion; sliced -paper-thin
1/4 c Cider vinegar
2 ts Sugar
1/2 ts Salt; to taste ; Salad Dressing,
1 tb Balsamic vinegar
2/3 c Olive oil
1 ts Cilantro; minced
1/2 ts Thyme; minced
1/2 ts Basil; minced
1/4 ts Ground cumin
1 ts Honey mustard
1 Clove garlic; minced

Salad Dressing: In a mixing bowl, combine all ingredients. Process in food processor until smooth. Makes 2/3 cup.

Salad: Drain beans in colander. Place in large bowl with peppers. Add 1/2 cup of prepared salad dressing and toss gently. Cover and refrigerate at least 1 hour, preferably overnight. Reserve and refrigerate remaining salad dressing.

In another bowl, toss the onion with the vinegarm sugar and 1/2 teaspoon salt. Cover and refrigerate.

At serving time, adjust seasoning on beans. Add remaining salad dressing, if desired. Garnish with sliced onion mixture.

Mexican Cole Slaw

1/2 c Shredded Red Cabbage
1/2 c Shredded Green Cabbage
1 md Carrot, Pared, Grated
1/4 c Low Fat Yogurt
1/4 ts Ground Cumin
1/8 ts Salt
1 pn Fresh Ground Pepper

Combine all ingredients in a medium mixing bowl. Serve at once or refrigerate and serve cold. 49 calories per serving.

Mexican Refried Beans

1 tb Olive oil
2 Cloves garlic, minced
1 cn Pinto beans (15-1/2 oz can)
1/8 ts Freshly ground black pepper

Place olive oil and garlic in 9-inch microwave-proof pie plate. Microwave on HIGH (100% power) 45 seconds.

Drain pinto beans, reserving 1/3 cup of juices. Add beans and reserved juiced to garlic mixture in microwave-proof pie plate. Mash beans with potato masher until all are broken up. Stir in pepper. Cover with wax paper and microwave on HIGH 3 minutes. Stir well and smooth out top to make even. Makes 2 cups.

New Mexico Pinto Beans

3 c Dry pinto beans (1-1/2 lb)
1 ea Meaty hambone or
1 ts Salt, or more to taste
2 1/2 qt Water
1/4 lb Salt pork or cubed bacon

Wash and pick over the beans, removing loose skins or shriveled beans. Put in a large covered pot and cover with hot water. Soak over night if you want to cut down on cooking time. When beans start to simmer add ham bone, salt pork or bacon. Add more water as needed but only hot or boiling wnater. Never add cold water the beans will turn dark. If you cook without a lid the beans will also turn a dark color. When the skins are almost as tender as the inside of the beans, they are done. They should not be broken. Add salt and allow to stand before serving.

North Carolina Style Slaw

1 Cabbage; shredded
2 Red and green bell peppers -
1 ts Pepper
1 ts Ground red pepper

1 c Cider vinegar 1/4 c Brown sugar
1 ts Salt 1/4 c Ketchup

Mix everything but cabbage and peppers and taste!!!!! Add whatever you think you might want more of (ketchup and sugar reduce bitterness).

Dump it in with the vegs and mix well. Let sit in frige to chill and allow the flavor to shgoot throughout.

Enjoy on a sandwich next to it or with a pile of Q.

North Carolina: Eastern Style Slaw

6 ea Medium heads (about 36 cups) 3/4 c Vinegar
Cabbage, finely shredded 3 tb Celery seed
1 1/2 c Green onions, sliced 2 tb Salt (or to taste)
1 1/2 qt Mayonnaise or salad dressing

Combine cabbage and onion in a large bowl. In a smaller bowl, blend mayonnaise, sugar, vinegar, celery seed and salt. Mix well and drizzle mayonnaise mixture over cabbage mix. Toss lightly to coat well. Refrigerate until serving.

Outrageous Baked Beans

1 ea Green beans 1 ea Bell pepper; diced
1 ea Pork & beans 1 c Chili sauce
1 ea Kidney beans; (all drained 2/3 c Brown sugar
1 ea Chili; with & without bean 4 oz Bacon; cooked crisp and cru
1 x Green onions; sliced to tas

All 14-16 oz. cans: Put all of the above ingredients in a crock pot or large pot or dutch oven and bring to a boil for 15 minutes, stirring every few minutes. Then simmer for at least 2 hrs.,Stirring occasionally, so mixture doesn't catch & burn. I always make quadruple this recipe so there will be some left over but there never is!!! Thanks for requesting this one-I knew that if you tried it, you'd like. It's always real nice to hear such nice compliments from others much more experienced than I. I think this is a real nice alternative to the usual bean fare. Makes 1 1/2 quarts on single recipe.

Pennsylvania Pepper Cabbage (Cole Slaw)

2 c Cabbage, shredded 1 ea Bell pepper, green, finely c
1 x *or: 1 ea Bell pepper, red, finely cho
1/2 c *hot salad dressing 1 ts Salt

Mix the shredded cabbage, pepper and salt and let stand about 1 hour. Drain off all liquid. Pour the Hot Dressing over the cabbage and mix well. Serve at once.

Picnic Potato Salad

10 lb Potatoes	1 c Celery, finely chopped
8 ea Eggs, hard-boiled	1 c Fresh parsley,finely -chopped
2 c Dill relish	1 1/2 pt Mayonnaise
1 c Sweet relish	1/2 c Yellow mustard
2 c Salad olives, chopped	1 x -Salt, to taste
2 c Onions, finely chopped	1 x -Louisiana hot sauce

Boil potatoes in their jackets. Let cool, then peel and chop into large chunks. Mix mayonnaise, yellow mustard, Louisiana hot sauce, and salt together. Add potatoes, along with the rest of the ingredients, and mix well. You can make this the day before and refrigerate it overnight. You may need to put a little more dressing on it if it is a little dry. "Serves 8 Cajuns or 24 other peoples for a good picnic."

Pineapple Coleslaw

----DRESSING----

1/2 c Dairy Sour Cream	1 tb Onion; Finely chopped
1/2 c Mayonnaise	1 ts Lemon Juice
2 ts Sugar	

----SALAD----

2 c Green Cabbage; shredded	1 c Carrots; shredded
1 c Red Apple; chopped	3/4 c Pineapple tidbits; drained

In small bowl, combine all dressing ingredients; blend well. In large bowl, combine all salad ingredients; toss lightly. Pour dressing over salad; mix well. Cover; refrigerate to blend flavors. Calories 160 Protein 1g Carbohydrate 9g Fat 14g Cholesterol 15mg Sodium 95mg Potassium 150mg

Pinto Beans

4 c Water	1 ts Salt
2 c Pinto Or Black Beans; 1 lb	1 ts Cumin Seed
1/2 c Onion; Chopped, 1 Md	2 ea Cloves Garlic; Crushed
1/4 c Vegetable Oil	1 ea Bacon; Slice

Mix the water, beans, and onion in a 4-quart Dutch oven. Cover and heat to boiling. Boil 2 minutes and remove from the heat; let stand for 1 hour. Add just enough water to the beans to cover. Stir in the remaining ingredients and heat to boiling. Cover and reduce the heat. Boil gently, stirring occasionally, until the beans are very tender, about 2 hours, (add water during the cooking time if necessary); drain the beans. Beans can be covered and refrigerated up to 10 days.

Red Beans & Rice w/ Smoked Sausage

1 lb Dried red beans	1 ea Garlic clove chopped
1 1/2 lb Smoked sausage cut	1 ts Dried thyme
1 x Into chunks	1 ts Ground pepper
8 oz Smoked ham shanks	1/2 ts Sage
1 ea Large onion chopped	1 pn Cayenne pepper
1 x Salt	1 x Freshly cooked rice

Place beans in Dutch oven and cover generously with water. Let soak 30 minutes. Add remaining ingredients to beans except salt and rice. Bring to boil over medium high heat. Reduce heat to medium low, cover and simmer until beans are tender, adding more water if necessary (about 2 1/2 hours). Add salt to taste. Discard ham bones. Remove about 3 tablespoons of beans from mixture and mash to paste; return to Dutch oven and stir. Simmer 15 more minutes. Serve over hot rice.

Red's Prize Winnin' Pintos

6 Canned jalapeno peppers ; or	2 lb Pinto beans ; dry
1/2 ts Cayenne pepper	1/2 lb Salt port ; cubed 1x1x1/4"
1 ts Black pepper	2 md Onion ; chopped
1 tb Chili powder	2 Cl Garlic ; minced

Recipe by: Chile Pepper Magazine - Sep/Oct 1990 Soak the beans overnight. Drain, place in a pot, and refill with water to cover the beans and add everything else. Cook very slowly for 4 to 6 hours. When the beans are done, test for salt and adjust to our preference. Don't salt in advance, because the salt pork will do that for you.

Roman Coleslaw

1 md Cabbage	1 ts Caraway seed
3 oz Olive oil	1 Leek, trimmed, chopped fine
1 tb Liquamen (sep. recipe)	1 Coriander leaf, chopped
1 tb White wine	(optional)
1/2 ts Cumin seed, ground	Pepper and salt to taste

1) Peel off the tough outer layers of the cabbage and core the remainder. Boil the cored cabbage in enough water to cover for 15-20 minutes, until tender. Drain, then rinse the cabbage in cold water until cool. Drain again, then chop well.

2) Mix together the remaining ingredients and pour over the chopped cabbage. Mix well and serve.

NOTE: This recipe may be prepared without chopping the cabbage leaves;

also, with the cabbage still warm; and lastly, with 2 boiled and sliced leeks added to it.

Smoked Mashed Potatoes

8 Smoked Idaho potatoes; -peeled
6 c Chicken broth
4 tb Butter
1 1/2 ts Salt
1/2 c Cream or half-and-half; -heated
Black pepper; to taste
White pepper; to taste

To Smoke Potatoes: The day before smoking (two days before serving) wash and air dry the potatoes. If you wash them immediately before smoking, the skin pours will be closed and the smoke will not penetrate.

Next day, smoke the potatoes for 2 1/2 to 3 hours at 225 degrees using hickory if possible. Mesquite should be avoided. After smoking, while potatoes are still hot, wrap them tightly in plastic wrap and refrigerate overnight. The potatoes also may be frozen, peel on, for later use.

On serving day, peel the outer layer of skin from each potato. Peel only the outer skin, not down to the white because a thin layer of brown smoke discoloration should be left on the potato. The smoked potatoes may be used for soups, chowders and stews.

Mashed Potatoes: Halve the peeled potatoes lengthwise and cut into 1/2 inch slices. Place potatoes and 4 cups chicken stock in a large covered saucepan over medium-high heat. As soon as broth comes to a boil, lower heat and simmer gently until potatoes are tender, about 10 to 15 minutes. Add additional broth if necessary.

Drain potatoes and transfer to a large bowl. Mash the potatoes with butter, leaving some lumps for texture. Stir in cream and season with salt and peppers to taste.

Smoky Baba Ghanoush

2 md Eggplants
3 Garlic cloves, chop coarsely
2 ts Salt
1 ts Sugar
1/2 c Tahini, *
4 tb Lemon juice, fresh
1 ts Pepper

Wash eggplants and, with fork, prick them in about 5 spots. Grill whole eggplants over medium-hot coals. Turn about every 5 minutes to evenly char skin. Grill until just soft and charred all over, about 20 minutes. Cool. Cut in half and scoop out insides (you may find it easier to peel skin off with your fingers if eggplant gets too mushy).

In food processor fitted with metal blade, combine eggplant, garlic,salt, sugar, tahini, lemon juice and pepper. Puree until smooth. If mixture seems too thick, add a little water to achieve desired consistency. Adjust seasoning.

*This paste, made from sesame seeds, is available at most grocery stores.
Makes 2 cups depending on size of eggplants.

Slaw

1 Cabbage
1 Carrot
1 1/2 c Mayonnaise (hellman's)
1/4 c Sugar; heaping
1/4 c White vinegar
1 pn Celery seed

Mix mayo, sugar, vinegar, and celery seed in a bowl. Set aside. Chop the cabbage into -small- pieces (I use the coarse cheese shredder attachment on my Kitchenaid mixer). Grate (or finely shred) the carrot and mix with the cabbage. Add the mayo mixture and mix well with a large spoon. Cover and refrigerate for 4 or more hours.

Enjoy!

Sweet Corn Relish

4 Ears Corn; Husked And -Desilked
1/2 Red Bell Pepper; Seed And -Dice Small
1/2 Green Bell Pepper; Seed And -Dice Small
1 sm Red Onion; Peel And Dice -Small
2 tb Fresh Chile Pepper Of Your -Choice, Minced
1 c Red Wine Vinegar
1/3 c Olive Oil
3 tb Molasses
1/2 c Fresh Parsley; Roughly -Chopped
Salt And Freshly Cracked -Black Pepper, to taste

Blanch corn in boiling salted water for 2 minutes and drain.

Place the corn around the edges of a HOT FIRE, where the heat is lower, so it is just barely over the coals. Cook the corn, rolling it around frequently, for about 3 minutes, or until well browned. Remove from the grill.

As soon as the ears are cool enough to handle, slice the kernels from the cobs into a small bowl. Add the remaining ingredients and toss well.

Sweet Potato Mold

2 1/2 lb Sweet potatoes; boiled until -soft, peeled & mashed
2 tb Butter; melted
1 ts Orange peel; grated
3/4 c Applesauce
1 ts Salt
1 c Low-fat milk
3 Eggs; separated
1/2 c Brown sugar; divided
1 1/2 c Pecans; halves or chopped

350 degrees Preheat oven to 350 degrees. Butter bottom and sides of 10 cup cake pan, ring mold, or oven proof baking dish. Set aside. In a large bowl,

mix mashed potatoes, butter, orange peel, applesauce, salt and milk with a spoon until blended. Mix in eggs yolks and 1/4 cup brown sugar. Beat egg whites until stiff peaks form. Gently fold into sweet potato mixture. Place pecan halves or pieces in bottom of baking dish with tops of halves facing the bottom. Sprinkle with remaining 1/4 cup brown sugar. Spoon sweet potato mixture into dish. Bake until firm, about 30 to 40 minutes. Remove from oven and let stand for 5 minutes before unmolding. To unmold, place serving platter over the top of dish, invert and shake gently to loosen.

Thead Family Slaw

1 Cabbage	2 tb Heavy cream
1 lg Carrot	1 ts Celery seed
Mayonnaise	1 ts Seasoned salt
2 tb Sugar	1 ts Black pepper
1 tb Cider vinegar	

Chop the cabbage. Shred the carrot. Mix with all ingredients except mayonnaise in large bowl. Add mayonnaise to desired consistency. Usually in the neighborhood of 3/4 to 1 cup. Refrigerate for at least 1 hour. It'll collapse significantly.

Veggies on the Grill - Super Easy

Any quantity of zucchini, carrots, onions, broccoli, mushrooms, peppers - or any other veggies you wish Marinate with garlic and your favorite Italian dressing.

Grill on a hot griddle plate (not open grate) on your favorite grill. ~Delicious and ezzzz.

Jalapeno peppers

Recipe by: William Wight I made my first batch of chipotles two weekends ago and they tasted great. My Mexican-American friends at work gave them a positive thumbs up.

How I did it:

Preparing the smoker:

I borrowed my neighbors Cajun Cooker II water smoker (borrowing is much better than buying). His unit has two grills, one near the top and one just above the water pan. I put 5 lbs of self-lighting briquettes in the bottom, and set them on fire. I put 3 qts. of cold water in the water pan that sits above the charchol pan. I bought a 3 lb. bag of mesquite wood

chips and soaked them in water while the briquettes got going.

Preparing the Meat:

I bought a fresh whole pork loin, cut it in half and rubbed it with a smoker spice recipe (will post if anyone wants it) did the same with two fresh turkey legs. I put the meat on the bottom shelf.

Preparing the chiles:

I picked them in my garden the morning of the smoking. About half of the chiles were red. I washed them and cut off the tops, at the calyx. I put about 2 lbs of standard Jalapenos and TAM Jalapeno (50:50) about two peppers thick on the top shelf of the smoker. I prepared a second simmialr-sized batch of Jalapas and Fresno chiles for the second batch.

The Smoking:

When the briquettes got going, I started to put a few mesquite chips on the charchole. About every 15 minutes I had to add more mesquite as the smoke would stop when the mesquite was consumed. I did the first batch of chiles for 3 1/5 hours and removed them. I added the second batch.

At 8 hours (4 1/2 for the second batch of chiles) I took out the chiles and meat. The pork loin was just about the best pork I've ever eaten and my wife said the turkey leg was for sure the best she'd ever had.

After dinner, I put all the smoked chiles on two foil-lined cookie tray and put them in the oven set at the lowest setting. I left them in the oven to dry for about 24 hours. I tested the chiles until they were crisp and would break when I squeezed one. I let them cool and put them into my blender and chopped them to fine flakes/powder. Beware of the powder, it'll make you cough big time! I them blended them all together and was surprised how little I ended up with, about 3/4 qt.

My powdered chipotles have a very rich smokey flavor and are mildly hot. So far, I have used them on tacos and I tried them sprinkled on top of cream cheese spread on crackers. Wow, what a taste. I just hope the bottle of powdered chipotles will last me until next season.