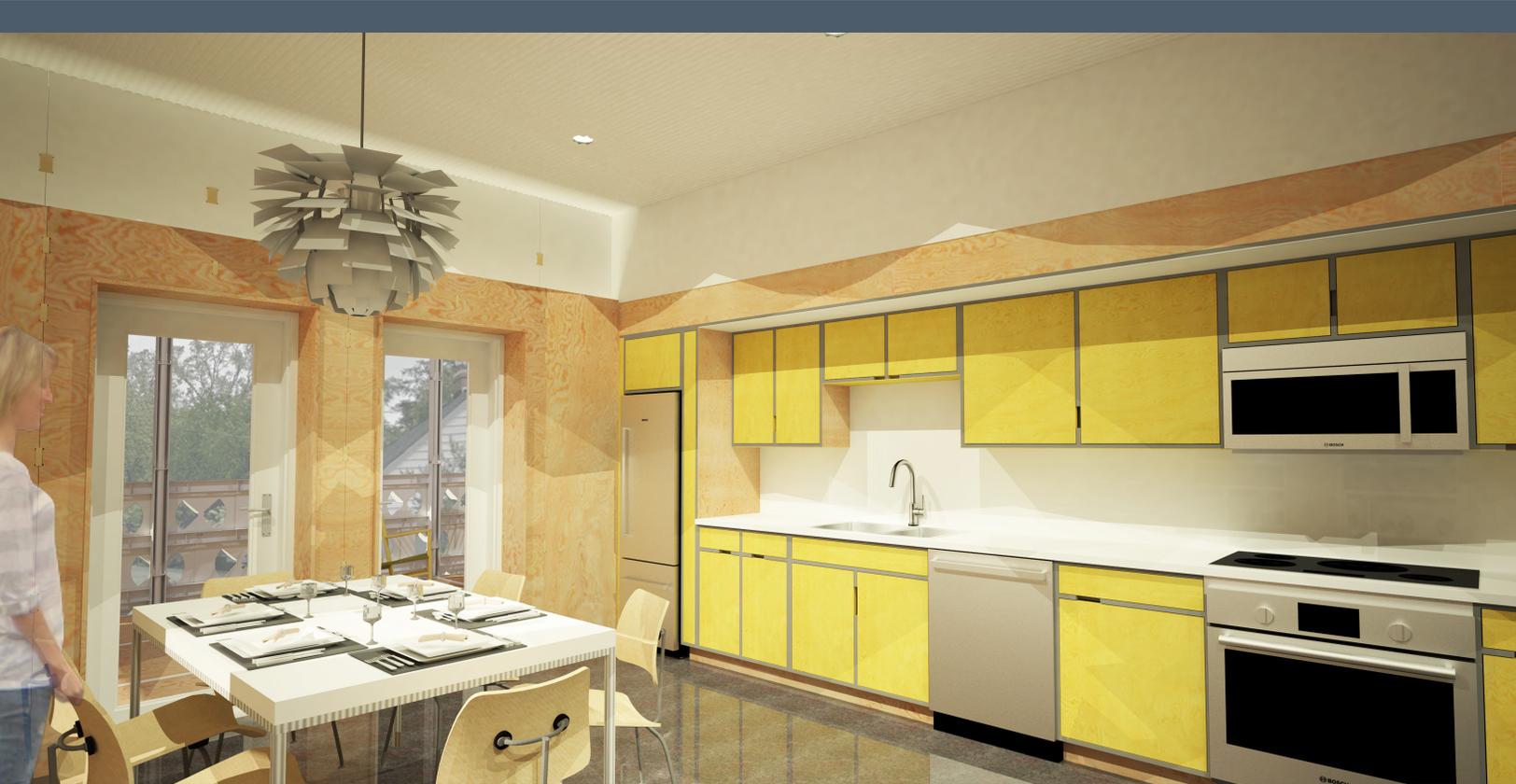


2015 PROJECT SUMMARY DINNER PARTY MENUS + RECIPES

APRIL 23RD, 2015



INDIGO PINE SUPPER



APPETIZER

boiled peanuts *legumes boiled in salted water and seasoning*



MAIN DISH

low-country boil *a symphony of shrimp, crab, sausage, potatoes, and corn boiled and cajun seasoned. served with jalapeño cornbread muffins*



DESSERT

peach cobbler *with fresh peaches*



BEVERAGE

arnold palmer *a delightful blend of sweet tea and lemonade*



INDIGO PINE SUPPER



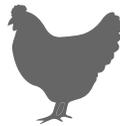
SALAD

orzo salad *watermelon, feta, and orzo pasta topped with a lemon dijon vinaigrette*



MAIN DISH

Carolina fried chicken *a traditional recipe of breaded and fried chicken served with green beans, pimiento macaroni and cheese and a fluffy buttermilk biscuit.*



DESSERT

almond cream cheese pound cake *served with berries*



BEVERAGE

sweet tea *a southern tradition*



Boiled Peanuts

Ingredients

2 pounds in-shell raw Virginia or Valencia peanuts

3 ounces kosher salt

3 gallons water

1. Wash the peanuts in cool water until the water runs clear. Soak in cool water for 30 minutes to loosen any remaining dirt.
2. Drain and rinse the peanuts. Add the peanuts to a 12-quart pot along with the salt and 3 gallons of water. Stir well. Cover and cook on high for 4 hours. Check the texture of the peanut at this point for doneness. When done, boiled peanuts should have a similar texture to a cooked dry bean. It should hold its shape, but not crunch when bitten. Add more water throughout the cooking process, if needed. If necessary, continue cooking for 3 to 4 hours longer.

Source: <http://www.foodnetwork.com/recipes/alton-brown/boiled-peanuts-recipe.html?oc=linkback>

Low Country Boil

Ingredients

1 tablespoon Old Bay® seasoning
5 pounds new potatoes
3 (16 ounce) packages cooked kielbasa sausage, cut into 1 inch pieces
8 ears fresh corn, husks and silks removed
5 pounds whole crab, broken into pieces
4 pounds fresh shrimp, peeled and deveined

1. Heat a large pot of water over an outdoor cooker, or medium-high heat indoors. Add Old Bay Seasoning to taste, and bring to a boil. Add potatoes, and sausage, and cook for about 10 minutes.
2. Add the corn and crab; cook for another 5 minutes, then add the shrimp when everything else is almost done, and cook for another 3 or 4 minutes.
3. Drain off the water and pour the contents out onto a table covered with newspaper. Grab a paper plate and enjoy!

Jalapeño Corn Muffins

Ingredients (Makes 1 dozen)

2 cups of yellow self rising corn meal mix

1 egg

1 can cream style canned corn (undrained)

3/4 cup milk

2 cups grated sharp cheddar cheese

Pickled jalapeños

1. Grease muffin tin with butter or shortening

2. Mix together the first 5 ingredients in a bowl. Fill muffin tin about half full with the mixture, then sprinkle each with cheese, then fill the tin with more of the mixture and top each muffin with a jalapeño.

3. Bake at 425 until browned, about 15 minutes.

Peach Cobbler

Ingredients

2 cups peaches, peeled and sliced

1/2 cup sugar

1 stick butter

1 cup sugar

1/2 cup milk

1 cup sifted plain flour

1.5 tsp. Baking powder

Pinch of salt

1. Mix peaches with 1/2 cup sugar and let stand 30 minutes.
2. Melt butter in 2 qt. dish.
3. Make batter with remaining ingredients.
4. Pour batter over butter, then pour fruit and juice over batter. Do NOT stir!
5. Bake at 350 for 30 minutes or until brown on top.

Arnold Palmer

Ingredients

3 cups water
2 family-size tea bags
1 (1-oz.) package fresh mint leaves (about 1 cup loosely packed)
1/2 cup sugar
4 cups cold water
1 (6-oz.) can frozen lemonade concentrate, thawed

1. Bring 3 cups water to a boil in a 2-qt. saucepan. Remove from heat, add tea bags, and stir in fresh mint. Cover and steep 10 minutes.
2. Remove and discard tea bags and mint. Stir in sugar until dissolved.
3. Pour tea into a 3-qt. container, and stir in 4 cups cold water and lemonade concentrate. Serve over ice.

Watermelon and Feta Orzo Salad

Ingredients (Serves 6)

- 1 cup orzo pasta
- ½ cup Lemon-Shallot Vinaigrette (recipe follows)
- 3 cups seeded and diced watermelon
- 4 cups firmly packed watercress
- 4 ounces crumbled feta cheese

1. Prepare pasta according to package directions. Toss together hot pasta and Lemon-Shallot Vinaigrette in a large bowl. Cover and chill pasta mixture 3 to 24 hours.
2. Gently toss together watermelon, watercress, feta cheese, and pasta mixture just before serving; add salt and pepper to taste.

Lemon-Shallot Vinaigrette

- ½ cup fresh lemon juice
- 1 minced shallot
- ¼ minced fresh flat-leaf parsley
- 1 tablespoon honey
- 1 tablespoon whole grain Dijon mustard
- Salt and pepper to taste

Stir together lemon juice and minced shallot; let stand 5 minutes. Whisk in olive oil, parsley, honey, and mustard. Add salt and pepper to taste.

Fried Chicken

Ingredients

4 pounds chicken pieces
1 1/2 cups milk
2 large eggs
2 1/2 cups all-purpose flour
2 tablespoons salt
2 teaspoons pepper
3 cups vegetable oil
2 tablespoons garlic salt
1 tablespoon paprika
3 teaspoons pepper, divided
2-1/2 teaspoons poultry seasoning

Combine milk and eggs in a bowl; whisk to blend well. In a large heavy-duty resealable plastic food storage bag, combine the flour, garlic salt, paprika, poultry seasoning, and pepper. Dip a chicken piece in the milk mixture; let excess drip off into bowl. Put a few chicken pieces in the food storage bag and shake lightly to coat thoroughly. Remove to a plate and repeat with remaining chicken pieces. Heat oil in a deep, heavy skillet to 350°.

Fry the chicken, a few pieces at a time, for about 10 minutes on each side, or until golden brown and cooked through. Chicken breasts will take a little less time than other pieces. Pierce with a fork to see if juices run clear to check for doneness. With a slotted spoon, move to paper towels to drain; sprinkle with salt.

Sautéed Green Beans

Ingredients (6 servings)

1 lb. green beans

3 tablespoons olive oil

1 cup chopped walnuts

Salt and pepper to taste

1. Heat olive oil over medium to high heat.
2. Add walnuts, stir.
3. Add green beans, salt, and pepper. Stir to coat.
4. Saute until beans are browned on sides, about 10 minutes.

Soby's Pimento Mac and Cheese

Ingredients

1 lb. pasta
2 tablespoons vegetable oil
1/2 cup onion, finely diced
1 jalapeno, seeded, and finely diced
1 Tbs. flour
1.5 pints heavy cream
12 oz. sharp cheddar cheese, shredded
7 oz. diced pimiento
1 tsp. salt

1. Cook pasta in salted water according to package directions. Cool under running cold water and reserve.
2. Saute onion and jalapeño in 1 Tbl. oil for 2 minutes. When onion is soft add the other Tb. of oil and whisk in flour.
3. Continue to cook for 2 minutes, stirring constantly.
4. Add the heavy cream and simmer 5 minutes.
4. Stir in cheese until melted.
5. Add pimientos and salt.
6. To finish, add the pasta to the cheese sauce and heat thru.

Old Fashioned Buttermilk Biscuits

Ingredients (Makes a dozen biscuits)

2 cups sifted all-purpose flour

(sift before measuring)

1 tablespoon baking powder

3/4 teaspoon salt

1/2 teaspoon baking soda

5 tablespoons chilled vegetable shortening

1 cup buttermilk

Preheat oven to 440 degrees with rack in the middle. In a large bowl, sift together flour, baking powder, salt, and baking soda. . Add shortening, coating it with flour, then rub between your fingertips until coarsely blended with some 1/2-inch lumps. Make a well in the flour mixture and then add buttermilk, stirring with a fork just until dough forms and holds together (it will be soft and sticky.)

Turn dough out onto a floured surface and knead 8 to 10 times. Too much kneading leads to tough biscuits. Roll out dough with a floured rolling pin into a 12-inch round (1/2-3/4 inch thick) and, using a fork dipped in flour, prick all the way through about every 1/2 inch.

Cut out as many rounds as possible with a 2-1/2 to 3 inch round cookie/biscuit cutter dipped in flour (do not twist cutter or use an overturned glass which will seal the edges so they cannot rise.) Bake, almost touching, on an ungreased heavy baking sheet, rotating sheet after about 6 minutes if browning unevenly, until crusty and golden-brown, 12 to 15 minutes. Brush tops with melted butter and serve warm or at room temperature.

Source: <http://www.twirlandtaste.com/2012/12/old-fashioned-buttermilk-biscuits-will.html>

Cream Cheese Pound Cake

Ingredients

3 sticks unsalted butter (set out 3 hours in advance)
3 cups sugar
1 8 oz. package of cream cheese (set out 3 hours in advance)
3 cups cake flour (sift and then measure)
6 eggs (set out 2 hours in advance)
1 tsp vanilla extract
1 tsp almond extract
2 cups strawberries

1. Preheat oven to 350 degrees.
2. Blend the butter, sugar, and cream cheese together.
3. Alternately add the eggs and cake flour.
4. Add the vanilla and almond extracts.
5. Pour batter into a greased bundt pan.
6. Bake for about an hour.
7. Top with fresh fruit.

Southern Sweet Tea

Ingredients (Makes 1 gallon)

3 cups water

2 family-size tea bags

1/2 to 1 cup sugar

7 cups cold water

1. Bring 3 cups water to a boil in a saucepan; add tea bags.
2. Boil 1 minute; remove from heat. Cover and steep 10 minutes.
3. Remove and discard tea bags. Add desired amount of sugar, stirring until dissolved. Pour into a 1-gal. container, and add 7 cups cold water.
4. Serve over ice.

COMPREHENSIVE INGREDIENT LIST

Orzo pasta
Watermelon
Watercress
Feta cheese
All-purpose flour
Baking powder
Salt
Baking soda
Vegetable shortening
Buttermilk
Green beans
Olive Oil
Walnuts
Pepper
Elbow pasta
Vegetable oil
Onion
Jalapeños
Heavy cream
Sharp cheddar cheese
Diced pimiento
Unsalted butter
Sugar
Cream cheese
Cake flour
Eggs
Vanilla extract
Salted Butter
Black tea
Raw peanuts
Kosher salt
Old Bay® seasoning
Potatoes
Kielbasa sausage
Corn
Crab
Shrimp
Yellow self rising corn meal mix
Cream style canned corn
Whole milk
Pickled jalapeños
Peaches
Fresh mint leaves
Frozen lemonade concentrate
Chicken pieces
Vegetable oil
Garlic salt
Paprika
Poultry seasoning
Fresh lemon juice
Shallot
Fresh flat-leaf parsley
Honey
Whole grain Dijon mustard
Almond extract
Strawberries