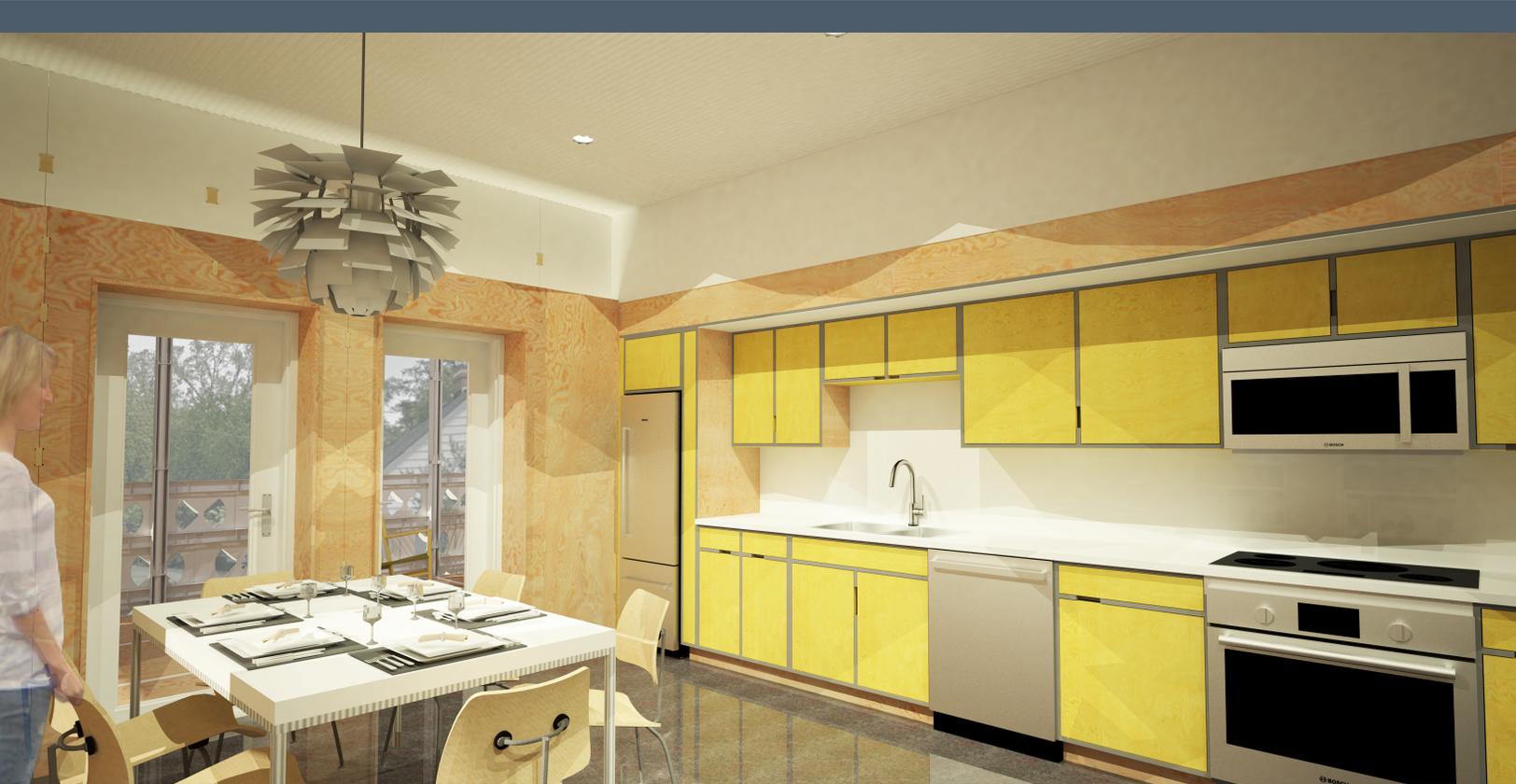


# 2015 PROJECT SUMMARY

# DINNER PARTY MENUS + RECIPES

APRIL 23<sup>RD</sup>, 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



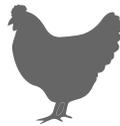
## SALAD

**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.

Source: Neely Todd - Greenville, SC

## **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