

Virtual



Cookbook Club

October 2021

October 4 Meeting Notes — Cooking Inspired by Food Network publications

Participants: Judy, Sandy, Elissa, Iveta, Joan

Elissa is a loyal fan of this recipe for **Best Barbecue Ribs Ever** she found in Food Network Magazine many years ago. This recipe is by Katie Lee (or Katie Lee Biegel, as she seems to be known more recently). The 7-ingredient dry rub calls for brown sugar, chili powder, Kosher salt, freshly ground black pepper, dried oregano, cayenne pepper, garlic powder, and onion powder. Elissa recommends doubling the rub and leaving it on 2 racks of baby back ribs in the refrigerator overnight.

After baking the ribs in a mix of chicken broth and apple cider vinegar in a 250° oven for 2 to 2 1/2 hours, you remove the ribs from the baking pan and let them sit on a platter. Although the recipe calls for pouring the liquid from the baking pan into a sauce pan and heating it to a simmer, then adding the barbeque sauce, Elissa prefers not to use the liquid from the pan for this step. The next step is to grill the already cooked ribs—about 5 minutes per side—until they are browned to your taste, brushing on the sauce while grilling.

To obtain the ribs for this dish, Elissa made a special trip to her favorite meat store, Andy's Meats, N1651 County Rd. CX, Endeavor, WI. It is north of Portage. Elissa usually uses 2 or 3 racks of ribs for this dish, depending on the size of the racks.

This recipe is available online at <https://www.foodnetwork.com/recipes/katie-lee/best-barbecue-ribs-ever-3364398>

If you would like to see a short video of Katie Lee and Rachael Ray demonstrating how to prepare this dish, it is available at https://youtu.be/_X6mp-eiPDY



Elissa's 7-ingredient dry rub for ribs



Elissa's Best Barbeque Ribs Ever

Iveta prepared Honey Mustard Chicken and Apples, which she found in the Food Network book *The Best and Lightest: 150 Healthy Recipes for Breakfast, Lunch and Dinner: A Cookbook*. A copy of this recipe will be in the back pages of these notes, and can also be found at <https://www.foodnetwork.com/recipes/food-network-kitchen/honey-mustard-chicken-and-apples-recipe-2105063>

Iveta joined the Zoom session right after eating this dish for supper. It received rave reviews from her husband, who said “It looks like a professional meal.”

This recipe calls for chicken thighs, a large onion, cut into chunks, and 2 apples, also cut into chunks. Iveta had just bought some Cortland apples, which just happened to be the apples featured in this recipe. The recipe also calls for chicken broth, honey mustard, softened butter, pepper, olive oil, and a little all-purpose flour.

You brown the chicken thighs in a skillet, remove them, and begin cooking the onion and apples in some of the chicken drippings. You add the broth and mustard, bring it to a boil, add the chicken, and roast it in the oven.

Iveta served this dish with some lightly sautéed outer leaves of Deadon Cabbage.



Iveta's Honey Mustard Chicken and Apples, served with lightly sautéed Deadon Cabbage



Iveta's Honey Mustard Chicken and Apples, fresh from the oven

Have You Heard of Deadon Cabbage?

Description/Taste

The large, round heads of Red Deadon Savoy cabbage can grow between 15 and 25 centimeters in diameter, its outer leaves stretching sometimes two and three times that size. The crinkled leaves are a deep green with purple veins and edges with the occasional dusting of grey. The densely-packed “head” or “heart” can weigh from 3 to 5 pounds at maturity. While the outer leaves of Red Deadon Savoy cabbage are dark and magenta, the inner leaves are a bright pale green and are tender yet crisp. The colors of this winter cabbage variety will intensify following a frost. Red Deadon Savoy cabbage has a sweet, mild flavor that is also made better after an exposure to frost.

Applications

Red Deadon Savoy cabbage can be eaten raw, shredded, or finely sliced in salads and slaws. It can also be lightly sautéed to bring out its inherent sweetness. The tender outer leaves are pliable and can be used as a wrapper for sandwiches. The crisp, inner leaves sauté quickly and when paired with garlic and scallions, the sautéed Deadon Savoy cabbage makes an easy side dish. Use the purple-veined cabbage in place of any other variety in recipes for stuffed cabbage, stir-fry, or a spicy cabbage with pork. Savoy cabbage varieties can be braised or added to soups and curries. Red Deadon Savoy cabbage stores very well and can be kept in the crisper drawer of the refrigerator for up to two months if properly stored. Cabbage will store best if kept unwashed until use, there is minimal handling and the outer leaves remain intact. ~ from https://specialtyproduce.com/produce/Red_Savoy_Deadon_Cabbage_11951.php



Sandy does not usually use food magazines but she was delighted when she delved into the October 2021 issue, volume 14 of the *Food Network* magazine. She used a recipe that normally would not attract her—**Pasta with Lemon and Olives**. Sandy usually prefers to make dishes that are creamy and spicy. This dish uses only a Tablespoon of butter. The recipe calls for large shell pasta, extra-virgin olive oil, a large shallot, a large clove of garlic, cannellini beans, Kalamata olives, pepper, grated lemon zest, lemon juice, grated Parmesan cheese, and fresh parsley.

Sandy said that until preparing for this dish, she never really knew what a shallot was. She would always just substitute scallions when shallots were part of a recipe. She asked a man in the grocery store about shallots and he took her to them in the produce section. She likes them. They are like milder onions.

Sandy wanted to add protein to the dish, so she cooked chicken separately and integrated it into the dish.

She said this is not her favorite dish, but thinks it would be a wonderful dish to serve for a light meal for hot weather.

This recipe is also available online at <https://www.foodnetwork.com/recipes/food-network-kitchen/pasta-with-lemon-and-olives-11624637>



Sandy's Lemon Rosemary Garlic Chicken and Potatoes

Sandy's Lemon Rosemary Garlic Chicken and Potatoes Recipe

1/3 cp olive oil
1/4 cup fresh lemon juice
2 lemons, sliced
1 (3.5 oz.) capers, drained
10 garlic cloves, smashed
3 T FRESH rosemary leaves
2 T Kosher salt
1 t freshly ground pepper
3 T olive oil
6 chicken legs (about 1.5 lbs) *
4 skin-on, bone-in chicken thighs (about 2 1/2 lb) *
2 pounds small red potatoes
Crusty French bread

* Because I prefer boneless chicken, I used boneless thighs and breasts (cut in half) Strong suggestion: Double the sauce recipe.

Preheat oven to 450 degrees. Toss together first 8 ingredients in a medium bowl.

Place a roasting pan on stove top over 2 burners (I used a Dutch oven). Add 3 T olive oil and heat over medium-high heat. Sprinkle chicken with desired amount of salt and pepper; place, skin sides down, in pan. Add potatoes. Cook 9 - 10 minutes or until chicken is browned. Turn chicken and pour lemon mixture over chicken.

Bake at 450 for 45 to 50 mins or until chicken is done. Serve chicken with sauce and French bread.
And I baked it topless.

I hope you enjoy it as much as I did!

REMEMBER; Double the sauce!

The December Meeting is on Monday, December 6.