

Classic Chili
Garlic French Baguette
Bread Pudding

Classic Chili

½ cup chopped green pepper
1 cup chopped onion
1 ½ pounds ground beef
1 teaspoon finely chopped fresh garlic
1 (14 ½ oz) can stewed tomatoes
2 (14 ½ oz) cans whole tomatoes
1 (15 oz) can kidney beans, undrained
1 (15 ½ oz) can pinto beans, drained
1 (15 oz) can spicy chili beans, undrained
2-3 Tablespoons TWSC Chili Blend
1 Tablespoon Worcestershire sauce
1 ½ teaspoons TWSC dried Oregano
1 ½ teaspoons TWSC Ground Cumin
1 teaspoon TWSC Seasoned Salt
1 teaspoon sugar
¼ teaspoon TWSC Fine Sarawak Black Pepper
¼ teaspoon TWSC Cayenne Pepper
Dash TWSC Ground Allspice

Cook green pepper, onions, celery, ground beef and garlic in Dutch oven over medium heat, stirring occasionally, until meat is browned (10-12 minutes).

Stir in remaining ingredients. Continue cooking until mixture comes to a full boil (5-10 minutes). Reduce heat to low. Cook until flavors are blended (30 – 60 minutes). Taste and adjust seasonings as desired.

Accompaniments: Grated cheddar or monterey jack cheese, sour cream, diced avocado, chopped black olives, chopped red or yellow bell pepper, crushed red pepper, chopped scallions and hot sauce.

Makes: 8 servings – tastes even better the second day

Alternative: Substitute beef steak cut into ¾” pieces for the ground beef.

Garlic French Baguette

1 Whole French Baguette (unsliced)
Butter
2-4 tsps TWSC Granulated Garlic

Preheat oven to 375° F. Cut a V-shaped wedge about ¾ inch deep lengthwise into the top of the French Baguette. Remove wedge (top) and set aside. Spread butter inside the 'V', covering both sides and coating thoroughly. Sprinkle granulated garlic the entire length of the 'V'. Replace the top wedge into the 'V' and press firmly into place. Bake on baking pan on top shelf for about 5 minutes or until the butter has melted and the bread is crispy. Slice and serve immediately.

Bread Pudding

1 package Cannon River Kitchen's Bread Pudding Mix
3 ½ cups water
1 Tablespoon Butter

Preheat oven to 350°F. Pour Bread Pudding mix into a bowl. Stir in water. Let stand for at least 20 minutes. Drop butter into 8"x8" pan and melt in the oven. Pour prepared mix into the pan. Bake for 55 minutes or until top is golden brown and springy to touch.

Serve with whipped cream, maple syrup, carmel sauce or Earth & Vine's Caribbean Banana Caramel Sauce.

Curried Cauliflower with Basil Soup
Mixed Green Salad with Balsamic Vinaigrette
Parmesan Crisps or Salt Crackers

Curried Cauliflower with Basil Soup

1 Tablespoon extra-virgin olive oil
1 onion, chopped
3 garlic cloves, minced
1 Tablespoon minced ginger root*
2 celery stalks, peeled and sliced
1 ½ Tablespoons TWSC Madras Style Curry Powder
1 head cauliflower, cored and coarsely chopped
6 cups chicken stock*
4 Tablespoons chopped fresh basil
TWSC Sea Salt and Black Pepper, to taste

Place a stockpot over medium heat and when it is hot add the oil. Add the onion, garlic, ginger, celery and curry powder and cook until tender, about 10-15 minutes. Raise the heat to high, add the cauliflower and stock, and bring to a boil. Cook until the cauliflower is tender, about 20-25 minutes.

Transfer to a blender in batches, add the basil, and blend until smooth, leaving the blender cover slightly opened. Add salt and pepper to taste. Serve immediately, garnish with additional basil leaves.

Makes: 8 to 10 cups

*Time Saver: Use the Ginger People brand Minced Ginger and Classic Roasted Chicken Stock from More Than Gourmet.

An all purpose vinaigrette that's great drizzled on greens, vegetables, cold tuna or chicken. Also works great for marinating chicken and steak.

Balsamic Vinaigrette

2 garlic cloves, finely chopped (optional)
1 teaspoon (Edmond Fallot) Dijon Mustard
6 Tablespoons balsamic vinegar
1/3 to ¾ cup extra-virgin olive oil, depending on taste
TWSC Sea Salt and Black Pepper, to taste

Combine the garlic, mustard and vinegar in a bowl. Pour olive oil into the bowl in a thin stream whisking until combined. Add salt and pepper to taste. Transfer to a container, cover and refrigerate up to one month. Yield: 1 to 1 ¼ cups

Variations: For absolute decadence use Villa Manodori Artigianale Balsamic Vinegar. For fun try one of Golden Fig's Flavored Balsamic Vinegars

Light and easy to make, a great accompaniment to soup

Parmesan Crisps

½ cup freshly grated parmesan cheese

Heat oven to 400° F. Place a round (2 ¼") cookie or biscuit cutter on a baking tray lined with non-stick parchment paper and sprinkle in ¼ (about 1/8 cup) of the cheese. Repeat to make 4 rounds. Bake 3-5 minutes until bubbly and melted. Remove and cool. Makes 4 crisps.

Variation: Sprinkle sesame seeds or poppy seeds over crisps before baking.

A great cracker to serve with your soup and a great way to experiment with all the different sea salts available

Salt Crackers

2 cups all-purpose flour
3 Tablespoons vegetable shortening
1 ½ teaspoons baking powder
½ teaspoon TWSC Sea Salt (fine grind)
1 ½ teaspoons TWSC freshly ground black pepper
½ cup water
2 Tablespoons extra-virgin olive oil
2 Tablespoons TWSC Pink Sea Salt or freshly ground TWSC Mill Grind Sea Salt

Preheat oven to 350° F. Line a baking sheet with parchment paper.

Combine the flour, shortening, baking powder, sea salt (fine grind) and black pepper in a food processor. Process briefly to mix. Then, with the motor running, drizzle in the water. When the dough begins to hold together, turn off the processor.

Gather up the dough into a ball and transfer to a lightly floured work surface. Roll out into a sheet about 1/8" thick, and cut into 2-by-3-inch rectangles. Transfer the rectangles to the prepared baking sheet, then brush each rectangle lightly with olive oil and sprinkle with the pink sea salt.

Bake until golden brown, 12-14 minutes. Let cool completely on the baking sheet on a wire rack. Store in an airtight container at room temperature for up to 1 week.

Classic Chicken or Turkey Stock

1 carcass and neck from 6-7 lb chicken or turkey
2 celery stalks, cut into chunks
1 parsnip (optional), cut into chunks
2 carrots, cut into chunks
1 onion, cut into chunks
2 TWSC Bay Leaves
1 teaspoon TWSC Thyme
6 TWSC Black Tellicherry Peppercorns
Cold water to cover
1 teaspoon TWSC Sea Salt or to taste

Place all ingredients except cold water and salt in a stockpot or crockpot. Generously cover with cold water. Cook covered over medium heat until the mixture comes to a slow boil (the crockpot should be covered, the stockpot can be partially covered). Lower the heat to very low and continue cooking for at least 3 hours (again, the crockpot should be covered, the stockpot can be partially covered). Do not let it boil again.

Strain off liquid and discard solids. Transfer to a large container, cover and refrigerate. When the stock has completely cooled, skim and discard the hardened fat. Add salt to taste. Use immediately, refrigerate up to 3 days or freeze up to 6 months. Yield: 10 cups

Microwave Chicken Stock

1 lb chicken pieces, wings, meat bones, trimmings
Small handful of crushed parsley stalks
2 celery stalks, cut into chunks
1 parsnip (optional), cut into chunks
2 carrots, cut into chunks
1 onion, cut into chunks
2 TWSC Bay Leaves
1 teaspoon TWSC Thyme
6 TWSC Black Tellicherry Peppercorns
Boiling water to cover
1 teaspoon TWSC Sea Salt or to taste

Place all ingredients except water and salt in a large microwavable container. Generously cover with boiling water. Cover and microwave on high for 35 minutes. Let stand for 30 minutes.

Strain off liquid and discard solids. Cool at room temperature until fat rises to surface. Chill. Remove and discard fat. Use immediately, refrigerate up to 3 days or freeze up to 6 months. Yield: 6-10 cups.