

# Thursdays in the Kitchen: 4<sup>th</sup> of July Backyard BBQ!

## June 27<sup>th</sup>, 2013

### 1. Grilled Jalapeno Peppers with Goat Cheese and Honey

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*These are a simple classier (and healthier) take on Jalapeno Poppers. A light drizzle of honey complements the tanginess of the cheese and char from the grill.*

#### **Ingredients**

Jalapeno Peppers - 6  
Fresh Goat Cheese - 6 oz  
Mint - 20 large leaves or so roughly  
Honey - Enough for a drizzle  
Salt and Pepper - To taste

#### **Method**

Trim the stem-end of each pepper and use a small spoon to remove the seeds.

Combine the cheese, chopped mint, and some coarsely ground black pepper in a bowl and combine with a rubber spatula.

Spoon or pipe the cheese mixture into the peppers.

Grill over pre-heated grill set to a high flame, turning frequently - you want the skin to char before the cheese gets too soft to remain in the pepper.

Remove from the grill, drizzle with honey and sprinkle with salt, and serve immediately.

### 2. Simple Potato Salad with Olive Oil and Fresh Basil

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*The menu at barbeques tends towards the rich and heavy. This potato salad is much lighter than mayonnaise-based recipes and also keeps better in the under-refrigerated barbeque environment.*

#### **Ingredients**

New Potatoes - 2 lb  
Fresh Basil - 1 large bunch, stems removed, roughly chopped  
Capers - 3 tbsps  
Juice of 1 lemon  
Olive Oil - Enough to coat  
Coarsely Ground Salt and Pepper - to taste

#### **Method**

Place potatoes in a large stockpot, fill the pot with cold water and season with copious amounts of salt. Bring the water to a boil over high heat and then reduce the flame to a simmer. Cook the potatoes until just fork tender, drain and rinse with cold water to stop them from cooking.

Add the remaining ingredients to a large mixing bowl and toss to combine. Serve at room temperature or store in the refrigerator until ready to serve. Taste before serving and adjust seasoning – more lemon juice and salt might be necessary.

### **3. Slow-Cooked Pork Ribs and Beef Brisket**

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*Slow-cooked meats are what elevate a barbeque to an event. Though slow-cooking takes time, it is well worth the effort, making delicious use of inexpensive cuts of meat. We will be treating each of these pieces of meat in a similar manner. The primary difference between the ribs and the brisket will be that we are glazing the ribs.*

#### **Dry Rub**

Trim any excess fat and connective tissue from the ribs and brisket while leaving a liberal and uniform layer of fat on one side of each cut.

Combine the following ingredients and rub liberally into ribs and/or brisket. Cover with plastic wrap and refrigerate overnight or up to 24 hours

#### **Ingredients**

Cayenne Pepper – 1 tbsp  
Smoked Paprika – 4 tbsp  
Granulated Garlic – 2 tbsp  
Finely Ground Black Pepper – 2 tbsp  
Cumin – 1 tbsp  
Kosher Salt – 4 tbsp  
Dark Brown Sugar – 8 tbsp

#### **Grilling the Meat**

Ribs and brisket are both very tough cuts of meat. After a long period of slow cooking these cuts will reward you with a tender and flavourful meal.

Prepare your gas or charcoal barbeque by cleaning the grates and igniting/starting a fire on one side of the grill leaving enough space for the meat - You will not be placing the meat over the flame. It will rest on the unlit portion of the grill.

Place the ribs/brisket over the unlit portion of the barbeque and close the lid. Allow the temperature to climb to 250oF and adjust flame (or vents and coals if using gas) to maintain that temperature. Cook ribs/brisket until tender (approximately 6 – 7 hours for meat under 10 lb).

#### **Bourbon Glaze for the Ribs**

When the ribs are almost finished cooking (30 – 45 minutes prior) brush with this glaze every 5 – 10 minutes, turning the meat after each glazing.

Combine the following ingredients in a saucepan and simmer over low heat until thickened.

Bourbon – 1/2 cup  
Honey – 1 cup  
Garlic – 2 cloves finely minced  
Tomato paste – 3 tbsp  
Black Pepper – 2 tbsp finely ground

## 4. Whole Grilled Chicken with Lemon and Thyme

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*One of my childhood friends was from a family who had recently immigrated to Canada from Greece. His father had a fantastic garden in their small backyard – I remember him building small shelves to support the massive squash that he grew trellised on the chain link fence. I would often eat lunch with the family on Sundays and chicken just like this was invariably on the menu.*

### **Prepare Chicken For the Grill - Spatchcocking**

Use a pair of kitchen shears to remove the spine of the chicken. Flip the bird over so that the inside of the chicken is facing upwards. Cut the wishbone (or remove entirely) in the very middle where the two breast muscles meet. Firmly press down on the bird to render it flat.

Rub the chicken liberally with the following marinade and place on the grill over indirect heat positioning the legs towards the back of the barbeque. Close the lid of the barbeque and adjust flame (or coals and vents) to maintain a temperature between 300 – 350oF. Cook until a thermometer inserted in the thickest part of the breast registers 165oF.

### **Marinade**

Fresh Thyme – ¼ cup finely minced  
Garlic – 2 cloves crushed  
Lemon Zest – From 1 lemon  
Olive oil – ¼ cup  
Salt – ½ tbsp.  
Black Pepper – Lots!

## 5. Cornbread Shortcake with Seasonal Fruit

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*Shortcake is a delicious, quick, and easy dessert that pairs well with almost any fruit. This recipe can be used to take highlight the best that the garden or market has to offer... and cornbread is always welcome at a barbeque.*

### **Recipe – From [www.MartHaStewart.com](http://www.MartHaStewart.com)**

1 1/2 cups all-purpose flour (spooned and leveled), plus more for dusting

1/2 cup yellow cornmeal

2 teaspoons baking powder

3/4 teaspoon baking soda

1/2 teaspoon fine salt

2 tablespoons granulated sugar, plus more for sprinkling

1/2 cup (1 stick) cold unsalted butter

1 cup buttermilk, plus more for brushing

1 cup cold heavy cream

2 tablespoons confectioners' sugar

1 1/2 pounds peaches, halved, pitted, and cut into 1/4-inch slices (5 cups)

Preheat oven to 400 degrees. In a medium bowl, whisk together flour, cornmeal, baking powder, baking soda, salt, and granulated sugar. Using the large holes on a box grater, grate butter into flour mixture. Using your fingers, incorporate butter into flour mixture, breaking it into even smaller pieces. With a fork, stir in buttermilk until dough just comes together. Lightly flour a rolling pin and work surface and roll out dough to a 3/4-inch-thick rectangle. Cut into 6 squares (or rectangles).

Place dough squares, 3 inches apart, on a parchment-lined baking sheet. Brush tops with buttermilk and sprinkle with granulated sugar. Bake until shortcakes are golden and puffed, 17 to 20 minutes. Let cool completely on a wire rack.

In a medium bowl, using an electric mixer, beat cream and confectioners' sugar on high until stiff peaks form, about 3 minutes. Cut shortcakes in half horizontally. Divide peaches among bottom halves, top with whipped cream and blueberries, and sandwich with top halves.

## Resources

**The Fullerton Arboretum** - Check out our upcoming programs and classes! Visit our Facebook page for updates and pictures! You can also find us on Pinterest and Instagram @FullArboretum.

[www.fullertonarboretum.org](http://www.fullertonarboretum.org) & [www.facebook.com/TheFullertonArboretum](https://www.facebook.com/TheFullertonArboretum)

**Our Localtopia** - Visit [www.OurLocaltopia.com](http://www.OurLocaltopia.com) for a digital copy of this recipe packet and the beer cocktail recipe! And share it with your friends!

**Edible Sunlight** - Jonathan Duffy Davis's farm and food blog. [www.ediblesunlight.com](http://www.ediblesunlight.com)



### Upcoming Summer Thursday Cooking Classes at Fullerton Arboretum

- July 11<sup>th</sup>, 2013 - Cooking with Summer Tomatoes
- July 18<sup>th</sup> 2013 - Vegan Cooking for Good Health with Chef Ken Carlile
- July 25<sup>th</sup>, 2013 - Succulent Summer Fruit

### JUST ANNOUNCED - Autumn Harvest Thursdays in the Kitchen Cooking Classes - THIS FALL!

- September 26<sup>th</sup> 2013
- October 24<sup>th</sup> 2013
- November 21<sup>st</sup> 2013

## Arboretum Online Class Registration Now Available

To access the online registration system visit: <http://www.fullertonarboretum.com/>. Select the "Classes" option from the menu on the left, and then look through the list that pops up for "Thursdays in the Kitchen." Click on it, and then select the date of the class you'd like to register for and follow the prompts to "check out."