

BLAZING SADDLES

Gourmet Style!



COWBOY QUENCHER

SCHNITZENGRUBEN STUFFED MUSHROOMS

COWBOY CAVIAR

BBQ LENTIL CHILI

**BIG STEAK SALAD WITH
ONION STRINGS**

SKILLET APPLE PIE



Theresia, Kathy R., Sharon and Lynn
are rustling up the grub
March 13, 2019

Cowboy Quencher

SERVINGS:1

INGREDIENTS

1 ounce rum
1 ounce peach schnapps
2 ounces orange juice
2 ounces pineapple juice
2 ounces sour mix
Splash of grenadine

Pour the above over ice and stir it on up! Yee-Ha!

“Schnitzengruben” (Sausage) Stuffed mushrooms

INGREDIENTS

3 Italian hot sausages, casings removed
1 1/2 teaspoons dried oregano
1 cup freshly grated Parmesan cheese (about 3 ounces)
1/2 teaspoon Worcestershire sauce
1/2 teaspoon garlic powder
1 8-ounce package cream cheese, room temperature
1 large egg yolk

Olive oil
24 large (about 2-inch-diameter) mushrooms, stemmed
1/3 cup dry white wine

PREPARATION

Sauté sausage and oregano in heavy large skillet over medium-high heat until sausage is cooked through and brown, breaking into small pieces with back of fork, about 7 minutes. Using slotted spoon, transfer sausage mixture to large bowl and cool. Mix in 1/2 cup Parmesan cheese, Worcestershire sauce, and garlic powder, then cream cheese. Season filling with salt and pepper; mix in egg yolk.

Brush 15x10x2-inch glass baking dish with olive oil to coat. Brush cavity of each mushroom cap with white wine; fill with scant 1 tablespoon filling and sprinkle with some of remaining 1/2 cup Parmesan cheese. Arrange mushrooms, filling side up, in prepared dish. (Can be made 1 day ahead. Cover and chill.)

Preheat oven to 350°F. Bake uncovered until mushrooms are tender and filling is brown on top, about 25 minutes.

Cowboy Caviar



Serves 10

Ingredients

- 6 Roma tomatoes diced
- 1 bell pepper seeded and diced
- 1 medium onion finely diced
- 2 jalapeño peppers seeded and finely diced
- 1 large avocado peeled, pitted and diced
- 15 oz can corn drained (or from 1 cooked cob of corn)
- 15 oz can black beans well rinsed and drained (or make your own)
- 1/2 bunch of cilantro About 1/2 cup chopped
- 3-4 Tbsp lime juice
- 1/2 cup light Italian Dressing *
- 4 medium garlic cloves pressed
- 1 tsp sea salt or to taste

Instructions

In a large mixing bowl, combine diced tomatoes, chopped onion and bell pepper, seeded and diced jalapeño, sliced avocado, drained corn, rinsed and drained black beans and chopped cilantro.

Stir in 3-4 Tbsp of lime juice, 1/2 cup of Italian dressing, 4 pressed garlic cloves and 1 tsp of salt or season to taste. Mix everything together and serve with tortilla chips.

Recipe Credit: NatahasKitchen.com

BBQ Crock Pot Lentil Chili (Vegan)

Ingredients

4 cups vegetable broth
16-ounce bag of lentils
2/3 cup diced onion - red or white
1 teaspoon minced garlic
2-3 teaspoons of barbecue rub or seasoning
1 tablespoon molasses
1 teaspoon smoked paprika
½ teaspoon ground mustard
½ cup of diced bell peppers (extra for topping)
½ cup diced tomatoes or canned tomatoes (drained)
2-4 tablespoons spicy BBQ sauce mixed in (optional)
Sea salt/black pepper to taste (optional)
Protein Option: BBQ tempeh, tofu, vegan burgers (These options might not be gluten free though so read labels).
Toppings of choice: cilantro, roasted pumpkin seed, red chili flakes nutritional yeast, etc.

Preparation

First make sure your vegetables are chopped and lentils are rinsed.

Pour the lentils in a strainer and rinse thoroughly. Next Place the rinsed lentils in your slow cooker. Add 1 1/2 to 2 times as much broth as lentils, anywhere between 3-4 cups.

Add in your onion, oil, tomato, BBQ sauce, and other vegetables, such as chopped peppers and garlic. Mix all together.

Next add your molasses and seasoning. Add salt and pepper the last 10 to 15 minutes of cooking.

Cook on high for three to four hours. Low around 5. Checking halfway through cooking and mixing. Taste halfway and adjust seasoning (more if needed). If you are using green/black lentils, they will probably take closer to 4 hours and hold their shape. Red/orange lentils don't hold their shape as well as the green/black, which makes them great for thick chili/stew. If chili is too thick at halfway point, add more broth.

Add optional protein in last 30-45 minutes of cooking.

Once cooked, serve and garnish with roasted pumpkin seeds, cilantro, more chopped bell pepper, red pepper flakes, and optional nutritional yeast.

Keeps well in the refrigerator for up to 5-7 days.

Big Steak Salad

Serves 4



Ingredients

Dressing/Marinade:

- 3/4 cups canola oil
- 3 tablespoons red wine vinegar
- 1 tablespoon balsamic vinegar
- 2 tablespoons lime juice
- 2 tablespoons plus 1 teaspoon soy sauce
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon hot chili oil
- 2 tablespoons sugar
- 1 tablespoon minced fresh ginger
- 3 cloves garlic, peeled and minced or chopped
- 1 teaspoon kosher salt
- Lots of freshly ground black pepper

2 whole 1-inch rib eye steaks, extra fat trimmed

Onion Strings:

- 2 whole onions
- 2 cups buttermilk
- 2 cups all-purpose flour
- 1 tablespoon kosher salt
- 1/2 teaspoon cayenne pepper
- Freshly ground black pepper
- 4 cups canola oil

Salad:

- Lettuce mix: romaine, arugula, watercress, radicchio, etc.
- 3/4 cups crumbled blue cheese
- 4 roma tomatoes, sliced

Directions

For the dressing/marinade: Combine the oil, both vinegars, lime juice, soy, Worcestershire, chili oil, sugar, ginger, garlic, salt and pepper in a mason jar with the lid. Shake vigorously to combine; taste and adjust seasonings to taste.

Place the steak in a plastic zipper bag. Pour in half the dressing/marinade and seal. Marinate for 5 to 10 minutes.
For the onion strings: Slice the onions very thin. Place in a baking dish and cover with the buttermilk and soak. Combine the flour, salt, cayenne and black pepper and set aside.

Heat the oil to 375 degrees in a large pot. Grab a handful of onions, throw into the flour mixture, tap to shake off excess and plunge into the hot oil. Fry for a few minutes and remove to a paper-towel-lined plate as soon as they are golden brown. Repeat until onions are gone.

Grill (or sauté) the steak over medium-high heat until medium-rare, about 2 minutes on each side. Remove from the heat and allow to rest. Slice the steak against the grain in thin slices.

For the salad: In a large bowl, add the lettuce mix, blue cheese and tomatoes. Add a little of the remaining dressing/marinade and toss to combine. Add more if needed.

Heap the salad on a plate, making sure to get plenty of blue cheese and tomatoes on each plate. Add half a steak to the top of each plate, then top the steak with onion strings.

Serve immediately. Yum!

Recipe Credit: www.foodnetwork.com/recipes/ree-drummond/big-steak-salad-2170782

Le Tarte Tatin

From Julia Child The Way to Cook

For an 8 inch tarte, Serving 6

Ingredients:

5-6 Golden Delicious apples

The grated rind and juice of 1 lemon

1 ½ cups sugar

3 oz (6 TBs) unsalted butter, cut into ½ inch pieces

8 ounces butter pastry dough (See recipe at the end.)

Optional accompaniments: whipped cream, sour cream, or vanilla ice cream

Directions:

Preparing the apples: Quarter, core, and peel the apples; cut the quarters in half lengthwise. Toss in a bowl with the lemon and ½ cup of sugar, and let steep 20 minutes so they will exude their juices. Drain them.

The caramel: Set the iron skillet or oven proof skillet over moderately high heat with the butter, and when melted, blend in the remaining sugar. Stir about with a wooden spoon for several minutes, until the syrup turns a bubbly caramel brown- it will smooth out later, when the apple juices dissolve the sugar.

Arranging the apples in the pan: Remove from heat and arrange a layer of apple slices nicely in the bottom of the pan to make an attractive design. Arrange the rest of the apples on top, close packed and only reasonably neat. Add enough so they heap up 1 inch higher than the rim of the pan- they sink down as they cook.

Preliminary stove-top cooking -20-25 minutes: (Preheat the oven to the 425 degrees F for the next step, placing the rack in the lower middle level.) Set the pan again over moderately high heat, pressing the apples down as they soften, and drawing the accumulated juices up over them with the bulb baster- basting gives the whole apple mass a deliciously buttery caramel flavor. In several minutes, when the apples begin to soften, cover the pan and continue cooking 10-15 minutes, checking and basting frequently until the juices are thick and syrupy. Remove from heat, and let cool slightly while you roll out the dough.

The dough cover: Roll the chilled dough into a circle 3/16 inch thick and 1 inch larger than the top of your pan. Cut steam holes, ¼ inch size, 1 ½ inches from around the center of the dough. Working rapidly, fold the dough in half, then in quarters; center the point over the apples. Unfold the dough over the apples. Press the edges of the dough down between the apples and the inside of the pan.

Baking-about 20 minutes at 425 degrees: Bake until the pastry has browned and crisped. Being careful of the red-hot pan handle, remove from the oven.

Verification: Tilt the pan, and if the juices are runny rather than a thick syrup, boil down rapidly on the top of the stove, but be sure not to evaporate them completely or the apples will stick to the pan.

Serving: Still remembering that the pan is red-hot, turn the serving dish upside down over the apples and reverse the two to unmold the tart. If not quite neat in design-which does happen-rearrange slices as necessary. Serve hot, warm, or cold, with the optional cream or ice cream.

Butter Pastry Dough

From Julia Child The Way to Cook

For two 9 inch tart shells or 14X4 ½ inch rectangular crust

Ingredients:

1 ½ cups all-purpose flour, preferably unbleached (scooped and leveled)
½ cup plain bleached cake flour
¼ tsp salt
2 TBs sugar
6 oz (1 ½ sticks) chilled unsalted butter, quartered lengthwise and diced
¼ cup (2 oz) chilled vegetable shortening
½ cup ice water, plus droplets more, if needed

Directions:

Blending flour and butter. Have all the ingredients measured out and ready to use. Put the flour, salt and sugar, and diced butter in the container of the food processor and pulse (on-off half-second clicks) 5 or 6 times to break up the butter roughly. Add the shortening, turn on the machine, and immediately pour in the ½ cup of ice water, then pulse 2 or 3 times. Remove the cover and feel the dough—it should look like a bunch of small lumps, and will just hold together in a mass when you press a handful together. (It's important not to overmix; it should not mass on the blade of the machine.) If too dry, pulse in droplets more water. From now on, work rapidly to keep the dough cold and manageable.

Final Blending: Turn the dough out on to your work surface; press it into a rough mass. For the final blending, rapidly and roughly, with the heel (not the palm) of your hand, push egg size clumps of dough out in front of you in a 6 inch smear.

Resting and Chilling: Form the dough into a cake—it should be fairly smooth and pliable. Wrap in plastic, slide it into a plastic bag, and refrigerate. Freshly made dough should chill 2 hours at least, allowing the flour particles to absorb the liquid, as well as to firm the butter and relax the gluten.

Ahead-of-time note: The dough will keep 2 days in the refrigerator before its unbleached flour will start turning grayish, but it can be frozen for several months.



Cowboy Quencher



Sausage Stuffed Mushrooms



Cowboy Caviar



BBQ Lentil Chili



Big Steak Salad
with
Onion Strings



Skillet Apple Pie
(Apple Tartine)