

Corn Pancakes with Dried Tomato Pesto L. Hoffman

3 ears corn, cooked, kernels cut off - divide into 2 parts
2-3 eggs
about 12 oz.

1/2-3/4 c. flour + milk (more as needed)

5-6 Tbsp. chili powder or other seasoning to taste

1/4 t. baking powder Pesto, Shrimp (or less)

Puree all but 1/2 corn until the consistency of pancake batter. Pour into bowl with reserved corn kernels. Fry in medium hot oiled skillet until golden on both sides.

Keep warm in 350° oven until batter is used. Add toppings to serve.

Adjust size 1 1/2" (1 heaping Tbsp) to 3" (1/4 c) depending on use as an appetizer, side dish, or bread substitute. Scoops work best.

For appetizer top with red pesto and a small shrimp (45-50 ct) or slice 36-40 ct cut in half horizontally. Can do ahead and reheat 350° 10-12 minutes.

Other toppings: Sour cream (or labneh or yogurt) with a spicy jelly.

2. Scoop of BBQ pork and jalapeno slice,

3. Shredded cheese melted and roasted red pepper

4. slice of sausage + pickled red onion slice.

Boston Baked Beans

And the brown bread to go with them

The Boston baked bean is a story in itself, cooked long and slow, so that the beans literally caramelize in their juices. This is my favorite carefree cooking system, and the only one I've used since the day it was suggested to me by a kind reader a number of years ago. No soaking, no fussing, just dump everything into the pot and away you go; come back the next morning and the beans are done.

For about 2 quarts of beans, serving 6 to 8

A 2-inch square of salt pork (6 to 8 ounces)

2 cups small white beans, well picked over and washed

5 cups water

1½ tsp salt

1 cup finely sliced onions

2 large cloves of garlic, minced

2 Tbs dark unsulfured molasses

2 Tbs Dijon-style prepared mustard

½ tsp thyme

2 imported bay leaves

½ Tbs grated fresh ginger

6 grinds of pepper

SPECIAL EQUIPMENT SUGGESTED:

A slow cooker, or a 3-quart bean pot or heavy casserole

Cut the salt pork into strips ¾ inch thick (leave on the rind). While you are assembling the other ingredients in the pot, simmer the pork 10 minutes in 2 quarts of water; drain, rinse in cold water, and add to the pot.



Ingredients for Boston Baked Beans

When all is in, cover the pot, and bring to the simmer; cook with low heat (250°F to 275°F), either in the slow cooker or in the oven. The beans should barely bubble, and will take 12 to 14 hours. Look at them once in a while to be sure all is well—they may need a little bit of boiling water. They are not done until they have turned a dark reddish brown. Correct seasoning.

Boston Brown Bread

Brown bread is quick to mix, but a long, almost unattended 3-hour steam. Its taste is all its own, slightly sweet because of its molasses and raisins, and definitely sturdy with its base of cornmeal, rye meal, and termilk. Besides being a perfect match for baked beans, it toasts as butters beautifully when served to

BROWN BREAD - Aunt Margaret's

1 cup 40° Bran Flakes (I used cereal)
 2 Tbsp Molasses
 1 cup brown sugar (packed tight)
 1 cup flour
 ½ cup raisins
 ½ cup nut meat (peanuts)

1 cup milk with 1 teaspoon baking soda dissolved in it
 dash of salt. mix well.
 grease veg. can well over

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🕒 30 minutes

Ingredients

· Serves 12

Meat

1 lb Deli ham

Produce

1 1/2

tsp Onion,
dried *chopped*

Condiments

1 1/2

tbsp Dijon
mustard

1 1/2

tsp Worcestershire
sauce

Bread &

Baked Goods

1 12-pack

king's hawaiian
original
hawaiian sweet
dinner rolls

Dairy

^{6 T}
~~1 stick~~ Butter

^{8 oz}
~~1 lb~~ Swiss
cheese

Slice whole slab of dinner rolls in half + place bottom half on aluminum foiled

9x13" pan.

Layer 1/2 of ham, then the 8 oz of cheese, then other half of ham. Place top of rolls on top.

Mix onion, dijon mustard, worcestershire sauce + butter then pour over the top of dinner rolls. Bake covered for 30 min. @ 325°

Submitted by Sharla Cook

Meghan's PUMPKIN PIE DIP

Fresh Thyme Dietitian Meghan Sedivy's recipe sports just three ingredients! Make sure to purchase the pumpkin pie mix and not plain canned pumpkin.

PREP: 5 minutes plus chill time

SERVES: 16 (2 Tbsp. each)

INGREDIENTS

1 cup whole milk ricotta cheese

1 cup canned organic pumpkin pie mix

1 (5.3 oz.) container — Fresh Thyme vanilla nonfat Greek yogurt

Chopped candied ginger and pecan pralines, for garnish

Suggested dippers:

Fresh Thyme gingersnaps and vanilla wafers, sweet potato chips, and/or apple slices, for serving

I use Siggis 4% vanilla (whole milk)

pear slices

INSTRUCTIONS

1. In a food processor, combine ricotta, pumpkin pie mix, and yogurt. Cover and process until smooth.

2. Transfer dip to a serving bowl. Cover and refrigerate for 2 hours or until chilled.

3. To serve, garnish with chopped ginger and pecans; accompany with desired dippers.

Each serving contains: 51 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 8 mg cholesterol, 39 mg sodium, 5 g carbohydrates, 1 g fiber, 4 g sugar, 3 g protein. **Daily values:** 18% vitamin A, 0% vitamin C, 5% calcium, 1% iron.

OUR DIETITIAN'S DISH:

"Pumpkin is so delicious and versatile! It can be used in sweet dishes, such as this dip, and in savory dishes too. I add pumpkin to soups and stews for unique flavor and to boost nutrients."

—Meghan Sedivy, Fresh Thyme Registered Dietitian

