

## ESP Cooking Shows

### ***New Castle Braised Short Ribs***

2 pork short rib loins

BBQ Sauce of Choice, The Jack Daniel Blackberry BBQ from the Atlas show will work really well

4 New Castle Beers

#### **Rub ingredients**

1 Tablespoon paprika

1 Tablespoon onion powder

1 Tablespoon garlic powder

1 Tablespoon coriander

1 Tablespoon cumin

1 Tablespoon thyme

2 Tablespoon chili powder

1 ½ Cup of blacking seasoning

1 Pound of brown sugar

4 (12 oz.)New Castle beers

Combine all Rub ingredients in a bowl and set aside. Score the back of the Rib Loins, and add Rub to Loins. Broil Rib loins in Oven until sugar Caramelizes and Racks Brown. Place in a large Baking Dish with a riser and add beer. Wrap very tightly with several layers of saran wrap and then aluminum foil. Roast at 275 for 2 ½ to 3 hours or until ribs pull from the bone. Top with BBQ Sauce of Choice.

Directions

Bake at 500 for 5 min

Then bake at 275 for 2 ½ to 3 hours

***Southern Reuben with Bourbon Sweet Potato Fries***

4 Rye Breads of choice

24 oz Pastrami

8 slices of Provolone/Fontina cheese

Roasted garlic oil

Make the following Sweet Potato and Slaw Recipe. Cut Rye Rolls; add Pastrami, Cheese and Southern Slaw. Melt in an oven or sear with a little butter until crispy on the outside. Plate with Sweet potato Fries and a side of 1000 Island Dressing or Bourbon Honey Mustard

### **Southern Slaw**

½ Cabbage

½ Red bell pepper

½ Red onion

### **Pickling Mix**

½ Cup pickling spice

1 Cup cider vinegar

1 Teaspoon dry mustard

Salt and pepper to taste

\*\*\* Optional ½ teaspoon turmeric

Sauté Vegetables on Medium Heat, add Pickling Mix until cabbage gets soft. Set aside for sandwich Assembly

### **Bourbon-Bacon Sweet Potato Fries**

(I recommend using canola oil to fry)

2 Sweet potatoes

4 Slices of bacon

¼ Cup of brown sugar

¼ Cup of Jack Daniel's

½ Cup of corn syrup

Cut Sweet potatoes and Pan Fry in canola oil until crispy. Set aside. In another sauté pan add bacon and sear until crispy, reduce heat and add brown sugar Jack Daniels, and corn syrup. Cook until thickened. Toss fries in Bacon mixture

## **Sun Dried Tomato Pesto Chicken Breast over Artichoke Caesar**

### **Sun Dried Tomato - Pecan Pesto**

1 Cup of sun dried tomato, reconstituted in Red wine

1 Cup red wine

30 Roasted garlic cloves

1 Cup oil

16 Basil leaves

½ Cup of pecans

Salt and pepper to taste

Combine Sun Dried Tomatoes and Red wine in a medium saucepan on medium heat until tomatoes are soft. Combine All Ingredients, except oil in a food processor. Slowly drizzle in oil

### **Artichoke Garnish**

1 Red onion

3 Cups of red wine

½ Cup of sun dried tomato, reconstituted in Red wine

2 Cans of artichokes

3 Cloves of roasted garlic

¼ Cup of oil

¼ White balsamic vinegar

1 Tablespoon of salt

1 Teaspoon of pepper

Combine Sun Dried Tomatoes and Red wine in a medium saucepan on medium heat until tomatoes are soft. Combine all ingredients in a bowl and store in the refrigerator

### **Caesar Dressing**

6 Egg yolks

4 Anchovies

¼ Cup red wine vinegar

1 Tablespoon of hot sauce

1 Tablespoon of L & P Worcestershire sauce

½ Cup Roasted Garlic

2 Cups Garlic Oil

½ Small Can of artichoke hearts

Roast Garlic Cloves in oil in a Saucepan on Medium Heat. Allow to Cool. Combine All Ingredients, except oil in a food processor. Slowly drizzle in oil

### **Salad**

Romaine Lettuce Heads, Cleaned and cut into 1" Strips

Croutons of Choice

Shaved parmesan

4 Chicken Breasts

½ Cup Canola Oil

Salt, and Pepper to Taste

Season and Sear Chicken Breasts, on Medium High heat in a Large Saucepan, turn once, when cooked thoroughly, top with Pesto and set aside. In a large mixing bowl, combine Romaine, Croutons, and Caesar Dressing and mix thoroughly to coat. Top with Chicken Breast, Vegetable Mixture, Parmesan, and Side bread of choice

## **Sweet Potato Grouper with Vanilla Beurre Blanc and Bacon Green Beans**

4 Grouper Fillets

Canola Oil for Searing

1 Sweet Potato (Peeled and shredded)

1 Cup flour

4 Tablespoons of onion powder

1 Tablespoon garlic powder

1 Teaspoon of salt

1 Teaspoon of pepper

3 Eggs

Combine Flour, Garlic Powder, Onion Powder, Salt, and Pepper and set aside in a Plate. Beat eggs and place on a large plate as well. Coat Grouper Filets in Flour, then Egg wash mixture, then press on shredded Sweet potato, and top with more Seasoned Flour on both sides. Let stand for five minutes. Sear in a large sauté pan with Canola oil on medium High heat. Flip once and sear until the Grouper is cooked all the way through and is no longer translucent. Make Beurre Blanc and Green Bean Recipes. Plate Grouper over a pool of butter sauce and add green beans.

### **Vanilla Beurre Blanc**

2 Shallots, julienned

2 Cloves of garlic

6 Peppercorns

½ Cup of white wine

½ Cup of bourbon

1 Cup of heavy cream

1 pound of butter, cut into cubes at room temperature

2 Tablespoons of brown sugar

Combine Shallots, Garlic, Peppercorns, bourbon, and white wine in a medium saucepan on Medium Heat. Bring to a simmer and Reduce. Add Heavy Cream and reduce until mixture is thickened

considerably. Take off heat and add whisk in butter slowly, one cube at a time until all is melted and mixture is emulsified. Strain and set aside

### **Green Beans**

2 Pats of butter

¼ Pound of green beans

2 Strips of diced bacon

1/8 Cup of white wine

Salt and Pepper to Taste

Sauté Bacon pieces with butter on medium heat until Crispy. Add Green beans and white wine, then season and serve

## **Mango-Mojito Key Lime Pie**

### **Crust**

2 Cups graham cracker crumbs

½ Cup butter

Melt Butter, combine with crumbs and press crust around a well greased spring form Pan. Bake at 350 for five minutes until Crust forms. Set aside and allow to cool.

### **Topping**

2 Cups of mango, diced into ½" Cubes

10 Sprigs of mint, Finely Shredded

¼ Cup of rum

¼ Cup of red bell pepper (diced)

Combine ingredients and set aside

### **Filling**

6 Egg yolks

½ Cup sugar

2 14oz. Cans of sweet condensed milk

1/3 Cup Key lime juice

Cream Egg Yolk with sugar until fluffy and white. Add Condensed milk and combine fully. Add Key Lime juice and place in cooked crust. Bake at 350 for 15 minutes and allow to cool.

### **Meringue**

6 Egg whites

¼ Cup of sugar

Zest from 1 lime

Beat whites at high speed until stiff peaks start to form. Add sugar and zest until light and fluffy. Add to the top of Cooled Key Lime and bake at 350 until browned. Allow to cool for at least four hours to set. Cut and top with Rum-Mango mixture

## **Crème Brule Cheese Cake**

### **Crust**

2 Cups graham cracker crumbs

½ Cup butter

Melt Butter, combine with crumbs and press crust around a well greased spring form Pan. Bake at 350 for five minutes until Crust forms. Set aside and allow to cool.

### **Filling**

1 Egg yolk

2 Whole Eggs

1 Pound cream cheese, softened at room temperature

1 Vanilla bean or 2 tablespoons of vanilla extract

½ Cup of sugar

In a mixer with a paddle, beat cream cheese until smooth. Add eggs, sugar and vanilla and blend fully. Add mixture to finished Crust and Bake at 275 for 1 to 1½ hours until a toothpick removes cleanly from the center. Allow to cool for at least four hours to set. Serve with Carmel topping.

### **Carmel Fosters Sauce**

1 Cup of sugar

½ Cup of brown sugar

Juice of 1 whole orange

¼ Cup of Bacardi Orange

¼ Cup banana flavored liquor of your choice

¾ pound of butter

In a small saucepan, add butter and sugars. Cook on medium heat, until brown and Bubbly. Add orange and liquors, stirring constantly until thickened. Add topping to cheesecake