

4 Cheese Spinach Artichoke Dip



Ingredients

8 bags of chopped Spinach
3 10# cans artichoke hearts, drained
chopped in 1/2" pieces
1 Cup olive oil
1/2 Cup Minced Garlic
2 Gallons Milk
8 Quarts Heavy Cream
1/2 Cup Minced Parsley
3/4 Cup Salt
1/2 Cup garlic Powder
1/4 Cup Red Pepper
1 Quart Crumbled Feta cheese
1 Quart Shredded Mozzarella cheese
1/2 Quart Cream Cheese- room temperature
1 Cup Nutty Roux to thicken sauce
Top with Parmesan Cheese

Method

Use thawed Spinach bags and squeeze all the water out. This is a critical step. Drain Artichoke Hearts and chopped into 1/2" pieces, add them to the Spinach, Add oil to a pot over medium low heat, add garlic. Cook for 2 minutes, DON'T Brown. Once garlic is cooked add Milk, Cream and all spices. Once liquid is boiling, add spinach and artichokes mixture. Mix thoroughly.

When the mixture is bubbling again add all cheeses slowly, allowing for the cheese to melt into the cream. Simmer for 30 minutes

Finish by adding Nutty Roux in slowly in order to bring the dip to the right consistency and cook at a low temperature to cook the flour taste out of the dip

Buckalews Smoked Pork Tenderloin

SERVES 4



Ingredients

½ Cup Apple Juice
3 Tablespoons Honey
3 Tablespoons BBQ Pork Rub
¼ cup Brown Sugar
1 Tablespoon Thyme Leaves
½ Tablespoon Black Pepper
2 (1-½ lb.) Pork Tenderloins
silver skin removed

Method

1. For the Marinade: In a large bowl, add the apple juice, honey (warmed), pork rub, brown sugar, thyme leaves and black pepper. Whisk to combine.

2. Add the pork to the bowl with the marinade. Turn pork to cote and cover the bowl with plastic wrap.
3. Transfer to the refrigerator and marinate for 2-3 hours.
4. Set smoker temperature to 225 degrees and preheat the smoker.
5. Place the tenderloins directly on the grill grate and smoke until the internal temperature is 145 degrees, about 2-½ to 3 hours.
6. Remove from the grill and let rest for 5 minutes before slicing.
7. Sauce is made by reducing the marinade in a saucepan and can be drizzled on top of the smoked, sliced tenderloin.

Berry Vinaigrette



Ingredients

1 cup Fresh Raspberries
1 cup Fresh Strawberries
2 oz Sugar
4 sprigs Fresh Thyme, leaves only
10 oz Champagne Vinegar
3 tsp Honey
1 tsp Dijon Mustard
4 oz Grapeseed Oil
To taste Fresh cracked pepper and
Kosher Salt

Method

The berry sweetness can vary so adjust sugar accordingly.

Hull Strawberries and cut in quarters. Combine with Raspberries and sugar, let set a couple hours refrigerated.

In a blender combine all ingredients except the oil.

Add berries and process until smooth.

Drizzle in oil and adjust seasoning.

You can adjust consistency with water as needed. smoked, sliced tenderloin.

Blueberry Bread Pudding



Full Size Sheet/Steam Pan

Ingredients

12 Eggs
¼ Cup Cinnamon
¼ Cup Vanilla
Pinch Of salt and Nutmeg
Mix

2 Cups Sugar 2 Qts Heated Half and Half
Mix with Egg Mix Once Heated

Add 9 Diced 9 Inch Steak Rolls & Mix
And 2 Pts Blueberries and Mix Gently to not
break berries

Coat Pan with Non - Stick Spray
Pour into Pan
Bake 30 Min at 350 Degrees

Vanilla Hard Sauce

10 Egg Yolks
¼ cup vanilla
pinch of salt
cup of sugar mix

Heat 2 quarts of Heavy Cream in double boiler
mix in yolk mixture till thickened

Optional whisk in 2 oz of your favorite whis-
key/bourbon

transfer to unheated container and cool in an
ice bath

can be used with many dessert dishes

Sweet Potato Cheddar Grits

Ingredients

1 qt homemade chicken stock
1lb unsalted butter
1 qt milk
1qt Geechie Boy Grits
pinch salt
1 quart shredded peeled cooked sweet potatoes
½ qt shredded mild white cheddar

Method

Bring chicken stock, butter, and milk to a simmer

Add Grits pinch of salt and simmer for 20 minutes

Add shredded sweet potatoes and white cheddar cheese

Kimchi

Ingredients

1 qt chopped Napa Cabbage
1qt chopped Red Cabbage
1qt Julienned Carrots
½ qt Rough Chopped Scallion Greens
¼ C sugar
¼ C Salt
½ C Fish Sauce
½ C Gochujang (Korean Chili Paste)
½ C Miso
½ C Garlic
½ C Peeled Ginger

Method

Place the chopped cabbage, carrots, chopped scallion in bowl. Add sugar and salt then toss and let sit for 1 hour.

In a food processor combine fish sauce, Korean chili paste, miso, garlic, and ginger.

Drain off some to the brine water from the vegetables, add spice mixture from the processor, toss together.

Place in mason jars or a crock and pack tightly. Store in cool dark place, kitchen cabinet or basement. Let ferment for 5-6days. Serve

Seared Scallop, Prawn & Octopus, Kohlrabi Beet Slaw

SERVES 4



Ingredients

4 u-10 Sea Scallops
4 u-10 Shrimp
8oz. Cooked Octopus
1 Head Kohlrabi, Trimmed & Peeled
1 Large Beet
¼ c Plain Yogurt or Sour Cream
Salt & Pepper To Taste

Preparation

For the Scallops: Season with salt & pepper. In a hot cast iron or sautee pan, add oil. When oil starts to smoke carefully place the scallops & sear for about 25 seconds per side.

Remove and place on a paper towel to drain for a minute.

For the Shrimp & Octopus: Season with salt & pepper. In a hot cast iron or sautee pan, add oil. When oil starts to smoke carefully place the shrimp & octopus & sear for about 30 seconds per side. Remove and place on a paper towel to drain for a minute.

For the Slaw: On a vegetable turner or mandolin, slice kohlrabi & beet, mix together w/ sour cream, salt & pepper, chill. To plate, place slaw down, top with scallop, prawn & octopus