

Florida Eggfest 2005



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Sausage and Cheese Pastry Roll

by Jay Taylor (SSN686)

1 loaf frozen bread dough
1 pound sausage
1 pound cheese (cheddar)
1 egg

Thaw frozen bread dough, let double, punch down and roll out dough as large as you can (usually about 12" x 15") Cook sausage thoroughly. In large bowl mix sausage, egg and grated cheese. Spread mixture on top of dough and roll up like a jelly roll. Bake in bundt pan at 350F for about 40 minutes (until bread is golden brown). Remove from pan by inverting on a plate, brush with butter, slice and serve.

Black Eye Pea Salad

by Ken Stone (BlueSmoke)

adapted from a recipe at Boma, WDW Animal Kingdom Lodge
yield: 8 servings

Ingredients:

- 1 15-ounce can black eye peas, drained
- 1 10-ounce package frozen corn kernels
- 2 Roma tomatoes, diced
- 1 thin slices onion, diced
- 1 bunch scallions, diced
- 1 orange bell pepper, diced

Dressing:

- 1/2 cup lime juice
- 1/4 cup sugar
- 1/4 cup rice vinegar
- 1/4 cup safflower oil (or other light oil, e.g. canola)
- 1 teaspoon red crushed pepper
- 1 teaspoon ground cardamom
- zest of 1/2 lime

Directions:

Make the dressing and set aside.

Toast corn kernels in a dry skillet, just until they begin to color. Remove from heat and cool to room temperature. Drain black eye peas and mix with remaining ingredients. Pour dressing over and stir to coat ingredients; refrigerate at least 15 minutes.

East/West Wings

by Ken Stone (BlueSmoke)

5 pounds chicken wings

Marinade ingredients:

4 ounces naranja

2 ounces vegetable oil

2 teaspoons dark sesame oil

3 Tablespoons mirin

3 Tablespoons soy sauce

1 teaspoon ground ginger

3 Tablespoons hot sauce

1 clove garlic (or 1/4 teaspoon granulated garlic)

1/2 teaspoon salt

1/3 teaspoon pepper

zest of one orange

Directions:

Combine all ingredients; marinate wings in bowl or plastic bag for 2 to 3 hours. Drain and reserve marinade. Grill about 250° direct for 45 minutes, baste with reserved marinade, turn and continue grilling for 45 minutes.

Mexican Breakfast Casserole

by Ken Stone (BlueSmoke)

original by Emeril Lagasse

6 poblano chile peppers, about 1 1/2 pounds
1 teaspoon unsalted butter

MEAT MIXTURE:

1 1/2 pounds Mexican chorizo, or other hot sausage, removed from casings and crumbled
1 cup chopped yellow onions
1/2 cup chopped red bell peppers
4 teaspoons minced garlic
4 teaspoons chili powder
5 corn tortillas, quartered

EGG MIXTURE:

10 large eggs
3 cups half-and-half
1/2 teaspoon hot red pepper sauce
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

CHEESE MIXTURE:

1/2 cup chopped green onions, green tops only
1/4 cup chopped fresh cilantro
1 1/2 cups grated pepper jack
1 1/2 cups grated medium cheddar
Sour Cream, garnish
Picante Sauce (store bought), garnish

Butter a 9 by 13-inch baking dish. Spread the chiles in a flat layer across the bottom of the dish.

SAUSAGE MIXTURE:

In a large skillet, cook the sausage over medium-high heat, stirring to break up the meat, until browned. Add the onions and bell peppers, and cook, stirring, for 4 minutes. Add the garlic and chili powder, and cook, stirring, for 1 minute. Remove from heat.

EGG MIXTURE:

In a large bowl, whisk the eggs and half-and-half with the hot sauce, salt and black pepper.

CHEESE MIXTURE:

In another bowl, combine the green onions, cilantro, jack, and cheddar, and mix well. Spoon 1/3 of the sausage mixture over the chiles in the dish, top with 1/3 of the tortilla quarters, and 1/3 of the cheese mixture. Repeat layering, ending with a cheese layer. Pour the egg mixture over the ingredients. Let rest, covered, in the refrigerator for at least 6 hours, or overnight.

Preheat the oven to 350 degrees F.

Bake until bubbly and golden brown, and a knife inserted into the custard comes out clean, about 1 hour and 10 minutes to 1 hour and 15 minutes. Remove from the oven and let rest 10 minutes before serving. Serve with sour cream and picante sauce.

Mom's Ham Loaf

by Diana Beyer

2 slices ham (about 1 pound)
1 pound fresh pork
1 cup fine cracker crumbs
4 eggs
1 cup milk
dash pepper
basting glaze

Preheat oven to 300 degrees.

Grind ham and pork together. Beat eggs with milk, add to meat mixture along with cracker crumbs. Form into a loaf. Baste with glaze (below) every 15 minutes. Bake 1 1/2 to 2 hours.

Basting Glaze:

1 1/2 cups brown sugar
1/2 cup cider vinegar
1/2 cup water
1 Tablespoon dry mustard

Mix all ingredients.

Tindall Beans

by Diana Beyer

Ingredients:

8 slices bacon
4 onions cut into rings
1 cup brown sugar, packed
1 teaspoon powdered mustard
1/2 teaspoon garlic powder
1 teaspoon salt
1/2 cup cider vinegar
2 15-ounce cans great northern beans, drained
1 16-ounce can lima beans, drained
2 15-ounce cans red kidney beans, drained
1 28-ounce can pork and beans

Directions:

Slice bacon and fry until crisp. Drain and crumble. Put bacon drippings, onions, brown sugar, mustard, garlic powder, salt and vinegar into crock pot. Cook on high for 20 minutes.

Add beans and bacon; stir to mix. Cover pot and cook on low for 4 hours (minimum).

Deboning Chicken Wings

by Mike Cutliff (Cut)

The method for deboning the wings is listed below. You can also find some useful pictorials on the subject by doing a search around stuffed wings.

Debone the chicken wings by bending backwards the joint between the drumstick and wing to loosen the tendons, then cut a ring around the top part of the drumstick and using a sharp knife, slowly scrape down against the bone to loosen the meat from the drumstick, always pushing back the skin as you scrape. What your really trying to do is cut the tendons so you can also grab the exposed bone with a tea rag and twist out as well.

Now proceed to do the same for the wing by first cutting off the bone of the drumstick and continue scraping down to the second joint, pushing back the skin and meat as you go. Then carefully cut off the two bones of the wing and discard them. If I accidentally pierce the skin this is where it usually happens so be careful. Once you get the top of the two bones exposed I would use the tea rag twisting method again. Continue to pull the skin down. Once you remove the bones your now boneless wing is usually inside out and you simple grab the tip of the wing and pull until the wing is skin side out again.

10 wings will take about 30 minutes once you get the hang of it.

I used Ramen noodles to stuff @ the Fest but have also used a mushroom/sausage, and mushroom and breadcrumb stuffing as well. As we discussed the possibilities are endless.

I then liberally dust the outside with seasoning.

I would then recommend cooking direct at 350 for 40 minutes if using the wet noodle stuffing. You are trying to get the skin crispy. The boneless wings are very forgiving when stuffed with wet noodles - less so when using a breadcrumb or dry stuffing.

Pork Tenderloin with Gorgozola Butter

by Joe (Jopa) and Jessie Pauley

One pork tenderloin with cracked black pepper and sea salt marinated in a very light lemon herb oil. 1 soft stick of unsalted butter and 4 ounces of soft gorgonzola cheese mixed. Add oak and peach chips to the lump and grill at about 325 until done. Slice portions and brush with the soft cheese butter.

Banker John's Nacho Salsa Pizza

by John McCullough (Banker John)

Makes enough for 2 - 14" pizzas

Salsa:

Large can Whole peeled tomatoes, drained
1/2 Green Bell Pepper, diced
1/2 Yellow Bell Pepper, diced
1/2 Orange Bell Pepper, diced
3 slices Jalapenos
12 slices sweet banana pepper rings
1 Fresh whole tomato, diced
1 tablespoon jar garlic or 6 cloves crushed garlic
1/2 teaspoon. Fine Ground natural sea salt
1/4 teaspoon black pepper
1/2 teaspoon dried parsley flakes

In a blender, blend the drained whole tomatoes, jalapenos, banana peppers, garlic, salt, pepper & parsley flakes. Pulse blend to reduce size of tomato pieces. Add diced peppers and diced tomatoes. Place in Mason jar & refrigerate minimum 12 hours before serving. The longer the mixture sits, the better the flavors come together.

Pizza Dough - White

12 oz H2O @ 110 degrees
1 packet active dry yeast (not bread machine yeast)
1 1/2 tablespoon olive oil
3 cups White bread flour
1/2 cup vital wheat gluten
1/2 teaspoon sugar
1/8 teaspoon natural sea salt

Pizza Dough - Whole wheat

Same as above but substitute white bread flour with 2-1/2 cups whole wheat pastry flour and increase vital wheat gluten to 1 cup. Remove the whole wheat dough from fridge 3-4 hours before working dough rather than 2-3 hours for white.

Dissolve yeast in 110 degree water with a pinch of sugar, whisk it together. In a large bowl, mix all remaining dry ingredients. Add water/yeast mixture along with oil. Mix dough with a spatula until dough forms. Knead by hand for 5 minutes adding small amounts of extra bread flour if needed (it will need a total of about 1/4 cup). Coat dough ball in 1/2 teaspoon olive oil and place in large zip lock. Place dough ball in fridge for 1 hour. Remove from fridge, punch down and cut into 14oz dough balls. Reshape smaller balls, coat again with olive oil and place back in fridge in large Ziplocs, removing all air from bag. Check balls after about 1 hour and burp bag but be careful not to punch down the dough ball. Ideally, you want the dough made up between 24-72 hours in advance of cooking. Remove from fridge 2-3 hours before working the dough to make the pizza pies.

BGE Set up:

550 temp with plate setter, legs down and pizza stone. Stabilize grill at this temp minimum 45 minutes before the first pie goes on.

Work dough into pies on a lightly floured surface (hand toss, hand press or rolling pin). Place on pizza screen. Top with sliced mozzarella cheese (Publix deli) then salsa then shredded white cheddar, shredded yellow cheddar and shredded mozzarella cheese. Bake about 10 minutes or until crust is done. Remove from grill and let cheeses on top congeal a bit. Add several small dollops of sour cream and spread evenly. Slice and serve. Add black olives if you like 'em, and/or shredded pork.

Sausage and Egg Casserole

by Joyce Trumble (Trouble)

adapted from a recipe at About.com

This is the recipe I usually make on Christmas Eve, so that I can simply throw it in the oven Christmas morning.

Ingredients:

6 slices bread, cubed
1 lb. sausage, browned & drained
1 1/2 C grated cheddar cheese (I used sharp)
8 eggs, beaten
2 C milk
salt and pepper to taste (Note: I did not have salt and pepper and so used 2 teaspoons Tony Chachere's Original)

Cube bread and place evenly in greased 9X13 baking dish*. Sprinkle evenly with sausage and cheese. Mix eggs, milk, and seasoning. Pour over ingredients in pan. Cover and refrigerate over night. Remove from refrigerator 15 minutes before cooking. Stabilize egg with clean-burning fire at 325. Bake 45 minutes on a raised grid. Check to be sure the eggs have set.

(I wanted a disposable dish in this case, but did not want aluminum. I used a new Hefty product called E-Z Ovenware. It looks like cardboard, but may be heated to 425. It held up well even though this recipe has a lot of liquid and chilled overnight.)

Chicken Pecan

by Joyce Trumble (Trouble)

Very easy, very quick

Boneless, skinless chicken breasts

1/2 C Newman's Own Family Style Italian dressing

1 T. Dijon mustard

Pecan pieces (enough to cover one side of each chicken breast)

more Dijon mustard

Mix the Italian dressing and 1 Tablespoon Dijon for a marinade. Marinate the chicken breasts for at least two hours in this mixture. It may be marinated over night.

Stabilize BGE at 350 with raised grid. Cook chicken breasts direct on raised grid for about 10 minutes. Flip. Top each breast with a bit of Dijon mustard smeared over the surface. Coat with pecan pieces--the Dijon acts as glue so the pecans don't roll off. Cook to your desired level of doneness...about 10 more minutes should do it.

Vegetable and Herb Pizza and Sauce

by Tony Smith

Sauce:

- 1 Small onion, finely chopped
- 1 teaspoon salt
- 1 tablespoon olive oil
- 5 grinds black pepper
- 1 tablespoon basil
- 1 tablespoon oregano
- 1/2 teaspoon crushed red pepper (or to taste)
- 1/2 cup sliced yellow squash
- 1/2 cup sliced zucchini
- 1/2 cup feta cheese
- 1/2 cup mozzarella cheese
- 1/2 cup sliced cherry tomatoes

Saute onions in the olive oil for a few minutes. Add the salt, pepper, and herbs.

On medium heat, stir from time to time, cooking for up to 20 minutes.

Dough (food processor method):

- 1 cup water at room temperature
- 1 package yeast
- 1 tablespoon olive oil
- 1 teaspoon salt
- 3 cups bread flour (always best when using yeast)

Pour water into food processor, add yeast and give a quick pulse.

Add about 1 cup bread flour, salt, and oil and give a few quick pulses.

Add 1 1/2 cups more bread flour and process to form a ball, adding more flour as needed. The dough should NOT be sticky, so adjust the flour used to get firm, smooth dough.

Remove from the processor bowl and place on a floured surface to knead it a few more times by hand.

Place the dough in a covered bowl to rise until doubled (1 1/2 hours plus.)

Remove from the bowl, punch down and form into two balls that can be rolled out into 2 12-inch pizzas.

You may want to fold over the edges to give an edge crust/rim to contain sauce and ingredients. Prepared crusts from the grocery store can be substituted.

The Pizza Directions: Liberally brush olive oil on pizza dough. Small crusts (15 inches or smaller) are easier to manage.

Layer with favorite toppings such as: cheese, yellow squash, mushrooms, peppers, onions, zucchini, etc.

Get the grill to 400 degrees. Place a plate setter on the grill and place a pizza stone with cornmeal on top.

Cook for 35 to 40 minutes or until desired crispness and color of crust.

NOTE: If you use meat, precook meat before placing on pizza crust!

Dr. Chicken's Double Smoked Ham

By Connie and Leonard Webb (Lenschamp)

(original by Dave Spence, aka "Dr. Chicken")

Ham should be a fully cooked or partially cooked half-shank variety or can be shoulder variety (water added can be used, as long as the water added does not exceed 23% water added product.) If it is pre-smoked with hickory, that seems to work out best. Patti/Jean or Cooks among the best, but other varieties can be used!

Glazing Sauce:

1/2 cup brown sugar
1/4 cup maple syrup (use dark grade B real maple syrup if available)(dark grade B has more flavor than grade A)
1/4 cup honey
2 tablespoons cider vinegar
1 – 2 tablespoons Worcestershire sauce
2 tablespoons instant coffee granules (use a good brand because it makes a difference)
1 tablespoon dry ground mustard
2 tablespoons orange juice concentrate (a good brand provides better flavor)

Blend all ingredients in a saucepan with a wire whip and heat slightly until everything combines into a viscous or thick looking sauce.

Cooking instructions:

Score outer skin of ham to a depth of 1/2 inch in a crisscross diamond pattern. This will allow the glazing sauce to penetrate below the skin, into the actual ham. Place ham (un-glazed) into a shallow roasting pan or roasting rack. If pineapple and cherries are desired on the outside, add them when you start the glazing process. Cook in oven @ 275° – 300° with a loose tent of aluminum foil over the top for 25 to 30 minutes per lb. Baste with glazing sauce the last hour of cooking time and continue to cook until the ham reaches an internal temperature of 140°. Remove from oven and allow to sit covered for 20 to 30 minutes before carving!

Cooking instructions for outdoor cooking:

This can be done on a grill over indirect heat or in a water smoker or other type of cooker, again over indirect heat or "low & slow" type cooking. Do not tent over ham if done on grill, water smoker or other cooker; this would prevent smoke from penetrating the ham.

Place water soaked chunks of mesquite, hickory or pecan (we prefer the smoke of pecan over all the others) on coals 5 minutes before putting ham on cooker. This will allow the ham to obtain maximum smoke flavor during the second cook cycle. (The first cook cycle is the cycle the processor uses.) If even more smoke flavor is desired, place ham in freezer for 1 to 1 1/2 hours prior to cooking to allow outer edges of ham to start to freeze. Go easy on this procedure; you don't want the ham frozen hard!

Maintain temperature of cooker/grill at 225° to 275° during cook cycle.

If using a water smoker, fill water pan 3/4 full with hot water and add 2 cups of orange, pineapple, or orange/pineapple mix, sweetened grapefruit or apple juice to the water. (All of them act as tenderizer as the steam penetrates the meat.) (I use a 3/4 full drip pan when cooking on the Eggs, filled with a 50:50 mix of water and orange juice.)

Again, cook for 25 to 30 minutes per lb. until internal temp on the ham shows 140°. A couple of

books suggest 145° and 160° respectively. Shirley O. Corriher in her book “CookWise” suggests 140°. We found this to be exactly right. After removing from the Egg, it will climb up to 145° internally. The ham will retain its moistness and the flavor will go thru out the ham this way.

Baste ham with glazing sauce every 10 to 15 minutes during the last hour of cooking time. Glazing compound will burn, so do not start glazing the ham until the internal temp of the ham reaches 120°.

NOTE: The secret to this process is plenty of smoke and the real maple syrup and granular coffee crystals in the glazing sauce. Use a cheaper cut of ham like mentioned before, and people will think you bought an expensive ham that you had to “hock” your kids for! Yuk! Yuk! (See my pun there?) The glazing sauce will give the ham a fantastic taste, smell and color!

Enjoy!!! El Chefo Dave (aka: Dr. Chicken)

Note: Use an injectable marinade such as Tony Chachere’s Pecan-Honey-Praline in the ham just before cooking to “explode” the flavor of the ham. Be sure to use it at the recommended rate of 2 fluid ounces per pound. It really does take that much to do the job right!

Dr. Chicken’s Sweet Kiss of Death Injectable Marinade:

First off, let me give a little background into the idea behind this injectable marinade and the reasoning behind it.

Years ago, my Grandma and my Mom both cooked such delightfully good hams at Christmas time; it would make your head swim in delight. The aroma would make our house smell good for days!

Tender, sweet, moist (most of the time) and just plain scrumptious, it was a memory like all of us have. I always wanted to duplicate the recipe. But, by the time I got around to asking my Mom about it, she was nearly bed ridden and had trouble remembering yesterday much less 40 to 50 years ago. Mom passed away 2 years ago last Valentines Day in 2000. But, I’ve continued to search and work at that memorable cooked ham.

Five years ago, I took a challenge from my oldest brother to duplicate that recipe in an outdoor cooker. He said, “It can’t be done!” Any of you that have tried my “Dr. Chicken’s Double Smoked Ham” recipe knows that remark was not true then and is not true now!

But, in all honesty, even the double smoked ham recipe left something to be desired. Sometimes it left the ham tasting great, but a little too dry. I believe it was Earl or Sprinter or GFW from the BGE user’s forum that suggested I use an injectable marinade in the ham, such as Cajun Injector’s or Tony Chachere’s Honey-Pecan-Praline marinades. Believe me, they both did a great job, but neither of them added the “punch” like I wanted. So, I have kept on trying.

Well folks, I think I have come up with what I wanted. Either recipe is a winner, but using them both on the same ham will result in by far the most fantastic tasting ham you will ever try.

Please give both recipes a try! You will love the results! I hope too, it will become a “family tradition” like my Mom’s and my Grandma’s was in our family.

Ingredients:

1 cup of Good clean water (if your city or well water has an offensive taste, please use bottled water)

1 cup of light Karo syrup (make sure it is light Karo brand syrup)

1/8 cup of Amaretto liqueur (use the real stuff it makes a difference)

2 tablespoons of Watkins brand Butter Pecan extract (this is the only Butter-Pecan extract I could find)

1 tablespoon of Rum extract (again, I used Watkins because of the better taste than store bought)

1 teaspoon of Orange extract (this compliments the orange juice concentrate used in the glaze or basting sauce)

1 to 2 tablespoons Vanilla extract (again, I used Watkins because of taste after the first run)

Directions for blending:

Into a medium size sauce pan add the water, Karo syrup and Amaretto. Stir frequently and heat very

slowly to avoid scorching the sugars in the syrup.

Then, add all the remaining ingredients and continue to stir and heat slowly. When the mix looks uniform in color and smooth, remove mix from the stove and allow it to cool to almost room temperature.

Directions for use:

Wrap ham in 2 layers of plastic wrap before starting the injection process.

Using a marinade hypodermic syringe, inject at least 2 fluid ounces per pound of meat in a grid pattern through out the entire ham and don't be afraid to use up to 3 ounces per pound of meat.

Continue to inject the marinade into the ham until the entire amount of marinade is injected evenly into the ham.

Cook the ham as shown in the "Double Smoked Ham" recipe. Be sure to use your favorite wood for smoke flavoring.

Do not cook the ham beyond 145° internal to prevent over cooking and drying out the ham.

White Chicken Chili

By Connie and Leonard Webb (Lenscamp)

3 cans Bush's Great Northern Beans
3 cans Chicken broth
1 onion
3 chicken breast Dizzy Pig Swamp Venom and grilled
3 chicken thighs Dizzy Pig Swamp Venom and grilled
2 jalapeno peppers, seeded and diced
2 Chili peppers
1 teaspoon Oregano
1 teaspoon Cumin
1 teaspoon Chipotle Chili powder
1 teaspoon Cayenne pepper
2 cloves garlic
1/2 cup salsa
1 tablespoon Olive Oil
Salt to taste

Preparation:

Grill chicken after applying Dizzy Pig Swamp Venom on both sides until done. Chop into cubes and put aside.

In a large pot combine together the beans, chicken broth, and cook until boiling. Reduce heat and add salsa and Chicken.

Sauté peppers, spices, onions and garlic and add to the beans with the chopped chicken. Simmer for 30 minutes. Garnish bowl with Sour Cream and Cheese.

Grits & Tomato Gravy

By Connie and Leonard Webb (Lenschamp)

Grits:

1 cup old fashioned grist mill style grits (not instant), washed several times to get rid of hulls (They float to the top of the water)
3 cups water
1 1/2 teaspoons salt

Bring to a boil, stirring often. Reduce to a low bubbling simmer until cooked to desired creamy consistency. (About 1 hour)

Tomato Gravy :

(Makes 2 & 1/2 cups)

Recipe Source: Cuisine at Home Magazine, Issue No. 49, Feb. 2005

Ingredients:

2 strips thick-sliced bacon, diced
1 cup diced onion
1/2 cup dry red wine (I used Beringers Cabernet Sauvignon)
(Note: you can enjoy the rest of the bottle while stirring the gravy)
1 can (14oz) Beef Broth
1 & 1/2 cups Roma tomatoes, seeded and chopped
1/4 cup ketchup
2 TBSP prepared yellow mustard (not dry)
2 TBSP brown sugar

Saute bacon in saucepan on medium heat until crisp. Add onion and saute approx 3 min. until soft. Deglaze with wine, scraping the brown bits from bottom of pan. Reduce to almost dry, with a little liquid left.

Add broth, tomatoes, ketchup, mustard , and brown sugar & bring to a boil. Simmer until gravy is reduced to 2 & 1/2 cups, to desired consistency. Season with salt and pepper as desired; however, I found that no salt was necessary. Taste first.

The natural starch of the tomatoes acts as the thickener, so no thickening agent is used. This recipe was published to go with meatloaf; however, it worked very well with the grits.

Sweet Potato Pie

By Connie and Leonard Webb (Lenschamp)

Source: Alton Brown, Food Network.com Good Eats

9 inch pie crust (I used dear old Mrs. Smith's Deep Dish Frozen Pie Crust)

Preheat big green egg to 350 degrees

1 pound, 3 oz fresh sweet potatoes, peeled and cubed

1 & 1/4 cup plain yogurt

3/4 cup packed brown sugar

1/2 teaspoonful cinnamon

1/4 teaspoonful nutmeg

5 egg yolks

Salt

1 cup chopped toasted pecans

1 tablespoonful maple syrup

Put cubed potatoes into steamer basket and place steamer basket into a large pot of simmering water, so water does not touch potatoes. Allow to steam for 20 minutes or until potatoes are fork tender. Mash with a potato masher and set aside.

Place sweet potatoes in bowl and beat with mixer. Add yogurt, brown sugar, cinnamon, nutmeg, egg yolks, and dash of salt. Beat until well combined. Pour this batter into the pie shell and place on the plate setter or sheet pan. Sprinkle pecans on top and drizzle with maple syrup.

Bake for 50 to 55 minutes, until knife or toothpick come out clean. Remove from oven and cool. Keep refrigerated after cooling. Enjoy with whipped topping, if desired.

Wendy's Baked Apples:

By Wendy Denny

1 bag (3 pounds) Ida Red apples (Fuji would work too but may not hold the shape quite as well)
1 sandwich baggie almost full of unchopped walnuts
handful of golden raisins and a few more
approximately 1 1/2 - 2 cups honey
1 token rounded tablespoon of dark brown sugar
approximately 5 shakes of cinnamon
1 foil pan with 2-inch sides (it will hold most of the apples depending on their size)

Core the apple by running a sharp knife around the stem. Scoop out the core and all seeds making a nest for the goodies. Put the apples in the foil pan.

Chop almost all of the walnuts from the baggie.

In a large bowl, combine the chopped nuts, raisins, brown sugar, cinnamon, and honey. I warmed this in the microwave so it would scoop better and blend more thoroughly.

Fill the apples saving some of the mixture to pour over all.

Cover tightly with foil and bake 350. I cooked on the top grate of Border's Green Egg when he took his chicken off. The apple didn't taste like chicken. Bake for approximately 45 minutes - a bit longer if the apples are large. You'll want to prick the apples with a knife to check for tenderness. Enjoy!

I put just a bit of water in the bottom of the pan so the apples don't stick- probably about 1/4 inch or so. Just don't use too much.

An option which I forgot to do this year is to add little red hots to the cored apples- the kind we used to eat as kids around Valentine's Day. They melt down and are yummy.

Best Ever Banana Splits

by Wendy Denny

9 bananas (the following ingredients would do a few more- I just didn't have any more bananas)
1 20-ounce can crushed pineapple packed in pineapple juice.
1 jar maraschino cherries
1 11-ounce bag semi-sweet chocolate Morsels
chopped walnuts depending how many you want
mini marshmallows

Work on a piece of heavy-duty foil. I worked with 3 bananas at a time to make the package manageable.

Take out a narrow "V" the length of the banana (curved ends facing up). Save the cut out portion.

Fill the groove of the banana with crushed pineapple, sprinkle finely chopped walnuts on top of that.

Add chocolate chips and cherries. Add a few more nuts (not your friends that were let out for the weekend).

Sprinkle marshmallows on top. Put the remaining banana pieces on top and drizzle some cherry juice on top of all of it.

Bake 350 for about 20 minutes using indirect heat so not to scorch the bananas. Check to see that the chocolate chips have melted. If not, close it all up and cook a few minutes longer. I double wrapped these to be sure that no juices escaped.

Lots of variations to this are possible depending what you like on a banana splits- Carmel chips, peanut butter-chocolate chips, Grand Marnier, etc. These can also be made individually wrapped and put on campfire coals but for less time.

Cajun Meatloaf

By Kelly Rowe (BBQBluesStringer)

- 1 medium Onion chopped
- 2 Stalks Celery chopped
- 1 medium Bell Pepper chopped
- 2 Cloves Garlic minced
- 1 Stick Unsalted Butter
- 3 tablespoons Paul Prudhomme Meat Magic
- 1/2 cup Ketchup
- 1 5-ounce Can Carnation Condensed Milk
- 1/2 cup Bread Crumbs (not seasoned)
- 3 pounds Ground Beef

Mix the first 5 ingredients in a saucepan. Sauté the vegetables until very soft and somewhat sticky. Add Meat Magic, Ketchup and Condensed Milk and continue to cook over medium heat. Continue until most of the liquid is evaporated, and the mixture begins to stick to the bottom of the pan. It should be thick and pasty, with little in the way of recognizable vegetables. Remove from the stove and allow to cool to room temperature or less. Place ground beef, breadcrumbs, and cooled vegetable mix in a large mixing bowl. Mix together thoroughly (I used a 6-quart Kitchenaid Mixer with the dough hook) and form into a loaf. Place the loaf in a meatloaf pan or put it on a grid extender over a drip pan. Cook indirect at 350 until the internal temperature reaches 160. Remove from the BGE and allow it rest for 5-10 minutes.

Sage Scented Sweet Potato Pizza

By yoyo in Atlanta

Larry Lambert's whole-wheat 12-inch pizza dough (recipe book suggested corn meal pizza dough)

2 cups sliced sweet potatoes

1 cup sliced onion

Pam type cooking spray

1 teaspoon dried sage leaves

salt and pepper to taste

2 teaspoons minced garlic

1 cup Colby-jack or mozzarella cheese (reduced fat cheese also works)

Arrange onion and sweet potato on grill, spray with cooking oil and top with sage leaves. (I tossed in olive oil prior to roasting--suit yourself.) Roast at 425 degrees until almost tender. Cool to room temperature. Season with salt and pepper.

Sprinkle dough with garlic and arrange potato mixture on dough. Sprinkle with cheese. Bake until crust is brown, about 15 minutes.

source: 1,001 low fat vegetarian recipes by Sue Spitler

Ain't Momma's Meat Loaf

By Scott Borders (Borders)

This meat loaf is an all time favorite at the Borders' house. The recipe I used at the Florida Egg Fest comes from the book "Smoke & Spice" by Jamison, with a few small modifications. If you're going to do this, I suggest you make 2 or 3 loafs, and "food saver" slices for later use.

1 tablespoon olive oil
1/2 cup minced onion
1/2 yellow bell pepper--or any color, finely chopped
3 garlic cloves minced
1 teaspoon black pepper
1 teaspoon kosher salt
1/2 teaspoon ground cumin
1 1/4 pounds ground sirloin
3/4 pounds ground pork
1 1/2 cups plain dry bread crumbs
3 tablespoons sour cream
2 tablespoons Worcestershire sauce
1 large egg
1/4 cup beef stock
2 teaspoons Tabasco

1. Sauté the onion, bell pepper, garlic, pepper, salt and cumin in the oil 'til the onions and bell pepper are soft.
2. Pour the vegetable/spice mixture into a large bowl, add the remaining ingredients and mix thoroughly with your hands.
3. Place in a greased loaf pan, and chill.

The Cook:

Heat your Egg to 250 dome, with an indirect set up. Add a small handful of Mesquite chips and put loaves on for 1 hour.

After cooking in the loaf pan for one hour, the loaf should be firmed up. Take the pan out, pour off the liquid, and carefully take loaf out of pan. Place loaf back in Egg, and cook until internal temp of 165-170. This usually takes about 2 1/2 hours.

From time to time, I'll add more chips when I take the loaf out of the pan to hit the newly exposed outside to some smoke. I did not do this at the Fest.

Grilled Teriyaki Salmon

By John Hall (egret)

Ingredients:

1/2 cup teriyaki sauce
1/2 cup lemon juice
1/3 cup brown sugar – packed
1/4 cup vegetable oil
2 cloves garlic – crushed

Salmon fillets -- skin on

Combine teriyaki sauce, lemon juice, brown sugar, oil and garlic and stir to mix. Place salmon in a ziplock bag and add marinade. Place in refrigerator and marinate 3-6 hours.

Remove salmon from refrigerator about 30 minutes before cooking and place, skin-side down, on a rack that has been sprayed with non-stick cooking spray. Place rack on a drip pan that has been lined with foil. Sprinkle with a liberal amount of Dizzy Pig's Raging River Rub or Tsunami Spin.

Stabilize Big Green Egg at 350 degrees. Place drip pan and rack on a raised grid, close egg cover and cook 10-20 minutes, depending on thickness. It's best to 'undercook' slightly to prevent drying out. Remove salmon from BGE and wrap in foil for 5-10 minutes before serving.

2 Minute Pizza For Dummies

by Charles in SC

Set up Egg with pizza stone atop a platesetter. Bring Egg to 500 degrees.

Oil both sides of a flour tortilla with olive oil.

Put oiled tortilla on the stone for about 15 seconds or until it begins to swell. The stone is hot enough so that it will sizzle.

Remove tortilla from stone to a work plate with the toasted side up, top with pizza sauce, cheese and toppings

Return the pizza to the egg long enough to start cheese melting. (This step only takes maybe 30 seconds so any toppings that require more time than that need to be precooked before putting on the pizza.)

Betcha can't eat just one!

Balsamic Vinaigrette

by Tonia Lambert (QBabe)

makes 6 ounces

1/4 cup vinegar
3 tablespoons balsamic vinegar
1 tablespoon red wine vinegar
2 tablespoons olive oil
1 tablespoon red onion, minced
1/2 tablespoon Dijon mustard
salt and pepper to taste

Put all ingredients, except oil into food processor. Blend, slowly adding oil to emulsify mixture.

Chile-Lime Marinade

by Tonia Lambert (QBabe)

(from Steve Raichlen, “Sauces, Rubs and Marinades”)

yield: 1 cup (enough for about 2 pounds shrimp)

4 cloves garlic, minced
1/2 to 1 scotch bonnet (habanero) chile, seeded and chopped fine
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3/4 cup fresh lime juice (or white wine vinegar, or a mixture of the two)
1 bunch chives (or 4 scallions, white and green, trimmed and finely chopped)
2 shallots, thin sliced
1 small onion, thin sliced
3 tablespoons flat leaf parsley, fine chopped
4 sprigs fresh thyme (or 1 teaspoon dried)
2 bay leaves
4 allspice berries
2 whole cloves
1/4 cup peanut or canola oil

Put garlic, chile, salt and pepper in a bowl and mash to a paste with the back of a spoon. Add lime juice and stir until salt crystals are dissolved. Stir in remaining ingredients.

Tastes best when used within a few hours.

Mango Habanero Sauce

by Tonia Lambert (QBabe)

(from Mark Miller, “The Great Chile Book”)

2 tablespoons peanut oil
8 ripe mangoes, peeled and cut into large dice
1/2 cup white onion, diced
1/2 cup carrot, diced
2 habanero chiles
1/2 cup champagne vinegar
1/2 cup catsup
1/4 cup sugar
salt to taste

Heat oil in a saucepan, add mangoes, onion, carrot and habaneros. Cook 10 minutes over medium heat (until onions are soft and translucent). Deglaze pan with vinegar, add catsup and sugar. Bring to a slow boil, reduce heat and simmer 35 to 45 minutes. Remove from heat and add salt to taste. Transfer to a blender, pulse until smooth and strain through a medium sieve. If sauce is too thick, add a little water.

Pumpkin Bread

By Missy Salazar (2bossy)

1 2/3 cups flour (all purpose)
1 1/2 cups sugar
1/2 teaspoon baking powder
1 teaspoon baking soda
3/4 teaspoon salt
1/2 teaspoon all spice or cloves
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg

1/2 cup oil
1/2 cup water
1 - 15oz can pumpkin
2 eggs
Dates or nuts optional

Combine dry ingredients in one bowl. Mix wet ingredients together in another bowl. Add wet ingredients to dry ingredients. Bake at 325° (indirect) for 1 hour and 15 minutes to 1 hour and 30 minutes.

Enchiladas

By Missy Salazar (2bossy)

Mix:

- 2 pounds ground beef (fried and drained)
- 1 pack taco seasoning
- 1 small can enchilada sauce, hot
- 1 small can enchilada sauce mild

- 1 cup diced onion
- 1 8-ounce package cheese (your favorite)
- 1 can refried beans
- 20-30 6 inch tortillas
- 3-4 small cans enchilada sauce

Warm 2 cans sauce, dip tortilla and add 2 tablespoons meat, beans, cheese & onion. Roll, and place in lightly greased baking dish. Continue until pan is full (or ingredients used up).

Pour additional sauce over tortillas, sprinkle with cheese & onion.

Bake @ 400° (indirect) until sauce is bubbling