**Crazy Condiments: Meal Ideas**

Use your home made condiments for this class at your next spring or summer BBQ. Try the relishes, mustards, ketchup and BBQ sauces on burgers, tri-tip or chicken.

**Glazed Chicken Skewers with BBQ Sauce**

**Ingredients and Supplies:**

4 boneless chicken breasts, cut in half diagonally making 8 pieces

8-12 bamboo skewers, soaked in water

Salt and pepper

*Basic Glaze*

1/3 white wine vinegar or vinegar of your choice

1/4 cup marmalade, jam or preserves of your choice

1/3 mustard of your choice

1/3 cup white wine

1 tsp. salt

1/2 tsp. pepper

**Directions**

1. Thread chicken breasts on skewers. Salt and pepper to season chicken. Set aside.
2. Bring vinegar, marmalade and mustard to a boil over medium heat.
3. Remove from heat and add wine, salt and pepper. Stir until combined.
4. Brush chicken skewers with glaze. Place on BBQ or under broiler for 6-8 minutes. Turn, brush other side and cook 6-8 minutes more. Serve with retainer of glaze.

**Pork Medallions with Chutney**

**Ingredients:**

Chutney of choice

1-3/4 to 2 lb. pork tenderloin, cut into 1–inch pieces

Cooking oil or spray.

**Directions:**

1. Season both sides of pork tenderloin with salt and pepper or seasoning of your choice.
2. Place in oiled frying pan. Brown pork on both sides.
3. Oil shallow baking dish. Place pork chop in bottom of pan.
4. Cover pork with favorite chutney. Roast at 350°F for 10-20 minutes or until meat thermometer reaches 140°F.
5. Cover with foil until you are ready to serve. Serve extra chutney on the side.

**Crostini with Homemade Mustard and Cured Salmon or Prosciutto Ham**

Ingredients:

12 slices 1/4” diagonally sliced French baguette 3 T. olive oil

Salt and pepper

parmesan cheese (optional)

12 slices thinly slice cured salmon or Prosciutto ham 1 jar Home made mustard of choice

12 paper thin slices of onion Instructions:

Pre-heat oven at 350 degrees. Arrange baguette slices on cookie sheet and brush with olive oil. Sprinkle with salt and pepper, Opt. sprinkle parmesan Cheese. Bake for 10 minutes or until crisp and golden. Remove from oven and cool.

Top with mustard, onion and meat of choice.

Source: FreshPreserving.com

**Savory Carrot-Fennel Soup with Carrot-top ChimmiChirri**

Ingredients:

Savory Carrot-Fennel Soup with Carrot-top ChimmiChirri Ingredients:

bulb Fennel quarters and sliced

T. olive oil

lbs. carrots cleaned and peeled and cut into pieces

1/2 red pepper diced

c. vegetable stock (homemade or store bought)

1/4 tsp. white pepper

1 tsp salt

8 oz. sour cream

1 recipe of frozen or fresh Carrot Top Chimmichirri

Directions:

Sauté fennel in oil until tender. Combine fennel, carrots and red peppers.

Bring mixed to a boil. Reduce heat and simmer until carrots are tender.

Puree with blender. Return to pan and salt and pepper to taste. Top with sour cream and Chimmichirri.

**Easy Baby-Back Ribs**

Ingredients:

3 pounds baby back ribs, trimmed salt and ground black pepper, to taste 1/2 cup water

Directions

Season ribs with salt and pepper.

1/2 onion, sliced

1 clove garlic, minced

1 pt jar of your favorite barbecue sauce

Pour water into slow cooker. Layer the ribs into the slow cooker. Top the ribs with onion and garlic.

Cook on High for 4 hours (or Low for 8 hours).

Preheat oven to 375 degrees F.

Transfer ribs to a baking sheet. Discard onion and garlic. Coat ribs with barbecue sauce.

Bake or grill on BBQ in preheated oven until the sauce caramelizes and sticks to the meat.

**Easy Hot Wings**

Ingredients:

1 teaspoon vegetable oil

32 frozen chicken wings, defrosted 1/3 cup vegetable oil

2 tablespoons hot sauce (optional)

3/4 cup your favorite barbecue sauce, or more to taste

Directions

Preheat oven to 325 degrees F (165 degrees C). Line a jelly roll pan with aluminum foil and lightly brush with 1 teaspoon oil.

Place wings in a single layer on the prepared pan, skin-side up, with a little space between each wing. Brush the top of each wing with the 1/3 cup oil. Brush hot sauce over the oil layer.

Bake in the preheated oven, basting with pan juices a few times, until wings are browned, 1 1/2 to 1 3/4 hours. An instant-read thermometer inserted near the bone should read 165 degrees F.

Remove pan from oven. Remove excess grease with paper towels. Spread barbecue sauce over top side of wings.

Return wings to oven and bake for 5 minutes. Spread a second layer of barbecue sauce over wings; bake for 5 minutes more

**Quick Barbecue Sauce**

Ingredients:

cups ketchup (use your home made)

tablespoons brown sugar or 3T. favorite marmalade

2 tablespoons soy sauce

2 tablespoons Worcestershire sauce

Directions:

2 tablespoons apple cider vinegar

1/8 teaspoon red pepper flakes (or more to taste)

2-3 cloves of garlic, minced (about 2 teaspoons) 1 tablespoon mustard (use your home made)Add all ingredients to a medium-sized saucepan. Bring to a simmer over medium-low heat, and continue simmering for 15 minutes.

Remove from heat and allow to cool. Place in an airtight container. Keeps refrigerated for up to one week.

**Slow Cooker Pulled Pork**

Ingredients

4 lb boneless pork shoulder (aka pork butt) salt and pepper

or season to your taste with Island jerk rub, Fragrant Herb Salt

Instructions

Season the pork all over with salt, pepper, and any other seasonings you'd like, then place it in the slow cooker.

Cover with a lid and cook on low for about 8 hours, until it reaches an internal temperature of 190 degrees F or on high for 4 hours.

When the pork is done cooking, remove it to a board, and let cool for at least 20 minutes before shredding with a fork.

Take the leftover liquid from the crockpot and strain it to remove any solids.

If you don't mind the fat, add some of the liquid back to the shredded pork and toss well. If you want to remove the excess fat, chill the liquid in an ice bath in the refrigerator for about 30 minutes until the fat solidifies, then discard, and pour the remaining liquid over the pork. Enjoy!

Add your favorites homemade BBQ sauce and toss some more. Serve on a bun with some Bahn Mi Pickles or with Spicy Jicama Relish.

**Chutney Chicken Salad**

(Try with Cherry Chutney, Apple Rhubarb, or Golden Gossip Chutney)

Ingredients

1 tablespoon chopped fresh rosemary 3 skinless, boneless chicken thighs

1 c. or 8 oz, chutney 1/4 cup chopped celery

5 tablespoons mayonnaise 1/2 lime, juiced

 teaspoon curry powder

1 pinch salt and ground black pepper to taste

Directions:

Bring a pot of water to a boil, reduce heat, and simmer; add rosemary. Poach chicken in the hot water until no longer pink in the center, 5 to 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees.

Remove chicken with a slotted spoon and allow to cool. Discard broth. Chop chicken into chunks.

Mix chicken, apple, celery, red onion, mayonnaise, chutney, lime juice, curry powder, salt, and black pepper in a bowl. Chill in refrigerator to allow flavors to blend, at least 2 hours. Serve cold or at room temperature. Serve salad greens or roll

Source: adapted from All recipes website

**Chicken Chutney with your Choice of Chutney**

Ingredients:

1/4 pound skinless boneless chicken thighs or breasts, cut into 1-inch pieces, 2 Tbsp yellow curry powder

1/2 teaspoon ground cumin Salt and pepper

Tbsp vegetable oil

1 13.5-ounce can coconut milk\* 1 c.-2 c. chutney of your choice Cilantro for garnish

Directions:

Place oil in large frying pan. Sprinkle Chicken with spices. Brown chicken pieces. Add Coconut milk and simmer until chicken is tender.

Add chutney to pan. Cover the pan and let cook for 8-10 minutes. Chicken should be just cooked through. Use a knife to cut open the largest piece to check.

Add some additional cream if wanted at this time. Let cook at a very low temperature for another minute or two, uncovered. Do not let boil! Or the cream may curdle.

Adjust seasonings: If a little too sweet, add a little more vinegar. If not sweet enough, you can add a dash of sugar. Add salt and pepper to taste.Serve over rice. Garnish with cilantro.

*Source: Adapted from Simply Recipes*

**Ideas for how to use Vietnamese Style Bahn Mi Pickles**

Vietnamese Pickled Daikon-Carrots Ideas:

* Topping on Barbecued pork sandwiches
* Side dish with any pork or chicken dish

Jicama Relish and Chayote and Jicama Shaw Ideas:

* Topping on fish tacos
* Topping or side for any grilled fish or grilled chicken recipe