

FOOD

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to foods@portlandobserver.com

Grilled Sweet Pepper Poppers



These pretty little gems are the perfect zesty appetizers for everyone gathering around the grill.

Ingredients

- 1/4-cup sour cream
- 16 sweet mini peppers
- Shredded Cheddar & Monterey Jack cheese blend
- 1 tomato, cored, seeded, and chopped
- 1/4-cup chopped red onion
- 1/4-cup chopped Cilantro leaves
- 1/2-tsp. kosher salt

Directions

1. Spoon sour cream into a 1-qt. ziplock freezer bag; seal and chill.
2. Prepare a charcoal or gas grill for direct, medium-high heat.
3. While grill heats, rinse peppers and cut in half lengthwise through stems. Scoop out seeds and veins.
4. In a bowl, mix cheese, tomato, onion, cilantro and salt. Spoon mixture evenly into pepper halves, pressing it into hollows.
5. Lay filled peppers, cheese side up, on grill (close lid if using gas), and cook until blistered and slightly charred on the bottoms, 3-5 minutes.
6. With a wide spatula, transfer peppers to a clean platter. Snip off a corner of the chilled sour cream bag to make a 3/4-inch opening; squeeze sour cream equally over the hot peppers. Serve immediately.

Tequila-Lime Grilled Chicken Breasts

"After trying many different grilling recipes this is the best and my personal favorite."



Ingredients

- 3 bone-in, skin-on chicken breast halves (about 2 1/2 lbs. total)
- 1 cup cilantro leaves, finely chopped
- 3/4 cup tequila
- 1/2 cup lime juice
- 2 Tbs. firmly packed light brown sugar
- 1 1/2 Tbs. minced garlic
- 1 fresh jalapeno pepper, stemmed, seeded, and minced
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 3 tsp. finely grated lime peel
- vegetable oil (for oiling grill)

Directions

1. Rinse chicken and pat dry. With a sharp, heavy knife, cut each breast in half crosswise for a total of 6 pieces. In a large glass or plastic bowl, combine cilantro, tequila, lime juice, brown sugar, garlic, jalapeno, salt and pepper. Add chicken pieces and mix to coat with marinade. Cover and let stand at room temperature for 30 minutes. (Do not marinate longer, because the acid in the marinade will begin to "cook" the chicken.)
2. Prepare the charcoal or gas grill for direct, medium-high heat. For charcoal grill: brush the grill with a light coat of oil prior to placing over coals. For gas grill: when hot, brush grill with light coat of oil.
3. While the grill heats, remove chicken from marinade and transfer to a platter. Pour marinade into a small bowl. Push your fingers under the skin of each piece of chicken and rub meat with 1/2 tsp. lime peel.
4. Lay chicken, skin side down, on grill, and brush with marinade (close lid if using gas grill); cook until skin is browned but not charred, about 6 minutes. Turn chicken, brush again with marinade, and cook until no longer pink at the bone (about 10-15 minutes).

Grilled Pineapple Rings with Ice Cream



Fresh off the grill with a scoop of homemade vanilla ice cream, this is one incredibly yummy treat!

Ingredients

- vegetable oil (for oiling the grill)
- 1 pineapple, peeled, ends trimmed (*pineapple is ripe if the center leaf pulls out easily)
- 2 Tbs. firmly packed brown sugar
- 1 Tbs. lime juice
- 1/4-cup sweetened flaked dried coconut
- 1/4-cup chopped roasted and lightly salted peanuts or cashews (optional)

Directions

1. Prepare barbecue grill and preheat for direct, medium-high heat (the charcoal or gas flame is directly under the cooking area, and you can hold your hand just above grill level only 3 to 4 seconds.) For charcoal grill: Before you put the grill over the hot coals, brush it with a light coat of oil. For gas grill: When hot, brush grill with a light coat of oil.
2. While grill heats, cut pineapple crosswise into 1/2-inch-thick slices; cut out the core from each slice and discard. In a small bowl, mix brown sugar and lime juice; brush onto both sides of pineapple slices with a pastry brush.
3. Lay pineapple slices on lightly oiled grill (close lid on gas grill) and cook, turning once with a wide spatula, until pineapple is hot and tinged with brown on both sides, about 8 minutes total.
4. With spatula, transfer 1 or 2 pineapple slices to each dessert bowl; top with a scoop of ice cream and sprinkle equally with coconut and peanuts, if desired.

Homemade Vanilla Ice Cream

Break out the ice cream maker and make some homemade ice cream!

Ingredients

- 1 pint milk
- 1 pint cream
- 1 cup sugar
- 2 eggs, beaten
- 1 tsp. flour
- 2 tsp. vanilla

Directions

1. Scald milk, and then stir in sugar, flour and salt.
2. Cook for 20 minutes, stirring constantly.
3. Pour boiling hot on the beaten eggs and then strain them.
4. Add cream and vanilla (or the flavoring of your choice).
5. Freeze according to the directions of your ice cream maker.

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