

FOOD



Caribbean Chicken Wings

Ingredients

- 1 habanero, seeded and chopped
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/4 cup brown sugar
- 2 tablespoon sugar
- 2 teaspoons fennel seed
- 2 teaspoons cayenne pepper
- 2 teaspoons allspice
- 2 teaspoons dried thyme
- 1 teaspoon ground ginger
- 4 garlic cloves, chopped
- 4 green onions, chopped
- 1/4 cup apple cider vinegar
- 1/4 cup lime juice
- 1/4 cup orange juice
- 7 pounds chicken wings

Directions

1. In a food processor, blend together all the ingredients but the chicken until smooth. Reserve 1 cup of marinade. Place chicken wings into a large resealable plastic bag and pour remaining marinade over them. Seal and marinate in the refrigerator 4 to 6 hours.
2. Preheat oven to 350 degrees F. Line 2 sheet trays with parchment. Remove chicken from bag and place on the baking sheets. Bake 20 minutes. Meanwhile, in a small saucepan bring reserved marinade to a boil. Reduce by 1/3 until it thickens slightly, about 10 minutes. After 20 minutes, remove chicken from oven. Brush chicken with the glaze. Raise the heat to 400 degrees F and cook chicken until cooked through, another 20 minutes.

Red Velvet cupcakes

Ingredients

- 2 1/2 cups all-purpose flour
 - 1 1/2 cups sugar
 - 1 teaspoon baking soda
 - 1 teaspoon salt
 - 1 teaspoon cocoa powder
 - 1 1/2 cups vegetable oil
 - 1 cup buttermilk, room temperature
 - 2 large eggs, room temperature
 - 2 tablespoons red food coloring
 - 1 teaspoon white distilled vinegar
 - 1 teaspoon vanilla extract
- For the Cream Cheese Frosting:
- 1 pound cream cheese, softened



- 2 sticks butter, softened
- 1 teaspoon vanilla extract
- 4 cups sifted confectioners' sugar
- Chopped pecans and fresh raspberries or strawberries, for garnish

Directions for Cakes

1. Preheat the oven to 350 degrees F. Line 2 (12-cup) muffin pans with cupcake papers.
2. In a medium mixing bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In a large bowl gently beat together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla with a handheld electric mixer. Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined.
3. Divide the batter evenly among the cupcake tins about 2/3 filled. Bake in oven for about 20 to 22 minutes, turning the pans once, half way through. Test the cupcakes with a toothpick for doneness. Remove from oven and cool completely before frosting.

For Cream Cheese Frosting:

1. In a large mixing bowl, beat the cream cheese, butter and vanilla together until smooth. Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.
 2. Garnish with chopped pecans and a fresh raspberry or strawberry.
- Cook's Note: Frost the cupcakes with a butter knife or pipe it on with a big star tip.

Salmon with Lemon, Capers and Rosemary



Ingredients

- 4 (6-ounce) salmon fillets
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon minced fresh rosemary leaves
- 8 lemon slices (about 2 lemons)
- 1/4 cup lemon juice (about 1 lemon)
- 1/2 cup Marsala wine (or white wine)
- 4 teaspoons capers
- 4 pieces of aluminum foil

Directions

1. Brush top and bottom of salmon fillets with olive oil and season with salt, pepper, and rosemary. Place each piece of seasoned salmon on a piece of foil large enough to fold over and seal. Top the each piece of salmon with 2 lemon slices, 1 tablespoon of lemon juice, 2 tablespoons of wine, and 1 teaspoon of capers. Wrap up salmon tightly in the foil packets.
2. Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Place the foil packets on the hot grill and cook for 10 minutes for a 1-inch thick piece of salmon. Serve in the foil packets.

Sausage and Cheese Potato Casserole

Ingredients

- 1 pound Bob Evans Italian Sausage Roll
- 1 (20 oz.) package Bob Evans Home Fries Diced Potatoes
- 6 eggs
- 3/4 cup milk
- 1 cup shredded Monterey Jack cheese
- 1/4 teaspoon salt
- 1/4 cup chopped green onions
- 1/8 teaspoon black pepper
- 1 (4 oz.) can chopped green chiles, drained
- 1/2 cup grated Parmesan cheese

Directions

1. Preheat oven to 350F.
2. Crumble and cook sausage in medium skillet until browned. Drain off any drippings.
3. Spread potatoes in greased 13" x 9" baking pan. Top with cooked sausage, Monterey Jack cheese, green onions and chiles.
4. Whisk eggs, milk, salt and pepper in medium bowl until frothy. Pour egg mixture over sausage layer; bake 30 minutes.
5. Remove from oven. Sprinkle with Parmesan cheese; bake 15 minutes more or until eggs are set. Refrigerate leftovers.

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