RECIPE ROUNDUP

CHOW DOWN WITH CHENEGA®



ENJOY SOME OF CHENEGA EMPLOYEES' FAVORITE RECIPES

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CHOW DOWN WITH CHENEGA®

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CHOW DOWN WITH CHENEGA®

HASH BROWN CASSEROLE

Recipe By: Christie Russey

BAKE TIME	30-45 Minutes
OVEN TEMP	350 Degrees
DETAILS	Easy prep with very little measuring to do

INGREDIENTS

- 32 oz frozen shredded hash browns, thawed
- 16 oz sour cream
- 1 can of cream of chicken condensed soup
- 2 cups of shredded cheddar cheese
- 2 tbs melted butter
- 2 tbs dried minced onions
- 1/3 cup of bread crumbs, plus extra for topping
- 8 oz diced/cubed ham (optional)

DIRECTIONS

Preheat the oven to 350 degrees.

Spray a 9 x 13 inch pan with non-stick spray.

Mix all of the ingredients together in a large bowl, and then pour them into the pan. Make sure the mixture is evenly distributed in the pan for even baking.

Sprinkle extra bread crumbs on the top and bake for 30-45 minutes, or until golden brown. Serve warm.

Helpful tips: throw in the cubed ham to add protein and make it a main course. Super easy to package into individual containers to heat up as a quick meal on the go!

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FRENCH TOAST CASSEROLE

Recipe By: Christie Russey

MAKES	12 Servings
PREP TIME	20 Minutes
TOTAL TIME	9 Hours and 10 Minutes

INGREDIENTS

1 ½ cups dark brown sugar

¾ cup unsalted butter

6 tbs light corn syrup

½ cup whole milk

⅛ tsp salt, and ¼ tsp salt (separate)

1 (1 pound) loaf challah bread, cut into 1/2-inch slices

2 ½ cups whole milk

4 large eggs, beaten

1 ½ tsp vanilla extract

3 tbs white sugar

1 ½ tsp ground cinnamon



DIRECTIONS

Lightly grease a 9x13-inch casserole dish.

Combine brown sugar, butter, corn syrup, 1/2 cup whole milk, and 1/8 teaspoon salt in a saucepan over medium heat. Cook, stirring constantly, until sugar is dissolved and syrup is smooth, about 5 minutes. Pour syrup into the prepared casserole dish.

Arrange bread slices atop the syrup layer in the casserole dish.

Whisk 2 1/2 cups milk, eggs, vanilla extract, and 1/4 teaspoon salt in a bowl; pour milk mixture over bread. Cover casserole dish with plastic wrap and refrigerate for 8 hours or overnight.

Preheat oven to 350 degrees F (175 degrees C). Remove plastic wrap from casserole dish.

Mix white sugar and cinnamon together in a small bowl; sprinkle mixture over casserole. Cover casserole with aluminum foil.

Bake in the preheated oven for 20 minutes. Remove aluminum foil and continue baking until casserole is cooked through and eggs are set, 25 to 30 minutes. The casserole will be syrupy, but should thicken as it cools.

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VERY BERRY MUFFINS

Recipe By: Michele Rounds

MAKES	15-16 standard size muffins
OVEN TEMP	425 degrees

INGREDIENTS

3 cups all-purpose flour

4 tsp baking powder

1/2 tsp salt

1 tsp ground cinnamon

2 large eggs, room temperature

1/2 cup granulated sugar

1/2 cup packed light brown sugar

1 cup milk, room temperature

1/2 cup canola oil

1 tsp vanilla extract

2 cups mixed berries, fresh or frozen do not thaw

Coarse sugar for sprinkling on top



DIRECTIONS

Preheat oven to 425˚F (218˚C). Spray jumbo muffin pan with non-stick spray. Set aside.

In a large bowl, gently toss together flour, baking powder, salt, and cinnamon. Mix until all dry ingredients are combined. Set aside.

In a medium bowl, whisk together eggs, granulated sugar, and brown sugar until combined. Whisk in milk, oil, and vanilla extract. Mixture will be pale and yellow.

Fold wet ingredients into dry ingredients and mix everything together with a rubber spatula or wooden spoon. Avoid over-mixing, which will produce tough, dense muffins. Gently mix until all the flour is off the bottom of the bowl and no big pockets of flour remain. The batter will be extremely thick and somewhat lumpy. Very gently, to avoid them from leaking their color, fold in 1 and 3/4 cups mixed berries.

Spoon batter into prepared muffin tins, filling all the way to the top. Using 1/4 cup of the berries you have leftover, press a few into the tops of each muffin. Sprinkle with coarse sugar.

Bake muffins at 425˚F for 5 minutes. Keeping the muffins in the oven, reduce oven temperature to 375˚F and continue to bake for 25-26 minutes until tops are lightly golden. A toothpick inserted in the center should come out clean. Allow to cool for 10 minutes. Muffins taste best fresh the same day but can be stored at room temperature in an airtight container for up to 5 days or frozen for up to 3 months.

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GREEN CURRY PASTE

Recipe By: Mike Buggs

INGREDIENTS

1 tbs kaffir lime zest

2 tbs galangal, chopped

1 tbs coriander root, chopped

3 tbs fingerroot, chopped

2 tbs lemongrass, chopped

3 tbs shallots, chopped

5 cloves garlic, chopped

1 tsp long pepper

1 tsp black pepper

70 green thai bird chillies

1 tbs green peppercorn

3 kaffir lime leaves, thinly sliced

7 king basil leaves or 20 sweet basil leaves, chopped

1 tsp shrimp paste (optional)

DIRECTIONS

Use mortar and pestle, add first ingredient and pound until a rough paste has formed

Add the next ingredient down the list and pound until it is incorporated.

Continue adding each new ingredient, in order, pounding until incorporated before adding the next addition. Pound until a smooth paste has formed

Alternatively, you can use a food processor, adding each ingredient and using the pulse feature until smooth,



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KHA CHAI CHICKEN

Recipe By: Mike Buggs

INGREDIENTS

- 2 tbs coriander seed
- 4 fresh coriander roots
- 5 stalks lemongrass
- 1 tsp black peppercorns
- 4 tbs minced galangal
- 10 fresh kaffir lime leaves
- 1/2 cup shallots, chopped
- 10 cloves garlic, minced
- 1 cup ginger, chopped
- 2 tbs fresh tumeric, grated
- 1/2 cup fingerroot, chopped
- 1/2 cup fingerroot, sliced
- 1 tsp ground cumin
- 1 tbs palm sugar
- 1 tsp salt
- 2 tbs light soy sauce
- 2 tbs thai oyster sauce
- 1 tbs sweet soy sauce
- 2 tbs pineapple juice
- 2/3 lb pork, chicken, or beef, cut into thin strips
- 2 cups vegetable oil

DIRECTIONS

Using the curry paste method found under the green/red curry paste recipe, make a paste using the first 11 ingredients.

In a bowl, thoroughly mix together your choice of meat, curry paste, cumin, sugar, salt, both soy sauces, oyster sauce, and pineapple juice.

Heat the oil in a large heavy bottom pot or wok over medium heat until it reaches 325 degrees.

Carefully add the sliced fingerroot to the oil and fry until golden brown. Remove with a slotted spoon and allow to drain on paper towels.

Let the oil return to temperature and then deep fry the marinated meat until it is just crispy, being careful to not let the meat overcook and dry out.

To serve, arrange the crispy meat on a plate and garnish with the fried fingerroot.

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SHEET PAN SHRIMP SCAMPI

Recipe By: John Keenan

MAKES	3-4 servings
PREP TIME	20 Minutes
OVEN TEMP	450 Degrees

INGREDIENTS

2 Lemons

Extra Virgin Olive Oil

1 tsp fine salt, and more as needed

1 cup of fine white wine

3 tbs unsalted butter

1 lb of peeled large or extra large shrimp

2-3 garlic cloves, thinly sliced

1/8 tsp red pepper flakes, and more for garnish

Freshly ground black pepper

1/2 cup fresh parsley, chopped

1/4 cup fresh basil, chopped



DIRECTIONS

Position a broiler rack 4 inches from heating element, then heat the broiler. If your oven is separate from your broiler, heat the oven to 450 degrees.

Slice one of the lemons ¼-inch thick, removing the seeds. Arrange lemon slices in a single layer on a rimmed baking sheet. Cut the other lemon into wedges and reserve for serving.

Brush lemon slices generously with oil and sprinkle lightly with salt. Carefully pour wine onto baking sheet, avoiding pouring directly over lemon slices.

Transfer pan to the oven or broiler, and broil until the tops of the lemon slices are caramelized and charred in spots, and the wine has reduced by half, 6 to 12 minutes. (Broilers vary a lot in their intensity, so watch carefully.) If your broiler is in your oven, turn off the broiler and heat oven to 450 degrees. (It should heat up quickly since the broiler's been on).

Meanwhile, in a medium sized pot over medium heat, melt the butter. Remove from heat and add shrimp, garlic, ¾ teaspoon salt, the red-pepper flakes and black pepper; toss well to coat shrimp with butter.

Transfer shrimp mixture to the baking sheet, and spread shrimp in an even layer on top of the lemon slices. Roast until shrimp are cooked through, 3 to 5 minutes. Toss lemons and shrimp well, taste, and add more salt if needed. Transfer shrimp, lemons and any pan juices to a serving platter and sprinkle with parsley, basil, and more red-pepper flakes. Serve immediately with bread.

CHOW DOWN WITH CHENEGA®

ROASTED CHERRY TOMATO PASTA

Recipe By: John Keenan

MAKES	2-4 Servings
TOTAL TIME	35 Minutes
OVEN TEMP	425 Degrees

INGREDIENTS

1 lb small cherry tomatoes, halved

1/3 cup Extra Virgin Olive Oil, plus 2-3 tbs for tossing

Sea salt and pepper to taste

1/4 cup freshly ground pecorino romano cheese, plus more for serving

1/4 cup bread crumbs

1/2 lb penne (or favorite type of pasta)

DIRECTIONS

Preheat oven to 425 degrees. Line bottom of casserole dish with cherry tomatoes in a single layer, halved· side up. Pour oil on top, season with salt and pepper. Sprinkle cheese and bread crumbs on top. Bake until tomatoes have wilted, about 20 minutes.

Meanwhile, bring a large pot of water to a boil. Season with· enough sea salt so that water tastes mildly of salt. When tomatoes are just about done, add pasta to water and cook until al dente (it should be pliable, but still firm in center). Scoop out about a cup of pasta water and reserve.

Drain pasta and add to casserole dish. Fold tomatoes and pasta together, adding another 2 to 3 tablespoons of olive oil, to coat. Taste and adjust seasoning to your liking. If it is dry, add a little reserved pasta water. Serve, topping with freshly grated cheese.





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PORK SHOULDER

Recipe By: Mike Buggs

MAKES	5 - 7lbs
PREP TIME	15 Minutes
TOTAL TIME	14 Hours
SMOKER TEMP	225 - 250 degrees

INGREDIENTS

4 tsp coarse salt

4 tsp freshly ground black pepper

2 tsp garlic powder

2 tsp onion powder

1 tsp rosemary

1 tsp thyme

1 tsp basil

1 tsp cayenne pepper or hot paprika

1 Boston butt (upper section of pork shoulder) 5 -7lbs



FOR SOAKING THE WOOD

1 onion

2 cloves of garlic, smashed with the side of a chef's knife or cleaver

1 or 2 cups cider vinegar

water

DIRECTIONS

Soak the wood for at least 4 hours or as long as overnight. If using wood chunks or chips, place in a bowl or bucket with the onion, garlic, and 1 cup of vinegar. Add water to cover and soak for at least 1 hour.

Make the rub: place the salt, black pepper, garlic powder, onion powder, rosemary, thyme, basil, and cayenne in a bowl and mix well. Sprinkle the rub on the pork shoulder on all sides, rubbing it into the meat with your fingers.

Set up your smoker and preheat to 225-250 degrees. Drain the wood if you soaked it.

Place the pork shoulder in the smoker, fat side up. Smoke the pork shoulder until darkly browned and crusty on the outside and the meat reaches an internal temperature of 200 degrees. The total smoking time will be 6 - 8 hours. Replenish the wood as needed.

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OVEN-BAKED CHICKEN

Recipe By: Christie Russey

MAKES	5 Servings
PREP TIME	10 Minutes
TOTAL TIME	60 Minutes
OVEN TEMP	425 Degrees

INGREDIENTS

1 tbs butter

2/3 cup Original Bisquick™ mix

1 1/2 tsp paprika

1 1/4 tsp salt

1/4 tsp pepper

1 cut-up whole chicken (3 to 3 1/2 pounds)



DIRECTIONS

Heat oven to 425˚F. In 13x9-inch (3-quart) baking dish, melt the butter in the oven.

Stir together Bisquick™, paprika, salt, and pepper and coat the chicken in the mixture. Place skin sides down in the dish (dish and butter should be hot).

Bake for 35 minutes then turn the chicken. Bake about 15 minutes longer or until the juice of the chicken is clear when thickest pieces are cut to the bone (at least 165˚F).

Helpful tip: Chicken thighs and drumsticks produce the crispiest skin.

CHOW DOWN WITH CHENEGA®

VENISON TENDERLOIN SERVED WITH A CABERNET AND CHERRY REDUCTION

Recipe By: Christie Campagna

SERVES	4
OVEN TEMP	450 degrees

INGREDIENTS

2 lb venison tenderloin

4 tsp fresh rosemary, chopped

2 tsp oregano

4 cloves garlic minced

2 tbs extra virgin olive oil

1/2 cup Cabernet Sauvignon

1/2 cup dried cherries

1 cup beef stock

salt and black pepper to taste



DIRECTIONS

Mix 2 tsp of the rosemary, with the oregano and garlic and 1 teaspoon of the olive oil to create a paste.

Rub the tenderloin all over with the paste, cover and chill for about 20 minutes

Preheat oven to 450 degrees

Heat a cast iron skillet over high heat and add the remaining olive oil, coating the pan.

Season the tenderloin with salt and pepper and sear on all sides. Cook for about 5 minutes.

Remove the pan from the heat and place in the oven. Cook tenderloin until a meat thermometer reads 125-130 degrees (about 20 minutes) - be careful not to overcook. Venison should be served medium rare!

Remove from the oven and place venison on a platter and cover.

Cabernet and Cherry Reduction

Return the skillet to the stove top over medium high heat. Add the red wine and stir to remove the brown bits.

Add the beef stock and cherries and reduce. Stirring frequently until sauce thickens. Check seasoning to be sure it is to taste preferences.

Cut the tenderloin in four medallions and place on serving plates. Pour sauce over each.

Suggestion: Served best with roasted vegetables and mashed potatoes or couscous.

CHOW DOWN WITH CHENEGA®

RICE, CORN, AND HAMBURGER DISH

Recipe By: Angela Hunziker

MAKES	4 Servings
DETAILS	Quick, easy, family-friendly, inexpensive

INGREDIENTS

1 lb ground hamburger or turkey

1 can of corn or 1 cup of frozen corn (depending on preference)

1 cup of rice

1 – 2 tbs soy sauce (can use lite for less sodium)

Diced tomatoes (optional)



DIRECTIONS

Cook the rice according to package instructions.

In the meantime, in a pan, cook the package of hamburger/turkey meat until brown (no pink remaining). Drain the fat.

Place meat back into the pan and add the corn. Cook on medium heat.

Add the cooked rice, soy sauce, and diced tomatoes (if you want an added flavor) on medium heat until it reaches your desired temperature.

Suggestion: Depending on taste, you may want to add more soy sauce, or salt.

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INDIAN BUTTER TOFU

Recipe By: Cathy Strabala

REQUIRED EQUIPMENT

Pressure cooker, long-handled spoon, and immersion blender

INGREDIENTS

- 14 oz. extra firm tofu
- 14 oz. can diced tomatoes
- 6 cloves garlic, minced
- 1 tsp minced ginger
- 1 tsp turmeric
- ½ tsp cayenne pepper
- 1 tsp smoked paprika
- 1 tsp kosher salt
- 1 tsp garam masala
- 1 tsp ground cumin
- 1 stick of butter
- 4 oz. heavy cream

DIRECTIONS

Place all base ingredients in the pot, stir, and pressure cook for 10 minutes; let natural pressure release for 10 minutes, then release remaining pressure.

Blend all ingredients with an immersion blender until smooth.

Add butter and heavy cream to the pot and stir until well incorporated. Add tofu and warm through.

Helpful tips

Easy to double the base ingredients and refrigerate or freeze the leftovers. This version is medium-spicy. Serve over rice accompanied by naan.



CHOW DOWN WITH CHENEGA®

SAUERBRATEN WITH DUMPLINGS

Recipe By: Chantelle Harvey

MAKES	8 Servings
COOK TIME	3 Hours

INGREDIENTS

- 3 1/2 - 4 lb beef chuck pot roast
- 2 onions - sliced
- 2 bay leaves
- 12 peppercorns
- 6 garlic cloves
- 12 juniper berries
- 2 tsp salt
- 1 1/2 cups red wine vinegar
- 1 cup boiling water
- 2 tbs shortening
- 2-3 lbs red cabbage - cut into wedges
- 2 tsp sugar
- Caraway dumpling dough

DIRECTIONS

Place meat in glass dish. Mix onions, bay leaves, peppercorns, cloves, juniper berries, salt, vinegar, and water; pour over meat. Cover tightly; refrigerate 3 days, turning meat 6 times.

Remove meat from marinade; reserve marinade. In large skillet, melt shortening; brown meat in shortening. Add reserved marinade. Cover tightly; simmer 2 1/2 to 3 hours or until meat is tender. Remove meat and onions; keep warm.

Strain liquid and drippings in skillet; measure and add water to measure 2 1/2 cups liquid. Add cabbage; cover and simmer 10 minutes. Stir in gingersnaps and sugar; simmer 3 minutes.

Prepare dumpling dough; drop by spoonfuls onto cabbage. Cook uncovered over low heat 10 minutes; cover and cook 10 minutes. Serve meat, vegetables and dumplings on platter; Accompany with gravy.

CARAWAY DUMPLING DOUGH:
Mix 2 cups Bisquick baking mix, 2/3 cup milk and 1 1/2 teaspoons caraway seed with fork.

CHOW DOWN WITH CHENEGA®

SALMON TOSTADAS

Recipe By: Chelsea Schalton

SERVES	4
PREP TIME	20 Minutes

INGREDIENTS

16 oz salmon filet

1-2 tbs of your favorite seasoning (for salmon)

Avocado Cilantro Sauce (recipe on right)

½ head chopped red cabbage

2-4 tbs Philippino vinegar (Datu Puti brand Spiced Sukang Maasim is excellent)

8 oz. aged cotija cheese, grated (feta can be substituted)

16 Tostadas

Cilantro leaves for garnish



DIRECTIONS

Pour vinegar over chopped cabbage and allow to marinate for a few minutes

Sprinkle seasoning over salmon filet and bake until flaky and done. Allow to cool to room temperature, then separate layers of flesh into four servings

Spread 1-2 tbs Avocado Cilantro Sauce on a tostada

Sprinkle 2-3 tbs seasoned cabbage over the sauce.

Lay salmon over the cabbage – about 1 oz. per tostada.

Sprinkle grated cotija cheese and cilantro over the top and serve

Avocado Cilantro Sauce

1 avocado
1 1/2 cups packed fresh cilantro
6-8 large raw garlic cloves
2/3 cup olive oil
Zest and juice of 2 limes
Zest and juice of 2 oranges
4 tbs maple syrup
Salt to taste

Put all ingredients into a blender with ½ cup water. Blend until smooth, adding water (up to another 1/2 cup) until sauce is pourable or desired consistency.

CHOW DOWN WITH CHENEGA®

BLACK BEAN SWEET POTATO BURRITO BOWL

Recipe By: Melody Parsons

MAKES	2 Bowls
OVEN TEMP	425 degrees
DETAILS	Plant based, vegan, vegetarian, gluten free, low sodium, low fat

INGREDIENTS

One large or two small sweet potatoes

One red bell pepper

1-2 tbs olive oil

Chili powder

Salt

Garlic powder

Cumin

Paprika

Onion powder

1 can black beans, rinsed and drained

1 cup uncooked rice (Optional- substitute fresh spinach in place of rice for lower carb meal)

Your favorite salsa

1 fresh avocado

(Optional- cilantro and sliced lime for garnish)



DIRECTIONS

Peel and dice sweet potatoes into bite sized pieces, and add to large mixing bowl. Drizzle with olive oil, chili powder, salt, garlic powder, onion powder, cumin, and paprika, and mix until sweet potatoes are coated.

Place sweet potatoes onto lined baking sheet, keeping to one side of the pan.

Slice red bell pepper into bite sized pieces. Add bell pepper pieces to previously used mixing bowl, adding a small amount of olive oil and cumin to gently coat.

Add bell pepper to pan with the diced sweet potatoes.

Place baking sheet into the top rack of the oven for 20-24 minutes until potatoes are softened.

Prepare 1 cup of cooked rice using instructions on the packaging. Rinse and drain the black beans and cook on low heat on the stovetop. Add cumin and whatever other seasonings you might like, to taste.

Remove cooked items from the heat, and create a bowl with rice, black beans, sweet potato, peppers, sliced avocado, and top with salsa. Garnish with cilantro and lime.

CHOW DOWN WITH CHENEGA®

BUCATINI ALL'AMATRICIANA

Recipe By: April Elnagdy

MAKES	4 servings
TOTAL TIME	45 Minutes

INGREDIENTS

- 2 Tbs Extra Virgin Olive Oil
- 4 oz. thinly sliced guanciale, pancetta, or chopped unsmoked bacon
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp freshly ground black pepper
- 3/4 cup minced onion
- 2 cloves garlic, minced
- 1 28-oz. can peeled tomatoes with juices, crushed by hand
- Kosher salt
- 12 oz. dried bucatini or spaghetti
- 1/4 cup finely grated Pecorino (about 1 oz.)



DIRECTIONS

Heat oil in a large heavy skillet over medium heat. Add guanciale and sauté until crisp and golden, about 4 minutes. Add pepper flakes and black pepper; stir for 10 seconds. Add onion and garlic; cook, stirring often, until soft (about 8 minutes). Add tomatoes, reduce heat to low, and cook, stirring occasionally, until sauce thickens, 15-20 minutes.

Meanwhile, bring a large pot of water to a boil. Season with salt; add the pasta and cook, stirring occasionally, until 2 minutes before al dente. Drain, reserving 1 cup of pasta cooking water.

Add drained pasta to sauce in skillet and toss vigorously with tongs to coat. Add 1/2 cup of the reserved pasta water and cook until sauce coats pasta and pasta is al dente, about 2 minutes. (Add a little pasta water if sauce is too dry.) Stir in cheese and transfer pasta to warmed bowls.

CHOW DOWN WITH CHENEGA®

INSTANT POT PORK TENDERLOIN

Recipe By: Christie Russey

MAKES	2 servings
PREP TIME	10 Minutes
COOK TIME	3 Minutes
SIT TIME	20 Minutes

INGREDIENTS

1 pork tenderloin, 1.25lb – 1.5lb

2 tbs brown sugar

2 tsp course ground pepper (peppercorn medley is best)

1 1/4 tsp salt

1 tsp paprika

1/2 tsp onion powder

1/4 tsp garlic powder

1 cup chicken broth

1/2 tbs Worcestershire sauce

1 tsp Liquid Smoke

2 tbs corn starch



DIRECTIONS

Let pork tenderloin stay in package out of fridge for 15-20 minutes. Remove tenderloin from package and rinse and pat dry. Trim any visible fat. Cut tenderloin into 2 pieces of equal length.

Coat each piece with about 1 teaspoon each of olive oil. In a small dish, combine all dry ingredients and mix well. Apply the rub liberally onto meat.

Set Instant Pot to Saute mode. When hot, add meat and brown each side for a couple of minutes each. When all sides are browned, press Cancel and remove meat to a plate. Add the chicken stock to the pot and use a wooden spoon to scrape all the bits from the bottom of the pot. Add the Worcestershire sauce and liquid smoke to the chicken broth.

Place meat directly into the liquid, secure lid, set the vent to “sealing”. Pressure cook (manual) on high pressure for 3 minutes. When cycle is complete, allow pressure to naturally release for 15 minutes. Remove meat to a plate and let sit for 5 minutes before slicing into pieces about 1/4 inch thick.

To make gravy: After removing meat, press Cancel, then press Saute. Scoop out 3 tablespoons of the liquid to a separate cup and add 2 tablespoons of corn starch. Mix well until corn starch is dissolved. Slowly pour mixture back into the liquid in the pot. Once it starts to boil, press cancel. Mix well and sauce will thicken into a delicious gravy.

CHOW DOWN WITH CHENEGA®

CAMPAGNA COLESLAW

Recipe By: Christie Campagna

MAKES 6-8 Cups

INGREDIENTS

½ Napa cabbage, shredded

½ red cabbage, shredded

3 medium carrots, peeled and shredded

1 cup mayonnaise, or ½ cup mayo and ½ cup Greek yogurt

2 tbs apple cider vinegar

2 tbs Dijon mustard

½ tbs fresh chopped dill

1 tsp celery seeds

1/2 tsp fine sea salt or more to taste

1/2 tsp fresh ground black pepper or more to taste



DIRECTIONS

Quarter the cabbage through the core, and then cut out the core. Cut each quarter crosswise in half and finely shred. Place the shredded cabbage in a very large bowl (you will have 6 to 8 cups).

Add the shredded carrot and dill to the cabbage and toss to mix.

In a separate bowl, stir the mayonnaise, vinegar, mustard, celery seeds, salt, and pepper together. Taste for acidity and seasoning then adjust as desired. Pour two-thirds of the dressing over the cabbage and carrot then mix well. (Clean hands are the quickest tool).

If the coleslaw seems dry, add a little more of the dressing. Eat right away or let it sit in the refrigerator for about an hour to let the flavors mingle and the cabbage to soften.

CHOW DOWN WITH CHENEGA®

CREAMY AU GRATIN POTATOES

Recipe By: Chet Husk

BAKE TIME	50 Minutes
OVEN TEMP	350 Degrees

INGREDIENTS

6 Russet potatoes – sliced 1/8" thick

1 Onion sliced into rings

3 tbs butter

3 tbs all-purpose flour

½ tsp salt

2 cups of milk

1 ½ cups Cheddar Cheese



DIRECTIONS

Grease a 9x13 inch Glass or Metal Pan.

Layer potato slices and then onion rings adding salt other spices to taste between layers.

In a medium sauce pan melt butter.

Mix in flour and salt, and whisk for 1 minute. Stir in milk and cook until mixture thickens.

Stir in cheese all at once, stir till melted.

Pour sauce over potatoes.

Use a spatula to ensure mixture gets between edges and all layers.

Place in the oven uncovered and cook for 50mins or until potatoes are tender.

Remove from oven let sit 5 mins then serve.

CHOW DOWN WITH CHENEGA®

AUTHENTIC HAWAIIAN MAC SALAD

Recipe By: Christie Russey

MAKES	10 servings
PREP TIME	20 Minutes
COOK TIME	15 Minutes
TOTAL TIME	35 Minutes

INGREDIENTS

1 lb macaroni

2 tbs apple cider vinegar

2 carrots, shredded

1/4 cup onion, shredded (optional)

2 1/2 cups Mayonnaise: Best Foods or Hellman's mayonnaise (no substitutes!)

1/4 cup milk

2-4 tsp sugar (to taste preference)

kosher salt and pepper, to taste



DIRECTIONS

Cook macaroni according to package directions. Drain well and place macaroni in a large bowl.

While macaroni is still hot, sprinkle on vinegar and add carrot and onion. Toss together until well combined. Allow to cool for about 10-15 minutes.

In a separate, smaller bowl, whisk together mayo, milk, and sugar.

Fold mayo mixture into the macaroni until all the noodles are evenly coated. Add salt and pepper to taste.

Cover and refrigerate for at least 4 hours (best if overnight). Gently stir before serving, adding a little more milk if needed, but no more than a tablespoon or two.

CHOW DOWN WITH CHENEGA®

MEDITERRANEAN BEAN SALAD

Recipe By: Sue Peterson

DETAILS

Easy to swap out ingredients to your personal taste

INGREDIENTS

15 oz. can cannellini beans, drained and well rinsed

15 oz. can garbanzo beans, drained and well rinsed

1 cup cherry tomatoes, halved

2 small Persian cucumbers halved lengthwise and thinly sliced (do not peel)

¼ cup red onion, thinly sliced

½ cup peppadew peppers, rough chopped

½ cup black olives, halved

½ cup pimento stuffed green olives, halved

1 cup assorted colorful bell peppers, diced

½ cup crumbled feta cheese (optional)

½ cup marinated artichokes, chopped

About 10 large basil leaves, shredded (optional)

DRESSING INGREDIENTS

¼ cup Extra Virgin Olive Oil

¼ cup red wine vinegar, or to taste

1 tsp Italian herbs (fresh or dried seasoning)

1 garlic clove, minced

Salt and freshly ground black pepper to taste

DIRECTIONS

Chop all vegetables and mix them in a large bowl with the rest of the ingredients.

Whisk the dressing ingredients together and taste to adjust any of them. Add more vinegar if you want a tangier flavor.

Toss the ingredients with a generous amount of dressing.

Enjoy right away, or let sit in the fridge covered for up to a few days.

CHOW DOWN WITH CHENEGA®

CRACK BARS

Recipe By: Aja Holloway

MAKES: 1 pan

OVEN TEMP: 350 degrees

INGREDIENTS

1 cup butter

1/2 cup sugar

1/2 cup brown sugar

1 1/2 cups semi-sweet chocolate chips

1 package of club crackers, saltines, or graham crackers



DIRECTIONS

Lay club crackers in the bottom of a cookie sheet in a single layer

Bring butter and sugar to a boil and continue boiling for 3 minutes, stirring frequently

Pour butter and sugar mix over crackers and sprinkle chocolate chips over mix.

Bake at 350 degrees for 10 to 12 minutes

Remove pan from the oven, and spread the now melted chocolate chips evenly across the top. Allow to cool and let chocolate set, and then break apart into different sized pieces.

CHOW DOWN WITH CHENEGA®

EASY-PEASY PEACH COBBLER

Recipe By: Christie Campagna

MAKES	One 9 x 13 inch pan
OVEN TEMP	350 degrees

INGREDIENTS

1 cup self-rising flour

1 cup white sugar

1 cup milk

½ tsp cinnamon

1 stick butter (real butter is best)

2 (16 oz) cans of sliced peaches in heavy syrup



DIRECTIONS

Preheat the oven to 350 degrees F (175 degrees C)

Melt butter in 9 x 13 inch glass pan.

Mix together the flour, sugar, cinnamon and milk. Pour mixture into the pan. Spread peaches evenly around the pan.

Pour the syrup evenly over the mixture.

Bake in preheated oven for 30 to 40 minutes, until the crust turns golden brown. Let cool for about 10 minutes before serving.

Recommended to serve warm with vanilla ice cream

CHOW DOWN WITH CHENEGA®

CLASSIC CHRISTMAS COOKIES

Recipe By: Tamara Himmelberger

MAKES	24 Cookies
PREP TIME	20 Minutes
TOTAL TIME	32 Minutes
OVEN TEMP	325 Degrees

INGREDIENTS

1 cup all-purpose flour

½ cup unsweetened cocoa powder

¼ tsp baking soda

1 tsp baking powder

½ tsp salt

1½ cups light brown sugar

3 eggs

1 tsp vanilla extract

4 oz. unsweetened chocolate (chopped)

4 tbs unsalted butter

½ cup granulated sugar

½ cup powdered sugar



DIRECTIONS

Preheat oven to 325 degrees F. Line 2 baking sheets with parchment paper.

Whisk together the flour, cocoa powder, baking powder, baking soda, and salt in a medium bowl.

Whisk together the brown sugar, eggs and vanilla in a large bowl. Combine the unsweetened chocolate and butter in a small bowl and microwave at 50 percent power, stirring occasionally, until melted, 2 to 3 minutes.

Whisk the chocolate mixture into the egg mixture until combined. Fold in the flour mixture until no dry streaks remain. Let the dough sit at room temperature for 10 minutes.

Place the granulated sugar and powdered sugar in separate shallow bowls. Working with 2 tablespoons of dough (or a medium cookie scoop) at a time, roll into balls. Drop dough balls directly into granulated sugar and roll to coat. Transfer dough balls to powdered sugar and roll to coat evenly. Evenly space the dough balls on the prepared baking sheets.

Bake the cookies, 1 sheet at a time, until puffed and cracked and edges have begun to set but centers are still soft (cookies will look raw between cracks and seem underdone), about 12 minutes, rotating sheet halfway through baking. Let cool completely on sheet before serving. The cookies can be stored at room temperature in an airtight container for up to 5 days.

CHOW DOWN WITH CHENEGA®

LEMON LOAF

Recipe By: Michele Rounds

OVEN TEMP	350 degrees
COOK TIME	45 Minutes

INGREDIENTS

1 1/2 cups flour

1/2 tsp baking soda

1/2 tsp baking powder

1/2 tsp salt

3 eggs

1 cup sugar

2 tbs butter; softened

1 tsp vanilla

1 tsp lemon extract

1/3 cup lemon juice

1/2 cup oil

LEMON ICING INGREDIENTS

1 cup powdered sugar; plus 1 tbs

2 tbs whole milk

1/2 tsp lemon extract

DIRECTIONS

Combine flour, baking soda, baking powder, and salt in a bowl.

Use a mixer to blend together the eggs, sugar, butter, vanilla, lemon extract, and lemon juice in a bowl.

Pour the wet ingredients into the dry ingredients and blend until smooth.

Add oil and mix well.

Pour batter into a well greased 9x5-inch loaf pan.

Bake at 350 degrees for 45 min or until a toothpick stuck into the center of the cake comes out clean.

Make the lemon icing by combining all the icing ingredients in a small bowl with a mixer on low speed.

When the loaf is cool, remove it from the pan and frost the top with the icing.

Let the icing set up before slicing.



CHOW DOWN WITH CHENEGA®

STRAWBERRY PIE

Recipe By: Michele Rounds

INGREDIENTS

1 (9 inch) pie crust, baked

1 quart of fresh strawberries

1 cup of white sugar

3 tbs cornstarch

3/4 cup of water

1/2 cup of heavy whipping cream



DIRECTIONS

Arrange half of the strawberries in the baked pastry shell. Mash the remaining berries and combine with sugar in a medium saucepan. Place saucepan over medium heat and bring to a boil, stirring frequently

In a small bowl, whisk together cornstarch and water. Gradually stir cornstarch mixture into boiling strawberry mixture. Reduce heat and simmer mixture until thickened, about 10 minutes, stirring constantly.

Pour mixture over the berries in the pastry shell. Chill for several hours before serving.

In a small bowl, whip cream until soft peaks form (for extra flavor add 1 tsp of vanilla extract and 3 tbs of powdered sugar). Serve each slice of pie with a dollop of whipped cream.

