



Dine Below the Line

Chef's Recipe Book

Thursday, May 12th 2022

At

First Presbyterian Church,

Metuchen



CULINARY LEARN AND SHARE

Dine Below the Line 2022

Esquites (Mexican Street Corn Salad)

Ingredients

- 2 Tbl. Vegetable Oil
- about 3 C. fresh, frozen, or canned Corn Kernels
- Kosher Salt
- 2 Tbl. Mayonnaise
- 2 oz. Feta or Cotija cheese, finely crumbled
- ½ C. Scallions - finely sliced, green parts only
- ½ C. Cilantro leaves, minced
- 1 Jalapeño Pepper, seeded and stemmed, minced
- 1 to 2 medium cloves Garlic, minced
- 1 Tbl. fresh Lime Juice
- Chili Powder or hot chili flakes, to taste

Directions

Over high heat, heat oil in a large nonstick skillet until shimmering. Add the corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side – about 2 minutes.

Toss the corn, stir, and repeat until charred on second side – about 2 minutes longer. Continue tossing and charring until corn is well charred all over, about 10 minutes total. Transfer to a large bowl.

To serve:

Add mayonnaise, cheese, scallions, cilantro, jalapeño, garlic, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately. Great with some tortilla chips.

**Recipe Submitted by: Chef Dan Slobodien, Pearl Street Cafe,
Representing First Presbyterian Church Food Pantry, Metuchen**



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CULINARY LEARN AND SHARE

Dine Below the Line 2022

Chicken & Black Bean Tostadas

Ingredients

For the Tostadas:

- 6 Corn or Flour Tortillas
- 1 C. Vegetable Oil or Lard
- For the Chicken:
- 2 Tbl. Vegetable Oil
- 1 medium White Onion, sliced
- 2 large cloves Garlic, finely minced or pressed
- 3 C. diced Tomato
- 2 Tbl. Cilantro, chopped (plus extra to garnish)
- 2 canned Chipotle peppers in Adobo, chopped (or to taste)
- 3 C. Chicken cooked and shredded (or canned)
- 1 can Black Beans, drained and rinsed
- Salt and pepper to taste.

To Garnish: Romaine Lettuce (or other Lettuce), shredded
crumbled Cheese (Cojita, Queso Fresco, or Feta) - or, a dollop of Sour Cream

Directions

Make the Chicken: Heat oil in a large frying pan over medium heat and add the sliced onion. Stir-fry for 3 minutes and stir in the garlic. Cook for another 2 minutes until fragrant.

Add the chicken, diced tomato and chopped chipotle pepper. Simmer for about 5 minutes until all the flavors had blended. Toss in the black beans and cilantro. Season with salt and pepper.

Cook the Tortillas: To Fry: Pour one cup of vegetable oil in a large frying pan. Heat over medium-high heat. Once the oil is hot, add the tortillas, frying one by one until they are crispy and golden brown, this step will take about 1-½ minutes. Place the already fried tortillas in a plate covered with paper towels to drain any excess oil. Set aside.

To Bake: Arrange a rack in the center of the oven and preheat to 450°F. Brush the tortillas with the oil on both sides and arrange on a rimmed baking sheet. Bake until golden brown in spots and crisp, about 10 minutes. Let cool.

Assembling the Tostadas: Place a crisp tortilla on a plate. Top with the chicken & black bean mix. Finish with a generous amount of shredded lettuce and a sprinkling of cheese (or sour cream).

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CULINARY LEARN AND SHARE

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Budin de Pan (Mexican Bread Pudding)

Ingredients

- 8 C. Day-old Bread, cut into pieces
- 3 C. Whole Milk
- 3 Eggs
- ½ C. Butter, melted and cooled
- ½ C. Sugar
- 1 t. Vanilla Extract
- 1 t. Ground Cinnamon (preferably Mexican Canela)
- ½ C. Raisins
- 1 stick of Cinnamon (preferably Mexican Canela) - optional

Directions

Preheat your oven to 350°F degrees. Grease an 8" square baking dish.

Place the bread pieces in a large bowl and pour the milk over them. Let them soak in the milk for a few minutes to soften. (About 5 minutes) With your hand or with a fork, crumbled the pieces.

Beat the eggs in a small bowl and pour into the bread mixture, then add the melted butter, sugar, vanilla, cinnamon, and raisins. Mix until you have a uniform mixture. Do not over mix.

Pour the mixture into the greased baking dish and smooth the top with the help of a spatula. Cut the cinnamon stick in pieces and insert in different places.

Bake for 50 to 60 minutes. Taste with a toothpick to check if it's done. The top surface will form a crust, but the bread will still feel soft.

When you get your bread pudding out of the oven, it will look fluffy; wait until it cools off to cut. When it cools, the fluffiness will be reduced.

Serve with some honey or maple syrup.

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CULINARY LEARN AND SHARE

Dine Below the Line 2022

Southwest Chicken Corn Bread

Ingredients

1 pkg Corn Bread Mix

Stuffing:

- Olive Oil
- Onion
- Green Chilis, chopped
- Canned Chicken
- Chili powder to taste
- Bacon Bits
- Mustard, strong
- Cheese Chunks
- Salt and Pepper to taste

Directions

Sautee onion and chilis until soft in olive oil, warm chili powder and add green chilis, chicken chunks, bacon bits and mustard. Stir to combine and remove from heat.

Mix corn bread and grease muffin pan. Combine cheese chunks, and mixture with cornbread mix, spoon into muffin pan and cook in 350F oven until toothpick inserted comes out clean, Remove from oven and allow to cool slightly before removing from pan. Serve Warm with mixed, dressed greens.

Melt Butter and spread over cakes as it comes from the oven.

**Recipe Submitted by: The Rev. Marshall Shelly, St. Peter's Spotswood,
Community of Hope Ministries**



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CULINARY LEARN AND SHARE

Dine Below the Line 2022

Braised Pork with Beans and Greens

Ingredients

- Pork Shoulder, cut into chunks
- Salt, Pepper, red pepper flakes (to taste)
- Onion
- Carrots
- Celery
- Poblano pepper
- Olive Oil
- 2 15 oz cans of beans (assorted) or 1 lb dried
- Chicken broth
- Wine or beer for braise
- Onions, canned collards, kale, spinach or other greens
- Dates
- Cumin, Garam Masala, Oregano, Thyme

Directions

Season chunked meat and let sit until oil is heated in pan. Brown off meat in batches and reserve.

Chop onions, celery, carrots and peppers and sauté until soft. Add seasonings to warm in oil and vegetables.

Deglaze pan with beer or wine (or broth alone, if not using alcohol). Add broth and beans.

Return meat to pan and allow to cook for 20 minutes.

Add greens and cook until soft. If using canned greens, warm through. Add split dates and cook for a further 15 minutes.

Special Note: If serving over rice, couscous, or polenta then use more broth. If serving with flat breads or tortillas, then use less.

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CULINARY LEARN AND SHARE

Dine Below the Line 2022

Dutch Oven Cobbler

Ingredients

- Canned Pie Filling (Cherry or Plum)
- White Cake Mix
- Eggs and Yogurt
- Cream to whip, with either orange zest or chocolate shavings

Directions

Combine box of cake mix with eggs and yogurt, add oil until batter is supple. Transfer to greased pan or Dutch oven. Place can of pie filling in spoonfuls across the top of the cake mix.

Cook per box directions (350 F for approx. 35-40 minutes). If cooking in a Dutch oven, then remove at 35 minutes and leave covered until ready to serve.

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New England Spam Chowder

Ingredients

- 1 small carrot (diced)
- ½ onion (diced)
- 1 stalk celery (diced)
- 1 stick butter
- 1 cup flour
- 48 oz chicken broth
- 4 cups milk
- 1 12 oz can classic Spam (diced and slightly sautéed to add color)
- 1 15 oz can kernel corn
- 1 15.5 oz can black beans
- 1 15 oz can sliced okra
- 2 T Old Bay seasoning
- Chopped Scallions

Directions

1. Over medium heat sauté carrots, onions, and celery in butter until soft
2. Add flour to create a roux and stir for 1 minute.
3. Slowly add broth, stirring constantly to dissolve the roux and break up the flour, then add milk
4. Bring soup base to a low simmer, then add Spam, corn, beans, okra and old bay.
5. Simmer for 5 minutes. Taste and adjust

Recipe Submitted by: Chef Brian Karluk, Steakhouse 85, Representing Sharon Baptist Church Food Pantry, New Brunswick



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Peanut Butter & Banana “Pancake Crepes”

Ingredients

- 1 cup pancake mix
- 1 cup milk
- 1 egg
- 1 tsp vanilla extract
- Peanut butter (your choice smooth or chunky)
- 2 bananas
- 1 stick of butter
- ½ cup brown sugar

Directions

1. In a bowl, combine pancake mix, milk, egg and vanilla. Whisk to combine
2. Using a non-stick skillet and pan spray on medium heat, saute the crepes one at a time. Hint: Use a 2 oz ladle to measure them out to perfect size.
3. One at a time, spread peanut butter onto half of the crepe, fold in half, and half again, creating tight little pouches. Plate the filled crepes
4. For the bananas, combine sugar and butter in a small sauce pan and slowly warm. As the butter melts, slowly mix to combine with sugar.
5. Once the sugar is melted and a sauce is formed, add the sliced bananas and slowly cook for 2 minutes. Spoon banana mixture over the crepes

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CULINARY LEARN AND SHARE

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Pan Fried Asian Style Cabbage Rolls

Ingredients

- 16 oz ground beef
- 1 head cabbage (napa or savoy)
- ½ cup cooked rice
- 2 T chopped garlic
- 1 T chopped ginger
- 2 scallions sliced
- 1 T cilantro (roughly chopped)
- 1/8 cup shredded carrot
- 2 T Soy sauce
- 1 egg
- ½ cup soy sauce
- 1 T sesame oil
- 2 scallions chopped

Directions

1. Bring a large pot of water to a boil
2. Slowly peel away the cabbage leaves. Cut out the thick stem pieces, blanch in boiling water for 3 minutes.
3. In a bowl, combine beef, rice, garlic, ginger, scallions, cilantro, carrots, soy sauce and egg. Mix thoroughly.
4. Place trimmed cabbage leaved down with the inside facing you. Add a heaping tablespoon of beef mixture to each. Fold the sides to the middle and roll up tightly, leaving the seal side down.
5. Working in batches saute the rolls to add color. Then combine into one pan. Add ¼ cup of water, cover and cook over a medium heat for 10 minutes, or until cooked through.
6. For the sauce, combine soy, sesame oil, and scallions. Use as a dipping sauce

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