



Roast Chicken:

1- 6 lb. Springer Mountain Farm Roasting Chicken
 Kosher salt & freshly ground pepper
 3 sprigs of thyme
 2-3 sprigs of rosemary
 1 tablespoon oregano
 3 stalks celery
 1 lemon sliced
 4 carrots sliced lengthwise
 8 cloves garlic
 2 tablespoons butter melted
 1 tablespoon Pecan Plantation Truffle Oil
 1 large vidalia onion, cut into pieces
 1 tablespoon fennel
 * Add other fresh vegetables and herbs to create your own version of this recipe



THE
ingles
 TABLE

Abby J

Preheat the oven to 425 degrees
 Remove the chicken giblets. Rinse the chicken inside and out and pat dry. Liberally salt and pepper the inside of the chicken. Stuff the chicken with half the celery, onion, carrots, and garlic. Add the truffle oil under the skin above the breast bone then brush the outside of the chicken with the butter. Add the oregano, fennel and thyme, and rosemary on the outside of the chicken. Place the remaining carrots, garlic, and lemon around the chicken and roast for 1 1/2 hours. Remove the chicken and vegetables to a platter and cover for about 20 minutes. Slice the chicken onto a platter and serve it with the vegetables and crusty bread. A delicious and healthy holiday meal for the whole family!



Savory Sausage Stuffing:

1 loaf Pumpnickel bread cut into 1/2 squares
 2 tablespoons unsalted butter
 1 lb. hot Italian sausage casings removed
 1 leek, including tender greens tops, chopped
 1 onion chopped
 1 celery stalk chopped
 1/2 cup sage
 1 cup half & half
 1 1/2 cups reduced sodium chicken broth
 Course Salt & freshly ground pepper

Preheat the oven to 350 degrees. Spread the bread cubes on a rimmed baking sheet and toast in the oven for 20 minutes. Remove from the oven and set aside to cool.

In a large frying pan over medium heat, melt the butter. Add the sausage, onion, leek, celery, and sage and cook, breaking up the meat into small pieces with a wooden spoon, until the meat browns and is cooked through and the vegetables are translucent, about 10 minutes.

Remove from the heating fold in the bread cubes, and half and half. Stir in the broth until the mixture is evenly moistened. Season to taste with salt and pepper. Put in baking dish and bake for 40 minutes.

Ingles-Markets.com | InglesTable.com



Mulligatawny Soup:

½C butter (1 stick)
 2 cloves garlic, pressed
 1C diced yellow onion
 1# diced boneless chicken, white or dark or mixed
 1C all-purpose flour
 1T curry powder
 2C diced Granny Smith apples, or any other firm, tart apple you like
 ½ tsp salt
 1 tsp ground white pepper
 2C cooked white rice
 8C chicken stock or broth



THE
ingles
 TABLE

Chef Bruce Brown

In stock pot, over medium high heat, melt the butter and add the onions to sauté for two minutes, until they start to soften.

Add the chicken and garlic to the onions, stirring to coat and beginning to cook, placing the lid on the stock pot, stirring occasionally, for five minutes.

Sprinkle the flour over the chicken and onion mixture, topping with the curry powder, salt and white pepper. Stir to coat and combine.

Add the apples to the stock pot and fold into the mixture, allowing them to warm to the temperature of the chicken.

Add the cooked rice, again folding to combine, then add the chicken stock and stir. Allow to heat to a low boil, then turn down the temperature to low and allow simmering for thirty minutes.

Serve hot with crusty bread and a side salad.



**Grandma's Beef Sliders:**

King's Hawaiian Rolls (24 count)
Cooked Beef
Barbecue Sauce (your favorite)
French's Fried Onions
Fresh Parsley
Parmesan Cheese
1 Stick Melted Butter

Apple Cole Slaw (mix the following):

16oz Ingles Cole Slaw
2 Tbsp Apple Cider Vinegar
½ Cup Brown Sugar
½ Cup Mayonnaise
1 Tsp Chili Powder
1 Diced Granny Smith Apple



THE
ingles
TABLE

Chef Clarence Robinson

Depending on size, cook beef at 325 degrees for 2.5 hours, seasoning with salt and pepper to taste.

Once beef is cooked, preheat oven to 350 degrees.

Cut your rolls in half and place the bottoms into a rectangular cake pan. Place your shredded beef on top of the rolls. Drizzle your barbecue sauce over the top of the beef. Place the tops of the rolls onto the sliders, brush with melted butter, and sprinkle with Parmesan and chopped parsley for garnish.

Cook for 10 minutes or until bread is golden-brown.

Remove from oven, add slaw and fried onions to top of beef, and serve.

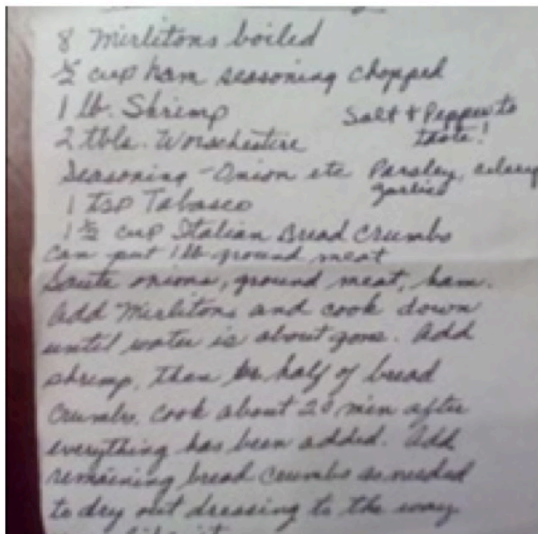


Ingles-Markets.com | InglesTable.com



Mirliton Dressing:

8 Mirlitons boiled, cleaned and peeled
 1/2 cup cooked Ham chopped
 1 lb Shrimp peeled and deveined
 2 tbsp. Worcestershire
 Seasoning -
 1 onion
 1 tbsp. Chopped Parsley
 1 Celery Stalk Chopped
 1 Clove Minced Garlic
 1 tsp. Tabasco
 1 1/2 cup Italian Bread Crumbs
 Salt and Pepper to taste



Grandmother's original recipe



THE
ingles
TABLE

Chef Derek St. Romain

Saute onions and ham with all your seasoning.

Add the Mirlitons and cook down until water is nearly gone.

Add in Shrimp, then half of the Bread Crumbs.

Cook about 20 min in a casserole dish in the oven @325°F after everything has been added.

Add remaining Bread Crumbs as needed to dry out dressing to the way you like it.

Serve and enjoy!



Also known as Chayotes, Mirlitons are the unofficial squash of New Orleans



THE
ingles
TABLE

Jasmin Queen

Mini Pecan Pies:

- 1 Tbsp. Melted Butter
- 1 Large Egg
- 1 Tbsp. Brown Sugar
- 1 Tbsp. Maple Syrup
- 2 Tbsp. Date Syrup (see below)
- 1/4 tsp. Salt
- 1/4 tsp. Vanilla
- 1/2 c. Chopped Pecans
- 15 Mini Fillo Shells

Preheat oven to 350°F.

In a small mixing bowl, combine all ingredients from butter to vanilla.

Mix well.

Stir in chopped pecans.

Arrange mini shells on a baking sheet.

Distribute pecan mixture evenly between mini shells.

Bake for 10-15 minutes.

Let them cool and top with a dollop of whipped cream topping and a whole pecan before serving.

Date Syrup:

- 3/4 c. Boiling Water
- 2 Medjool Dates (pitted)

Submerge pitted dates in boiling water and let sit for at least 1 hour.

A large coffee cup works well for this.

Pour dates and water in to blender or food processor and process until smooth.



Ingles-Markets.com | InglesTable.com



THE
ingles
TABLE

Lindsay Moore

Holiday Salad:

Bag of Arugula Salad Blend
1 Cup Pecans (Roasted)
2 Cups Herbed Goat Cheese
Truffle Vinaigrette Dressing (your favorite)

Preheat oven to 325. Toss pecans (and melted butter if you choose) in a medium bowl and flavor with sea salt to taste. Spread pecans on baking sheet and cook for 15 minutes or until fragrant and slightly darkened.



Toss Arugula blend in large salad bowl with pecans and diced goat cheese (freeze goat cheese ahead of time for a cleaner prep experience).

Drizzle with Truffle Vinaigrette dressing, and toss once more.

Serve and enjoy!





THE
ingles
TABLE

Michael McMurtrey

Stuffing Stuffed Pumpkins:

3 loaves La Brea Bakery round
sourdough loaves
4 8oz. boxes mushrooms, sliced
2 med onions, chopped
6 stalks celery, chopped
4 tbsp olive oil
3 14 oz. sausage meat
1 tbsp. salt
1 tsp. Black pepper
2 tbsp. herbs de Provence
8 cups chicken broth
1 cup fresh parsley, chopped (additional
for garnish)
1 1/2 cups toasted pumpkin seeds
(additional for garnish)
6 oz. dried cranberries (additional for
garnish)



Preheat oven to 350°. Cube 3 LaBrea Bakery round sourdough loaves and place them into an large roasting pan. Place into the oven to lightly toast for 30 min, tossing the bread every 10 minutes. While the bread is toasting, hollow out 8 small pumpkins (or one larger pumpkin), coat the inside and outside with olive oil, and season with salt and pepper. Once the bread is toasted, remove from the oven and set aside. Place the pumpkins into the oven on a sheet pan. Bake for 30 minutes. While the pumpkin(s) are baking, sauté the sausage meat, in olive oil, until browned. Remove the sausage meat to a plate, reserving the oil in the pan. Sauté onions and celery in the reserved oil until translucent. Add the mushrooms and cook until softened. Pour the onion/celery/mushroom mixture, the cooked sausage, 6 cups of chicken stock, parsley, cranberries, pumpkin seeds, salt, pepper, and herbs into the roasting pan of toasted bread. Stir well to combine. Remove the pumpkins from the oven and firmly stuff the mixture into each. (You will most likely have extra stuffing mixture that you can bake in a prepared baking dish to use for leftovers the next day) Bake stuffed pumpkins for an additional 60 minutes, ladling 1/4 cup of warm chicken broth into each pumpkin after 45 min (to make sure the stuffing stays moist). Serve each pumpkin garnished with additional dried cranberries, parsley, and pumpkin seeds. Makes 8 individual mini stuffed pumpkins, with more for leftovers.



Sweet Potato Nachos:

2-3 small Sweet Potatoes

Olive Oil

Salt

½ cup finely grated Cheddar Cheese

1 tart Apple finely chopped

1/3 cup chopped dried Cranberries

Candied Jalapenos

(makes approx. 12-20 chips)



THE
ingles
TABLE

Susan Murray

Preheat the oven to 350 degrees.

Slice the sweet potatoes into ¼ inch thick rounds and toss them in olive oil and salt.

Arrange on a roasting tray and roast for 15-20 minutes until soft and cooked through. Remove and let cool. Can be done ahead.

In a small bowl mix together the chopped apple and cranberry.

Line a roasting tray with foil and spray with cooking spray. Arrange sweet potato chips on the tray and top each chip with a mound of apple-cranberry mixture.

Top with grated cheese.

Place chips in a 350 degree oven and heat until cheese is melted and bubbling.

Arrange chips on a serving platter and top each one with a small candied jalapeno.