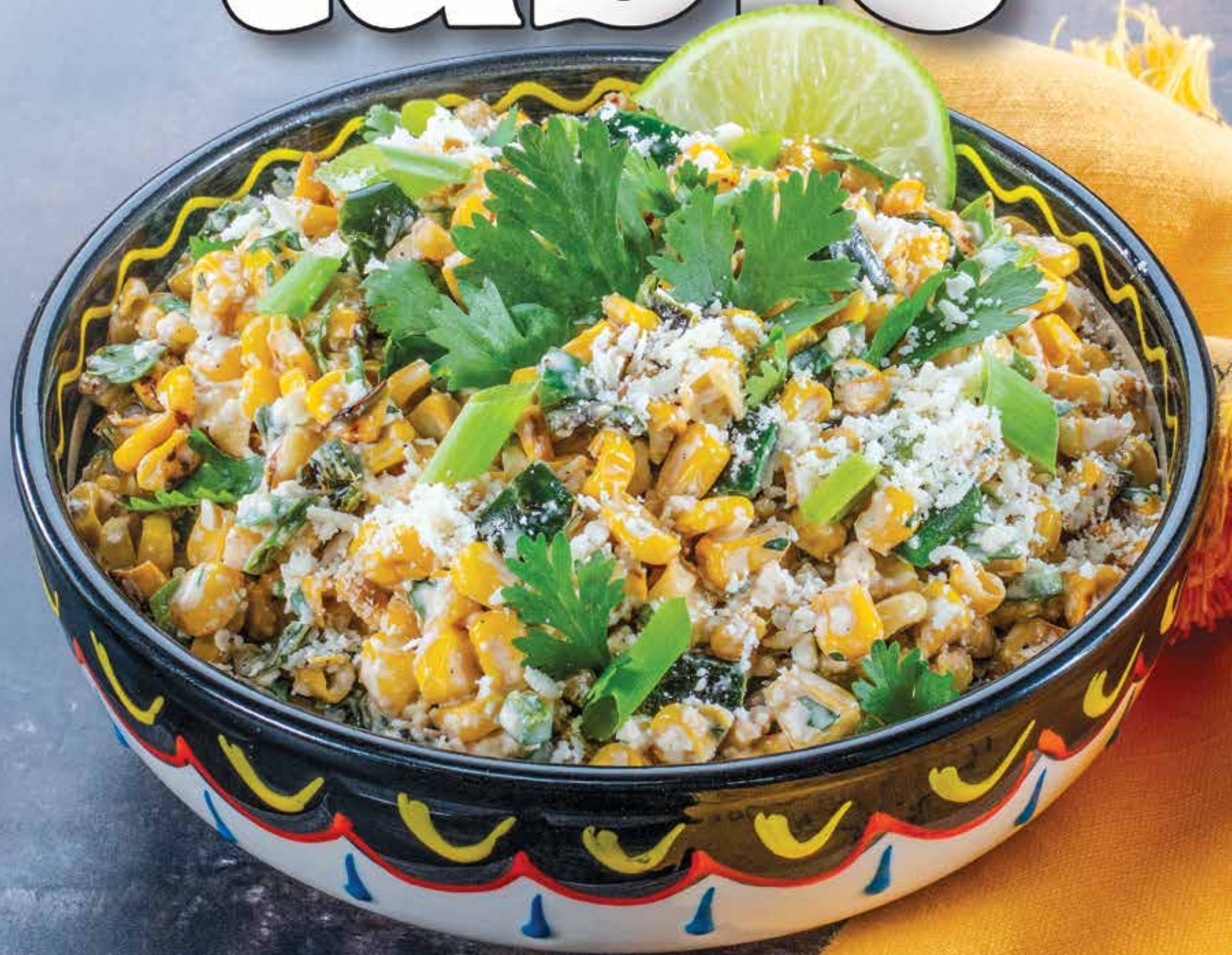


Free

# ingles table



**RECIPES TO MAKE SUMMER A LOT TASTIER!**

Summer is the ultimate season for outdoor dining and entertaining. Whether you're hosting picnics, pool parties, cookouts, porch cocktails, or garden parties, it's the time to savor the abundance of fresh summer fruits and vegetables. Our talented chefs at the Ingles Table have crafted a collection of mouthwatering and budget-friendly recipes that truly capture the essence of summer. We trust that you and your loved ones will delight in preparing and enjoying these simple yet delectable recipes.

If you're hungry for more culinary inspiration, we invite you to explore a treasure trove of seasonal ideas, step-by-step instructional videos, and printable recipes at [ingles-markets.com](http://ingles-markets.com).

Each member of our Ingles Table family takes great pleasure in sharing their cherished family recipes with you. We encourage you to embrace these recipes and incorporate them into your own family traditions.

But, always remember, if you don't have time to cook or don't feel like it, the Ingles Deli and Ingles Bakery have fresh in-store prepared food that is tasty, reasonably priced, and most of all... easy! From customizable deli sandwiches to our award-winning rotisserie chicken salad, from the world-famous Gorgonzola potato salad to sweet and delicious banana pudding, Ingles has something for everyone to enjoy. And don't forget about the best fresh tortilla chips and guacamole you'll ever taste.

From our Ingles Table Family to yours,

*-Cindy*

Cindy Mixon  
Vice President, Deli Operations  
Ingles Markets



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# RECIPES IN THIS ISSUE

- |                          |                                      |                                  |
|--------------------------|--------------------------------------|----------------------------------|
| 4 Leah's Tips            | 11 Chicken and Broccoli Salad        | 18 Banana Berry Shortcake        |
| 5 Greek Salad Skewers    | 12 Summer Couscous Salad             | 19 The Smoky Joe                 |
| 6 Frozen Strawberry Bark | 13 Chicken Teriyaki Pineapple Bowls  | 20 Buffalo Chicken Dip           |
| 7 Street Corn Salad      | 14 Blueberry & Goat Cheese Flatbread | 21 Festive Ceviche               |
| 8 Pulled Chicken Nachos  | 15 Lemony Spinach Artichoke Dip      | 22 Tropic Thunder                |
| 9 Summer Roll Salad      | 16 Cucumber Bites                    | 23 Piña Colada Cheesecake Mousse |
| 10 Kickin' Chicken Salad | 17 Caramel Iced Latte                |                                  |



**Learn how to make this authentic Suzy Neal's Blueberry Buckle by scanning the QR code to the right with your mobile phone's camera or going to [ingles-markets.com](http://ingles-markets.com). You'll also gain access to hundreds more recipes for every occasion.**



# Leah's TIPS



**LEAH  
MCGRATH  
RD, LDN**

Corporate Dietitian,  
Ingles Markets  
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## Keeping your Produce Fresh in the Summer

The summer and early fall months are a great time to enjoy a wide variety of fresh fruits and vegetables from your local Ingles Markets to make those recipes shine. Many of the fruits, vegetables, and herbs you see in our stores may even be grown by our local or regional farmers! During the summer, when temperatures in your home may be warmer, and there may be more sunlight and humidity in your home; it is easier for produce to spoil quickly as ripening accelerates.

Here are a few tips to make sure you keep your herbs, fresh fruits and vegetables in tip top shape from the store to the recipe and onto the table for your family's meals and snacks:

1. Shop fruits and vegetables in season. These will likely be more flavorful, and you may also enjoy a better price.
2. Carefully check fruits and vegetables before selecting and buying them.
3. Especially in the summer, plan on using thermal bags or returning home immediately after grocery shopping so your fresh produce doesn't sit in a warm car.
4. Consider bringing freezer packs with you to keep groceries cool.
5. When you return home with fresh produce make sure to store it correctly. If damp produce is stored in the refrigerator it will begin to break down and grow mold.
6. If very ripe, tomatoes can be stored in the refrigerator but otherwise store on your countertop.
7. Keep fruits and vegetables in your crisper to improve their shelf life.
8. Consider buying fresh herb plants to grow on your window sill and then just use as needed. If you prefer fresh cut herbs, ones with a woody stem will keep if you put the cut ends in a small glass of water. More fragile herbs like parsley or cilantro can be placed in a damp paper towel and stored in a zip lock bag.

# Greek Salad Skewers

SERVES: 12

## SKEWERS:

- 12 cherry tomatoes
- 7 oz. block of feta, cut into one-inch cubes
- 12 whole Kalamata olives, pitted
- 1 whole cucumber, cut into 1/4-inch thick rounds
- 1 red onion, cut into inch pieces
- 1 red bell pepper, cut into one-inch pieces
- 1 yellow bell pepper, cut into one-inch pieces
- 12 (6-inch) bamboo skewers

## VINAIGRETTE:

- 3 tbsp. olive oil
- 1 tsp. salt
- 1 tsp. pepper
- 1 tbsp. lemon juice
- 1 tbsp. parsley, minced
- 1 tbsp. fresh dill, minced
- 1 clove garlic, minced

1. In a small bowl, whisk together the vinaigrette ingredients, seasoning with salt and pepper. Add the feta to marinate. To assemble the skewers, thread one tomato, olive, peppers, cucumber, onion, and feta on each skewer. When threading on the feta, hold it tightly between your fingers to avoid it cracking or breaking. Repeat until you have a total of 12 skewers.
2. Right before serving, drizzle the skewers with the vinaigrette. Garnish with fresh dill.



**A delicious appetizer that comes together quickly.**



**CHEF ABBY J**  
Founder of Abby J's Gourmet  
Proprietor Blackhawk Flyfishing



**JASMIN QUEEN, CNC**  
Winner, "My Diet is Better Than Yours"

## Frozen Strawberry Bark

SERVES: 6

- |   |                                  |   |                     |
|---|----------------------------------|---|---------------------|
| 6 | strawberries, sliced             | 2 | tbsp. nuts, chopped |
| 1 | banana, sliced                   | 2 | tbsp. sweetened     |
| ¼ | cup peanut butter, heated        |   | shredded coconut    |
| 6 | oz. milk chocolate chips, melted |   |                     |
| ¼ | cup sweetened condensed milk     |   |                     |

1. Place parchment paper on a baking sheet.
2. Slice strawberries and bananas.
3. Place a banana slice on the baking sheet and then use the strawberry slices to form a flower-type shape around the banana slice. Make sure the fruit is touching.
4. Melt the milk chocolate in the microwave, heating it in 30-second increments and stirring until it is melted.
5. Heat the peanut butter in the microwave for 30 seconds.
6. Drizzle the milk chocolate, peanut butter, and condensed milk over the strawberries.
7. Top with nuts and shredded coconut.
8. Place in the freezer for at least 1 hour.
9. Remove from the freezer and enjoy.

***A sweet refreshing treat!***

# Street Corn Salad

SERVES: 6-8

## SALAD INGREDIENTS:

- 2 (15.25 oz.) cans Laura Lynn Gold'n White Sweet Corn, drained
- 1 (15.25 oz.) can Laura Lynn Golden Corn, drained
- 1 poblano pepper, seeded and stemmed, diced
- 1 jalapeño pepper, seeded, stemmed, and finely diced
- ¼ cup cilantro, chopped
- ¼ cup green onion, sliced
- 2 tbsps. Laura Lynn light olive oil
- Kosher salt

## DRESSING INGREDIENTS:

- 1 garlic clove, finely minced
- 1 lime, zested
- 3 oz. Cotija cheese, finely crumbled
- ¼ cup Laura Lynn mayonnaise
- ¼ cup Mexican crema
- ¼ cup lime juice, freshly squeezed
- ¼ tsp. Kosher salt
- ¼ tsp. chipotle powder
- ¼ tsp. granulated sugar

1. Preheat a large skillet over medium-high heat. Once the pan is heated, add olive oil.
2. Add drained corn and poblano peppers to the skillet and season to taste with Kosher salt. Cook, stirring occasionally, until the corn is a dark golden brown. Remove from heat and spread the mixture on a sheet pan to cool.
3. In a mixing bowl, add all dressing ingredients and stir thoroughly to combine.
4. Add the cooled corn mixture, diced jalapeño pepper, cilantro, and green onion to a large serving bowl and stir well to combine.
5. Pour the dressing over the corn mixture; stir to combine. Serve immediately, or refrigerate until ready to use.

**Try cooking the corn and peppers on your outdoor griddle to keep the summer heat outdoors!**



UNICOI PRESERVES  
Suzy & Clark Neal

# Pulled Chicken Nachos

SERVES: 4

## Ingredients:

- 6 bone-in, skin-on chicken thighs
- 2 tbsp olive oil
- 1 salt & pepper to taste
- 1 bag of Ingles Deli tortilla chips
- 4 cups of iceberg lettuce shreds
- 6 large jalapeño peppers
- 1/4 cup chopped fresh cilantro
- 1/2 cup sour cream
- 1/2 cup Ingles guacamole

## For the salsa:

- 6 Roma tomatoes, diced
- 1/2 sweet onion, diced
- 1/4 cup cilantro, chopped
- 2 jalapeños, diced
- 1/4 cup apple cider vinegar
- 2 tsp. salt
- 2 tsp. sugar
- 1 tsp. minced garlic
- 1/4 tsp. chili powder
- 1/3 fresh lime

## For the queso:

- 1 12 oz. can evaporated milk
- 1 tbsp. cornstarch
- 12 oz. white American cheese slices, chopped into small squares
- 6 oz. shredded mozzarella cheese
- 2 tbsp chopped, pickled jalapeños
- 1 tsp. chili powder
- 1 tsp. red pepper flakes
- 1/4 tsp. salt
- 1/4 tsp. black pepper

1. Prepare charcoal or gas grill for high heat indirect cooking.
2. Peel skin back on chicken thighs, but do not fully remove. Coat exposed meat with olive oil, salt, and pepper. Wrap skin back over seasoned meat and place skin side up over indirect heat on the grill. Cook until internal temperature of 170°F, 15-20 mins. Do not turn or flip the chicken during the cooking process. Throw whole jalapenos on the grill at this time, turning occasionally. Remove and set aside to cool a bit before pulling all meat from the bone; discard skin, bone, and any gristle.
3. While the chicken is cooking, prepare the salsa by mixing all ingredients except lime in a bowl. Thoroughly mix together. Squeeze lime juice over the salsa, give it one more stir, and refrigerate until ready to serve.
4. While the chicken rests, make the queso. Heat evaporated milk over medium-high heat in a small saucepan. Stir in cornstarch and whisk to combine.
5. Once simmering, reduce heat to low. Immediately stir in the cheese, starting with the white American cheese. Increase heat to medium-low and CONTINUALLY whisk as you melt all the cheese.
6. Once all the cheese is melted, stir in the jalapeño, chili powder, red pepper flakes, salt, and pepper, again, continually stirring. Remove from heat when thoroughly blended.
7. Build your nachos! Start with a layer of tortilla chips, then spread the pulled chicken. Drizzle with warm queso then top with a handful of fresh lettuce shreds. Top with a ladle of salsa and garnish with grilled jalapeno, a dollop of sour cream, and a dollop of fresh guacamole!



**SMOKIN' JOE LASHER**  
Co-Owner and Founder  
M7 Event Solutions and Catering



**CHEF CARLA FIGÁRO**  
Chef, Wellness Coach, and Life Consultant

## Summer Roll Salad

SERVES: 4-6

### DRESSING:

- ½ cup creamy peanut butter
- 1 tbsp. rice vinegar
- ½ inch piece of ginger
- ¼ tsp. crushed red pepper
- 2-3 cloves garlic
- 2 tbsp. tamari
- 2 tbsp. raw sugar (may substitute 2 soaked dates)
- 1 tbsp. lime juice
- 4 tbsp. water

### SALAD:

- 1 pkg. rice noodles, cooked and drained
- 1 hothouse cucumber, seeds removed, cut into matchsticks
- 1 carrot, cut into matchsticks
- ⅛ purple cabbage finely shredded
- ½ cup napa cabbage, coarsely chopped
- ½ block firm tofu cut in half and cut 1/8 sticks (fried)
- 4-8 mint leaves, chiffonade
- 5-10 Thai basil leaves, chiffonade
- 8 sprigs of cilantro, coarsely chopped
- ½ cup bean sprouts
- 2 spring onion, cut on the bias

### DRESSING:

1. In a blender, combine all ingredients for dressing.
2. Puree until smooth.
3. Pour into a small saucepan and cook over medium heat until the sauce bubbles.
4. Reduce to a simmer and add crushed red pepper.
5. Cook for 2 min and remove from heat to cool.

### SALAD:

1. Combine all ingredients (except fried tofu) in a large bowl.
2. Portion into individual servings and top with fried tofu.
3. Drizzle with the desired amount of dressing.

***This salad brings international flair to any gathering and is a crowd-pleaser at every brunch.***



**BRUCE BROWN**  
 Chef/Owner, Bruce's Fabulous Foods  
 Star of ABC's "Carolina Kitchen"

## Kickin' Chicken Salad

SERVES: 4

8 oz. bacon	1/4 cup butter, melted	1 tsp. chili powder	1 1/2 cups corn kernels, drained
1/4 cup honey	1/4 cup hot sauce	1 tbsp. each red wine vinegar, brown mustard	sliced Roma tomatoes
1/4 cup brown sugar, packed	1/3 cup honey	1 1/2 cups black beans, drained	sliced cucumbers
1 lb. boneless skinless chicken, breasts and/or thighs	1/2 tsp. salt		mixed salad greens
	1/2 tsp. black pepper		
	1/2 tsp. garlic powder		

1. Preheat oven to 350°F.
2. Lay bacon slices on a sheet pan. Bake until crispy, about fifteen minutes.
3. Heat the honey and brown sugar in a glass measuring cup for one minute, whisking together until smooth.
4. Drain the bacon grease from the sheet pan. Brush the cooked bacon with the honey and brown sugar mixture. Bake for an additional three to five minutes. Allow to cool.
5. Bake the chicken pieces on a rimmed sheet pan for twenty minutes. Remove from oven and allow to cool slightly before dicing into 3/4-inch cubes.
6. While the chicken is baking, melt the 1/4 cup of butter in a microwave in a 4-cup glass measuring cup. Add the hot sauce, honey, black pepper, salt, garlic powder, chili powder, red wine vinegar, and mustard, whisking until smooth.
7. Once the chicken is diced, lightly toss it in a bowl with the sauce and place it back on the rimmed sheet pan. Bake for an additional seven minutes. Reserve the unused sauce in a sealed container in the refrigerator for another recipe.
8. Arrange the mixed salad greens on a large platter. Arrange the slices of tomato and cucumber around the edges, sprinkling the black beans and corn kernels over the greens.
9. Once the bacon has cooled, coarsely chop it. In a mixing bowl, combine the diced chicken and chopped bacon. Top the salad platter with the chicken/bacon combo and serve with the desired dressing, family style.



**JASMIN QUEEN, CNC**  
Winner, "My Diet is Better Than Yours"

## Chicken and Broccoli Salad

SERVES: 6

- |                            |                       |                                |
|----------------------------|-----------------------|--------------------------------|
| 1 head of garlic           | 2 tbsp. mayonnaise    | 1 small red onion, diced       |
| 1 tsp. olive oil           | 2 tbsp. white vinegar | 1 cup grape tomatoes, sliced   |
| 6 oz. feta cheese crumbles | ¼ cup water           | 1 rotisserie chicken, shredded |
| 4 tbsp. Greek yogurt       | 6 oz. broccoli        | salt and pepper, to taste      |

1. Preheat the oven to 325°F.
2. Peel the head of garlic. Trim the top of the garlic to expose the cloves. Drizzle with olive oil and bake for 1 hour. Remove from oven and cool.
3. Place the broccoli in a food processor and pulse until it is finely chopped. Add it to a mixing bowl.
4. Sprinkle your seasoning of choice over the shredded rotisserie chicken and place that into the mixing bowl with the broccoli.
5. Add diced onion and grape tomatoes to the mixing bowl.
6. To make the dressing, place the roasted garlic, feta cheese, yogurt, mayonnaise, vinegar, salt, pepper, and water into a blender or small food processor and blend until smooth.
7. Pour the dressing over the salad, mix well, and serve.



**MARC & ANGELA RYAN**  
Newlyweds who love cooking together

## Summer Couscous Salad

SERVES: 2

- |   |   |  |
|---|---|--|
| 1 cup couscous                                | 2 tbsp. fresh lemon juice                 | 1/2 cup crumbled feta                                      |
| 1 1/2 cup Laura Lynn low-sodium chicken broth | 1 tsp. Laura Lynn's Dijon mustard         | 1/2 cup toasted sliced almonds                             |
| 3 tbsp. Laura Lynn olive oil                  | 1 (15-oz.) can chickpeas, rinsed, drained | 1/2 cup fresh mint, coarsely chopped                       |
| 1/4 tsp. crushed red pepper flakes            | 1/2 English cucumber, finely chopped      | 1/2 cup sun-dried tomatoes in oil, drained, finely chopped |
| 1/4 tsp. Kosher salt                          | 1/2 red bell pepper, finely chopped       | 1/4 cup red onions, finely chopped                         |
| 1 tsp. finely grated lemon zest               |   |  |
- 
- In a medium saucepan over medium, bring broth to a boil.
  - Stir in the couscous, red pepper, and salt; cover and remove from heat.
  - Let the saucepan sit for 15 minutes covered.
  - In the meantime, to a large bowl add olive oil, lemon zest, lemon juice, and Dijon mustard; whisk until combined.
  - To a large bowl, add the chickpeas, cucumber, bell pepper, feta, tomatoes, red onion, almonds, and mint; mix to combine. When the couscous is finished resting, add it to the bowl and mix all ingredients together well.
  - Serve warm or chilled.

**Try substituting edamame for chickpeas and lime for lemon to get an alternate recipe.**



**CHEF ABBY J**  
Founder of Abby J's Gourmet /  
Proprietor Blackhawk Flyfishing

## Chicken Teriyaki Pineapple Bowls

SERVES: 4-8

- 1 ripe pineapple
  - 3 cups fried rice\*
  - 3 cups teriyaki chicken\*
  - 1/2 cup spring onions, diced  
cilantro, for garnishing
  - 2 tsp. sesame seeds
  - 2 tsp. Abby J's Smokin' Hot Sauce
1. Slice the pineapple in half, lengthwise, to create pineapple bowls. Carve out pineapple flesh from shells by running a sharp knife around the edge of the shell, leaving enough room to keep the shell intact. Make a few more cuts into the middle of the flesh so that you can scoop out large chunks of pineapple flesh. You can store the unused pineapple in the refrigerator for a week.
  2. To assemble, take 1½ cups of the chicken and rice and place into each of the pineapple shells. Drizzle one tablespoon of Abby J's Smokin' Hot Sauce onto the fried rice in each bowl.
  3. Garnish with spring onions, sesame seeds, and cilantro.

\*You can get pre-prepared Teriyaki Chicken and Fried Rice from the Asian bar.

**Serving this dish in the pineapple shells makes for a really fun and impressive presentation, perfect for a party!**



## Blueberry & Goat Cheese Flatbread

SERVES: 4

- 1 artisan flatbread
- 1 tbsp. olive oil
- 1 tsp. salt
- 2-4 tbsp. apricot jam
- 4 oz. plain goat cheese
- 1 cup fresh blueberries
- 2 tbsp. honey
- 1/2 cup fresh mint leaves

1. Preheat oven to 375°F.
2. Spread the apricot jam across the flatbread evenly.
3. Add crumbled pieces of goat cheese.
4. Add a layer of blueberries.
5. Brush crust with olive oil.
6. Bake for 8-10 minutes.
7. Drizzle honey, top with fresh mint, and add salt.
8. Slice and Enjoy!



**KELLI SMITH & ERIN BARNETT**  
The Southern Table

## Lemony Spinach Artichoke Dip

SERVES: 8

- |     |           |    |
|-----|-----------|----|
| 1   | 1/2       | 1. |
| 4   | 2         | 2. |
| 2   | 12        | 3. |
| 1/3 | oz.       | 4. |
| 1/4 | jars      | 5. |
| 1/2 | of        |    |
| 1/4 | marinated |    |
| 1/4 | artichoke |    |
| 1/4 | hearts    |    |
| 1/4 | mayo      |    |
| 1/4 | cup       |    |
| 1/4 | lemon     |    |
| 1/4 | juice     |    |
| 1/4 | Parmesan  |    |
| 1/4 | cheese    |    |
| 1/4 | tsp.      |    |
| 1/4 | Kosher    |    |
| 1/4 | salt      |    |
| 1/4 | pepper    |    |



KELLI SMITH &  
ERIN BARNETT  
The Southern Table



A Cool Twist on  
the Hot Original



**KAITLYN BAKER**  
Nashville Recording Artist/  
Songwriter

## Cucumber Bites

SERVES: 5

- 4    tbsp. olive oil,  
      divided
- 2    cloves garlic,  
      minced
- 1/2   tsp. red pepper  
      flakes
- 8    oz. cream cheese
- 8    oz. block of feta  
      cheese
- 1/2   lemon, juiced
- 2    cucumbers, sliced
- optional garnishes:  
      chives, red pepper flakes,  
      olive oil, tomatoes, and  
      lemon peel.

1.   Heat 2 tbsp. of olive oil  
      over low heat in a small pan.  
      Add minced garlic and heat  
      until garlic starts to sizzle,  
      about 2 minutes. (Don't burn  
      the garlic!)
2.   Remove from heat and add  
      red pepper flakes to oil.
3.   In a food processor, pulse  
      together cream cheese and feta  
      cheese until smooth.
4.   Add the remaining 2 tbsp. olive  
      oil, lemon juice, and garlic oil to  
      the processor and pulse again  
      until combined.
5.   Spread dip onto cucumber slices  
      (or use a piping bag to top slices).
6.   Garnish with chives, baby tomatoes,  
      lemon peel and zest, black pepper,  
      red pepper flakes, and sea salt.





**TAYLOR & LEAH HOWARD**  
cultivated-cocktails.com

## Caramel Iced Latte

SERVES: 1

1/2 oz. Asheville Vodka	1 oz. caramel syrup
1 oz. Asheville Coffee Liqueur	1 1/2 oz. heavy whipping cream

1. Place 1 scoop of ice in a shaker with vodka, coffee liqueur, caramel syrup and heavy whipping cream. Shake vigorously for 10-30 seconds.
2. Double strain with Hawthorn and conical strainer into a glass with fresh ice. Top with caramel drizzle.



**BRUCE BROWN**

Chef/Owner, Bruce's Fabulous Foods  
Star of ABC's "Carolina Kitchen"



## Banana Berry Shortcake

SERVES: 4

2½ cups self-rising flour	1/4 cup brown sugar	1 cup heavy whipping cream
1/2 cup vegetable shortening	1 tsp. lemon zest	2 tbsp. sugar
1 cup heavy whipping cream	1 juice of lemon	1/2 tsp. vanilla extract
1/2 cup sugar	4 ripe bananas, sliced 3/4 inch wheels	1/2 tsp. almond extract
1 tsp. vanilla extract	2 tbsp. sugar	1/8 tsp. salt
1 pound blueberries	8 oz. mascarpone, room temperature	

1. Preheat oven to 400°F.
2. Combine flour, sugar, and shortening in a mixer bowl until crumbly. Add vanilla to the heavy cream and slowly pour into dry mixture while stirring, just until all ingredients are combined and moistened.
3. Turn the dough into a greased 8-inch cake pan, pushing to the edges to create a one-inch thickness. Bake the shortcake for 12 - 15 minutes, until golden brown on top and firm in the middle. Allow to cool.
4. Place blueberries in a sauce pot over medium-high heat. Cook for 4 minutes, until the berries begin to break down. Reduce heat to medium-low and cook for an additional 3 minutes.
5. Add sugar, lemon zest, and lemon juice, stirring to dissolve. Allow the sauce to cool.
6. Lay the banana slices on a foil-lined sheet pan. Sprinkle the top of each slice evenly with sugar. Using a kitchen torch or a broiler, brulee the sugar on each banana slice until golden caramel-colored. Allow to cool.
7. Whip mascarpone and heavy whipping cream in a mixing bowl until fluffy. Add sugar, vanilla and almond extracts, and salt, continuing to whip until smooth and firm.
8. Slice the cooled shortcake into triangular wedges. Slice one wedge horizontally and lay the bottom piece on a serving plate.
9. Ladle spoonfuls of blueberry sauce over the bottom piece and top with brulee banana slices. Add the top half of the shortcake and add more blueberry sauce and brulee banana slices.
10. Garnish with a generous amount of the mascarpone whipped cream; serve immediately.



**SMOKIN' JOE LASHER**  
Co-Owner and Founder  
M7 Event Solutions and Catering

## ***The Smoky Joe*** **Smoky Beef Brisket** **Sloppy Joe's**

SERVES: 10-14

### **INGREDIENTS:**

- 1 5-6 lb. flat-cut beef brisket
- 2 tbsp. cracked black pepper
- 2 tbsp. Kosher salt
- 1/4 cup liquid smoke
- 6 Kaiser rolls
- 1 cup bread and butter pickles
- 1 cup shredded cheddar cheese

### **SAUCE:**

- |       |                     |     |                            |
|-------|---------------------|-----|----------------------------|
| 1     | tbsp. vegetable oil | 2   | tbsp. light brown sugar    |
| 2/3   | cup chopped onion   | 2   | tbsp. Worcestershire sauce |
| 1 1/2 | cup tomato sauce    | 1   | tbsp. tomato paste         |
| 1/2   | cup ketchup         | 2   | tsp. yellow mustard        |
| 3     | tbsp. pickle juice  | 1/2 | tsp. onion powder          |
|       |                     | 1/2 | tsp. hot sauce             |

1. Preheat the oven to 250°F. Add three cups of water and liquid smoke to a roasting pan with a rack.
2. Heavily coat all sides of the beef brisket with salt and pepper, place on a wire rack, and cover the pan tightly with foil.
3. Slow roast in the oven until the internal temperature is 175°F (about 4 hours). Remove foil and continue cooking uncovered until internal temperature is 195°F. Remove from oven and cover loosely with foil. Let rest for 30 minutes before chopping/serving.
4. While brisket is cooking, prepare the sauce!
5. Heat oil over medium-high heat in a 12-inch cast iron skillet and add onion until lightly browned. Add tomato sauce, ketchup, pickle juice, brown sugar, Worcestershire, tomato paste, mustard, onion powder and hot sauce. Reduce to medium-low heat and simmer for 5-6 minutes.
6. Stir in chopped beef brisket, then serve on a toasted bun with pickles and shredded cheddar cheese.



UNICOI PRESERVES  
Suzy & Clark Neal

## Buffalo Chicken Dip

SERVES: 6-8

- |  |   |                             |
|--|---|-----------------------------|
| 2 cups Ingles rotisserie chicken, skin removed, deboned and shredded | 1 (8 oz.) block Laura Lynn pepper jack cheese, shredded | 1 bunch green onion, sliced |
| 1 cup Buffalo wing sauce   | 2/3 cup Laura Lynn sour cream                           | celery                      |
| 1 (8 oz.) block Laura Lynn plain cream cheese, softened              | 1 pkt. Laura Lynn ranch dressing dry mix                | carrots                     |
|  | 4 oz. smoked blue cheese crumbles                       | pita chips                  |
|  |   | non-stick cooking spray     |

1. Preheat the grill or oven to 350°F.
2. In a mixing bowl, combine the shredded rotisserie chicken and the buffalo wing sauce and stir to incorporate. Set aside.
3. Combine cream cheese and sour cream in a separate mixing bowl. Mix well, then fold in the Laura Lynn ranch dressing packet. Once combined, fold in the shredded pepper jack cheese.
4. Spray the inside of a 9" cast iron skillet with non-stick cooking spray. Spread the cheese mixture evenly in the

bottom of the skillet. Top the cheese mixture with the shredded chicken and the blue cheese crumbles.

5. Place the skillet on the grill or in the oven and cook for 10-15 minutes until the cheese is melted and the dip is bubbling and heated through. Remove the skillet from heat and top the dip with sliced green onions.
6. Serve the dip warm directly from the skillet. We like to serve this with pita chips, celery, and carrot sticks as dip delivery devices, but feel free to use your favorite accompaniments.



**CHEF CARLA FIGÁRO**  
Chef, Wellness Coach,  
and Life Consultant

## Festive Ceviche

SERVES: 4-6

- 1 hot house cucumber, diced (seeds removed)
- 1/2 red onion, diced
- 1 carrot, diced
- 1 king trumpet mushroom, diced (may substitute 1/4 jicama or 4 hearts of palm)
- 1 avocado, diced
- 1/2 ripe mango, diced
- 5-10 sprigs of cilantro, finely chopped
- 1 chili, finely diced (optional)
- 1 lg. clove garlic, grated
- 1 lime, juiced
- 1 tbsp. avocado oil (optional)
- 1/2 tsp. salt (adjust to taste)
- 1 sheet roasted nori, ground with a pestle (may substitute dulce, available in the International aisle)

1. In a bowl, combine all vegetables and fruit.
2. Add cilantro, garlic, olive oil and all the dry seasonings (except nori)
3. Toss to combine.

4. Adjust seasoning if necessary. Add the nori, tasting to your liking at this point.
5. Let everything marinate for 30 minutes to an hour.
6. Serve with tortilla chips or rice crackers.

**Serve on crostini, in tortilla cups, or lettuce cups for a perfect appetizer.**



**TAYLOR & LEAH HOWARD**  
Cultivated-cocktails.com

## Tropic Thunder

SERVES: 1

- 2 oz. Asheville vodka
- 2 oz. cream of coconut
- 1½ oz. orgeat
- 1 oz. lime juice
- pineapple juice
- maraschino cherry

1. Place 1 scoop of ice in a shaker with vodka, cream of coconut, orgeat and lime juice. Shake vigorously for 10-30 seconds.
2. Strain into large glass with fresh ice. Top with pineapple juice and cherry.





**KAITLYN BAKER**  
Nashville Recording Artist/Songwriter

## Piña Colada Cheesecake Mousse

SERVES: 6-10

- 9 graham crackers
- 1½ shredded sweetened coconut
- 2 tbsp. sugar
- 6 tbsp. butter, melted
- 1¼ cup heavy cream
- 1 cup powdered sugar, divided
- 8 oz. cream cheese
- 1 tsp. Vanilla extract, divided
- 1/2 cup fresh pineapple, finely diced
- extra fresh pineapple, crumble, and cherries for garnish.

1. Preheat the oven to 350°F.
2. Crush graham crackers in a large zipper bag and then pour into a large bowl.
3. Add sugar, melted butter and coconut and stir until evenly moistened.
4. Spread the mixture onto a rimmed baking sheet and bake for 8-10 minutes.
5. Set aside to cool fully while the cheesecake mixture is prepared.
6. In the bowl of an electric mixer, beat the heavy cream until it begins to thicken. While mixing, slowly add ½ cup powdered sugar and 1/2 tsp. vanilla. Continue to beat until mixture thickens and holds a stiff peak.
7. Scoop whipped cream into a bowl and place in the fridge.
8. In the empty mixing bowl, add cream cheese, and beat until smooth. Continue mixing and add remaining 1/2 cup powdered sugar and 1/2 tsp. vanilla.
9. Add pineapple, a little at a time, while slowly mixing.
10. Stop mixing and gently fold in half of the prepared whipped cream. Fold in until well combined.
11. Add a layer of crumble to the bottom of each dessert dish. Next, add cheesecake mousse, then reserved whipped cream. Garnish dessert with a fresh cherry, a slice of pineapple, and some additional crumble. Serve immediately, or refrigerate up to an hour before serving.



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