

Free

ingles table

**OUR MOST FESTIVE
EDITION EVER!**

**APPETIZERS
SIDES • MAINS
DESSERTS
AND MORE!**

**STRESS-FREE RECIPES
TO MAKE THE HOLIDAYS
EVEN TASTIER!**



I can't wait for the holidays this year! Getting together with friends and family to share stories, give hugs, play games, and eat lots of delicious food. Our professional chefs and home cooks have really outdone themselves for this issue. It's loaded with easy, tasty, and creative recipes to become holiday staples in your home. And this is just a tiny sampling of what the Ingles Table has. Visit ingles-markets.com and click the "Ingles Table" button to find more seasonal recipes, instructional videos, and printable shopping lists to make your holidays as tasty as possible.

And, if you don't want to or aren't able to cook this year, the Ingles Deli, Bakery, and Cheese departments have a vast selection of in-store prepared foods, including complete holiday dinners, fresh-made desserts, and all the side dishes.

Whatever holiday you celebrate, may it be the best ever!

-Cindy

Cindy Mixon
Vice President
Deli/Bakery/Starbucks
Ingles Markets

It's officially the holidays at Clark and Suzy Neal's home when the smell of buttery Crisp Mix fills the air! This recipe, that you can find at ingles-markets.com, makes a big batch to share with friends and family.

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**Hundreds more
Ingles Table holiday
recipes can be found at
ingles-markets.com**



Sweet Memories's recipe for Panettone Bread Pudding is quite possibly the most delicious bread pudding you'll ever try. Head to ingles-markets.com to find the recipe and instructional video.



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

**Cranberry Cornbread
with Orange Butter**

SERVES: 8

CORNBREAD:

- 1 (12.5 oz.) box of honey butter
cornmeal mix
- 1/2 cup milk
- 7 tbsp. butter, melted
- 1 egg
- 1 orange, zested
- 1/2 cup cranberries, chopped
- 1/4 whole cranberries
- 1/4 cup chives, chopped

- 1. Preheat the oven to 375°F
and melt 1 tbsp. butter into
a 10-inch cast iron skillet.
- 2. Stir together the milk and egg
and pour into the mix.
- 3. Add half the chives and fold in
the chopped cranberries.
- 4. Pour into the skillet and add
the remaining chives and
whole cranberries on top.
- 5. Bake for 30 minutes until
golden brown.

ORANGE BUTTER:

- 1/2 cup butter, softened
- 3/4 cup powdered sugar
- 1 tbsp. orange juice
- 1 orange, zested

- 1. Whisk together until smooth.
- 2. Store in an airtight container
in the refrigerator.

CHEF'S NOTES:
Let the holidays begin with this
festive Cranberry Cornbread
and dreamy Orange Butter.

Start your holidays with something sweet



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

Butter Pecan Sticky Buns with a Cranberry Compote

SERVES: 4-6

STICKY BUNS:

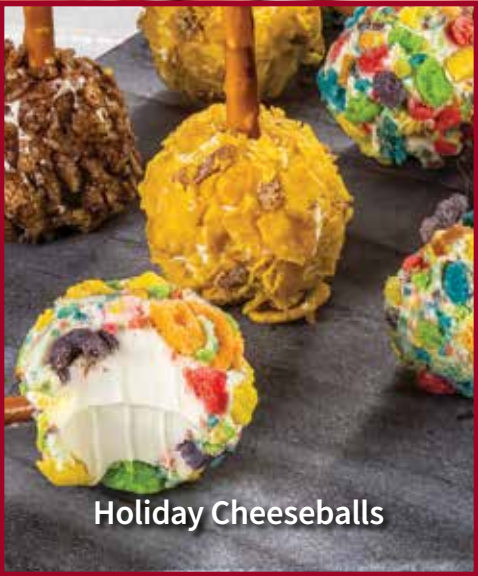
- 1 pkg. of 12 sweet rolls
- 1/4 cup butter
- 1/3 cup heavy cream
- 1/2 cup brown sugar
- 1 tsp. cinnamon
- 3 tbsp. maple syrup
- 1/2 cup chopped pecans

CRANBERRY COMPOTE:

- 1 cup sugar
- 2 tbsp. corn starch
- 1 tbsp. lemon juice
- 2 cups frozen cranberries
- 1/4 cup water
- dash of salt

- 1. Preheat the oven to 350°F.
- 2. Mix butter, heavy cream, brown sugar, cinnamon, and
maple syrup in a saucepan over low heat. Once the
butter melts, add the pecan pieces and mix well.
- 3. Place the sweet rolls in a baking dish. Cut a cross in
each roll. Pour the pecan sauce over the rolls.
- 4. Bake for 10 minutes. While the buns are baking, make
your cranberry compote.

- 1. In a small saucepan, mix sugar, cornstarch, and salt.
- 2. Stir in the cranberries, lemon juice, and water.
- 3. Stir gently over medium heat until the sauce thickens.
- 4. Drizzle cranberry compote over sticky buns
and serve warm.



Holiday Cheeseballs



Cherry Bombs



Croissant Brittle

Visit the Ingles Table at [ingles-markets.com](https://www.ingles-markets.com) to watch these and many more recipes being made.



MARC & ANGELA RYAN
Newlyweds who love cooking together

Holiday Snack Board

SERVES: 10

- PUMPKIN CHEESE BALL
- 1 (16 oz.) cream cheese, softened
 - 2 cups shredded mild orange cheddar cheese,
 - 1/2 tsp. pumpkin pie spice
 - 1/2 tsp. paprika
 - 1/4 tsp. cayenne pepper
 - 1 orange bell pepper stem

- 1. Place all ingredients into a large bowl and blend with a hand mixer.
- 2. Line a medium mixing bowl with plastic wrap, place the mixture into the bowl, and mold it into a pumpkin shape.
- 3. Chill the cheese ball for at least an hour.
- 4. Remove the plastic and place it flat-side down in the center of your board.
- 5. With a spoon, form a pit in the top center and press the bell pepper stem into it. Finally, carve vertical lines down the sides to resemble a pumpkin.
- 6. Peel the mandarin oranges and stick sage leaves in the center to resemble miniature pumpkins. Place across the board.
- 7. On each end of the board fan out sliced Honeycrisp and green apples.
- 8. Place assorted crackers and shortbread cookies around the board.
- 9. Cheeses should be placed in small piles across the board.
- 10. Create sliced deli meat flowers by folding each slice in half, then folding the slice in half again and combining four to five together. Place them in groups around the board.
- 11. Put pumpkin butter, apple butter, and fig jam in small glass jars and distribute them into open areas on the board.
- 12. Fill empty areas with a toffee peanuts, candy corn, dried apricots, grapes, and pecans.

Chef's Notes:
Be creative. Make the board your own by filling it with items you love.



The Ingles Table

CLASSIC APPETIZERS ARE PERFECT FOR THE HOLIDAYS!



SUZY NEAL
Unicoi Preserves

Cherry Cream Cheese Celery Bites

SERVES: 4 - 6

- 1 (8 oz.) block cream cheese, at room temp.
 - 1 (12 oz.) jar jumbo maraschino cherries, drained, juice reserved
 - 1 bunch celery, washed, dried, and cut into 3-inch pieces
- 1. Place cream cheese in a small mixing bowl.
 - 2. Roughly chop the cherries, leaving them relatively large, and add them to the bowl. Use a fork to combine cherries and cream cheese. If the mixture is too thick, add a teaspoon or two of the reserved cherry juice for a spreadable consistency.
 - 3. Use a vegetable peeler to take a small strip off the bottom of the celery pieces. This will help keep the celery from wobbling on the platter.
 - 4. Spread cherry cream cheese into celery pieces with a butter knife. Place it on your favorite holiday platter. Serve immediately, or cover and refrigerate for later.



Visit the
Ingles Table at
[ingles-markets.com](https://www.ingles-markets.com)
to watch these and
many more recipes
being made.



Sweet and Sour Meatballs

Ingles-markets.com

The Holidays Aren't Complete Without Cranberries.



KAITLYN BAKER
Nashville Recording Artist/Songwriter

Cranberry Jalapeño Dip

SERVES: 3-4

- 12 oz. fresh cranberries
- 1 jalapeño, cut in half and deseeded
- 4 green onions, whites and light green parts
- 1/3 cup granulated sugar
- 1 tbsp. lemon juice
- 1/2 tsp. salt
- 8 oz. cream cheese, softened
- 2 tbsp. sour cream

1. In a food processor, add the cranberries, jalapeño, green onions, lemon juice, sugar, and salt. Pulse until chopped.
2. Strain the cranberry mixture, reserving the juice.
3. In a mixing bowl, add the softened cream cheese and sour cream. Beat with a hand mixer (or stand mixer) until fluffy.
4. Add in the reserved juice until you get your desired thickness. Start with 1 tbsp. Stir in 1/3 to 1/2 of the cranberry mixture. Mix well.
5. Spoon into your serving dish. Top with the remaining cranberry jalapeno mix. Garnish with extra green onion, jalapeño, or parsley.

CHEF'S TIP:
Serve with crackers, fresh vegetables, pretzels, or even bagels.



Visit the Ingles Table at ingles-markets.com to find these and many more recipes.

Baked Cranberry Apple French Toast



KELLI SMITH & ERIN BARNETT
The Southern Table

Mini Cheese Ball Wreath

SERVES: 10

- | | | |
|------------------------------------|---|--|
| 2 (8 oz.) cream cheese, room temp. | 2 tbsp. Worcestershire sauce (optional) | 2 cups dried cranberries, chopped |
| 2 tbsp. mayonnaise | 1 tsp. ground black pepper | 2 cups pecans or almonds, chopped |
| 2 tsp. onion powder | 1/2 cup green onion, finely chopped | 1 cup green onions or chives, sliced |
| 1 tsp. garlic salt | 2 cups white sharp cheddar cheese, shredded | fresh rosemary sprigs, fresh thyme sprigs, and fresh parsley leaves, for garnish |
| 2 tbsp. lemon juice | | |
1. Blend together the cream cheese, mayonnaise, lemon juice, seasonings, and Worcestershire until smooth and creamy.
 2. Stir in the shredded cheese and green onion until smooth and creamy.
 3. Use a cookie scoop or your hands to form balls out of the cheese ball mixtures and place onto a serving tray or cookie sheet.
 4. Refrigerate cheeseballs for 1-2 hours or until firm.
 5. Roll the refrigerated cheese balls into the chopped cranberries, chopped pecans, chopped almonds, and green onions
 6. Form a ring with half of the cheeseballs on a serving tray or circular cutting board to create a wreath.
 7. Add a second layer on top of the ring of cheeseballs.
 8. Use fresh herbs to garnish the edges of the cheese ball wreath.
 9. Chill in the refrigerator until ready to serve and enjoy!

Delicious Recipes That Come Together Quickly



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

Spicy Shrimp Guacamole Bites

MAKES: 24

- | | | | |
|-----|---|----|---|
| 1 | lb. frozen raw shrimp (25 count),
peeled and deveined) | 1. | Preheat the oven to 400°F. |
| 1/2 | cup Abby J's Smokin Hot Sauce | 2. | Thaw your shrimp and place them into a bowl. |
| 2 | tbsp. fresh lime juice | 3. | Add Smokin Hot Sauce and let marinate for 10 minutes. |
| 1 | cup fresh guacamole (Produce Dept.) | 4. | Spread the shrimp on a baking sheet and roast for 6 minutes. |
| 2 | tbsp. fresh cilantro, chopped | 5. | In a small bowl, combine the lime juice with the guacamole. |
| 25 | Scoop-style tortilla chips | 6. | Top each tortilla chip with a spoonful of guacamole and a shrimp. |
| | | 7. | Garnish with fresh cilantro and serve at room temperature. |

CHEF'S NOTES:
These are the perfect appetizer recipe
for any holiday party.



Get this bonus Ingles Table recipe at [ingles-markets.com](https://www.ingles-markets.com)



Honey Baked Brie



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

Spicy Kale and Artichoke Dip

SERVES: 4

- | | | | | | |
|----|---|----|--|----|---|
| 1. | Combine the cashews, miso, lemon zest, lemon juice, mustard, nutritional yeast, onion powder, salt, pepper, and vegetable broth in a blender. Blend the mixture until you have a thick but pourable cream. Set aside. | 2. | Heat olive oil in a large skillet over medium-high heat. Add the chopped artichokes and the pepperoncini peppers to the pan and stir. Heat until warmed. Add the garlic and sauté for about 45 seconds. Add the kale to the pan and stir until the kale is wilted. | 3. | Pour the cashew cream into the kale and artichoke mixture, combining well. Season with salt and pepper. |
| | | | | 4. | Pour dip into a serving bowl and top with garnishes. Serve with your choice of dippers. |

For an extra kick, add 1/4 cup sliced pepperoncini peppers to the cashew mixture before blending.

THESE HOLIDAY SIDES WILL TAKE CENTER STAGE

Sweet & Savory Sweet Potato Casserole

SERVES: 6-8

- TOPPING:
- 1/2 cup packed brown sugar
 - 1/2 cup all purpose flour
 - 1/2 cup almonds, roasted and chopped
 - 3 tbsp. butter

- SWEET POTATO:
- 4 lg. Ruby sweet potato, baked/peeled
 - 1 lg. navel orange, zested
 - 1/2 tsp. garlic powder
 - 1/4 cup light brown sugar
 - 4 tbsp. butter
 - 1/2 cup cream

- FILLING:
- 2 cups frozen chopped kale
 - 1 onion small, diced
 - 1 tbsp. olive oil
 - 1/4 tsp. nutmeg
 - salt, to taste
 - 1 lg. apple (i.e., granny smith, pink lady, honeycrisp), peeled and diced
 - 1/4 cup dried cranberries
 - 1 tbsp. butter
 - 3 tbsp brown sugar
 - 1 pinch salt
 - 1/2 orange, juiced

1. Preheat the oven to 350°F.
2. Place all topping ingredients in a small bowl and press together with dry fingers until crumbly like loose pebbles. Set aside.
3. Place a saute pan on medium-high heat and saute onions until translucent.
5. Add kale and saute until onions begin to caramelize.

6. Add nutmeg and salt; continue to cook until tender. Set Aside
8. Place a saute pan on medium-high heat.
9. Add cranberries, apples, 2 tbsp. brown sugar, 2 tbsp. butter and salt to a saute pan.
10. Saute until tender and bubbly. Set aside.
11. Mash the sweet potato with 2 tbsp. butter, orange juice, zest, and 1 tbsp. brown sugar. Set aside.

- TO ASSEMBLE:
1. Place 1/3 of the sweet potato mixture into the bottom of a casserole dish.
 2. Top with cranberry-apple mixture.
 3. Add another 1/3 layer of sweet potato.
 4. Top with kale mixture.
 5. Top with remaining 1/3 of sweet potato.
 6. Top with a generous layer of crumble.
 7. Bake for 30 minutes.
 8. Let cool slightly before serving.



CHEF CARLA FIGARO
Chef, Wellness Coach, and Life Consultant



JOHN GIFALDI
Personal Chef

Orange Pomegranate Salad

SERVES: 6-8

- | | | |
|---|------------------------------|----------------------------------|
| 1/4 cup olive oil | 1/2 tsp. Dijon mustard | 1 lg. pomegranate |
| 2 tbsp. apple cider vinegar | Kosher salt | 1/2 cup feta cheese, crumbled |
| 1/4 cup orange juice (freshly squeezed) | black pepper | 1/2 cup candied almonds, chopped |
| 1 tbsp. orange zest | 8 cups fresh romaine lettuce | 1/2 red onion, sliced |
| 1 tbsp. honey | 2 oranges, peeled and sliced | |

1. In a shaker jar or bowl, combine the olive oil, vinegar, orange juice, orange zest, honey, Dijon mustard, salt, and pepper. Shake or whisk together, then place in the fridge to chill until you are ready to serve.
2. In a large bowl, Assemble the romaine lettuce, oranges, pomegranate seeds, feta cheese, chopped almonds, and onion. Drizzle with half of the dressing and toss to coat, then serve with the remaining dressing on the side.

CHEF'S NOTES:
A refreshing mix of juicy oranges, tangy pomegranate seeds, crisp greens, and a light vinaigrette.

NEVER ENOUGH SIDES



KELLI SMITH & ERIN BARNETT
The Southern Table

Sweet & Spicy Brussels Sprouts

SERVES: 4-6

- | | | | |
|---|-----------------------|---|-----------------------------|
| 2 | lbs. Brussels sprouts | 1 | cup dried cherries |
| 2 | tbsp. olive oil | 1 | tsp. salt |
| 2 | tbsp. maple syrup | 1 | cup Laura Lynn pecan pieces |
| 4 | tbsp. hot chili sauce | | |

1. Preheat the air fryer to 300°F for 5 minutes.
2. Trim the ends of Brussels sprouts and slice each in half.
3. Toss sprouts in olive oil and salt.
4. Cook sprouts in the air fryer for 20 minutes.
5. In a small mixing bowl, combine hot chili sauce and maple syrup.
6. Remove sprouts from the air fryer and toss in sauce mixture.
7. Garnish with dried cherries and pecans.

Pumpkin Soup

SERVES: 4

- | | |
|-------|--|
| 2 | cups raw cashews |
| 1 | (3-lb.) Kobacha squash
"Japanese pumpkin" |
| 1 | sweet potato |
| 1 | lg. carrot |
| | olive oil |
| 2 | tbsp. plant-based butter |
| 1 | yellow onion, chopped |
| 1 | tsp. sea salt |
| | black pepper |
| 1 | tsp. grated fresh ginger |
| 3 | garlic cloves, chopped |
| 1/2 | tsp. ground coriander |
| 1/2 | tsp. ground cardamom |
| 1 | tsp. ground cumin |
| 1/2 | tsp. turmeric |
| 1 | tbsp. apple cider vinegar |
| 2 1/2 | cups (up to 4 cups)
chickenless broth
(or vegetable broth) |

GARNISHES:

dried cranberries,
pepitas, and
fresh herbs

1. Soak your cashews overnight.
2. Preheat the oven to 400°F and line a baking sheet with parchment paper.
3. Cut the pumpkin into quarters and scoop out the seeds. Cut sweet potato in half. Cut carrot into 2-inch pieces. Drizzle everything with olive oil and sprinkle with salt and pepper. Place cut side down on the baking sheet. Roast for 40 to 60 minutes or until very soft. When cool, peel and discard the pumpkin and potato skin. Measure 4 1/2-5 packed cups of all the veggies.
4. Heat butter in a large pot or Dutch oven over medium heat. Add the onion, salt, and several grinds of pepper and sauté until soft, 5 to 8 minutes. Add the garlic, ginger, cumin, coriander, turmeric, and cardamom, and stir for 30 seconds or until the spices are aromatic. Add the cooked squash, drained raw cashews, and broth. Simmer for 20 minutes, then stir in the vinegar.
5. Transfer to a blender, working in batches if necessary. (You can also use an immersion blender, but it won't be as smooth.) Blend until smooth. If your soup is too thick, add up to 1 1/2 cups water or broth (1/2 cup at a time) to reach your desired consistency.
6. Season to taste. Pour into bowls and garnish with black pepper, pepitas, dried cranberries, and chopped herbs.

Visit the
Ingles Table at
[ingles-markets.com](https://www.ingles-markets.com)
to find more holiday
side dish recipes
being made.



MICHAEL MCMURTREY
Graphic Designer and Food Stylist

Keep Your Home Smelling Festive



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

Potpourri with Oranges and Cranberries

- | | |
|----------------------------|--|
| 1 orange, sliced | 1. Add all ingredients to a large pot. Cover with |
| 4 cinnamon sticks | 4 to 6 cups of water until the ingredients float. |
| 1 cup cranberries | 2. Turn heat to low/medium and simmer for up to two hours. |
| 1 tbsp. whole cloves | 3. If you'd like to have the simmer pot for longer, simply |
| 1 tsp. vanilla | check on it each hour and add more water as needed. |
| 3 sprigs of fresh rosemary | |

Gift Giving Baskets

Putting together a thoughtful gift basket of treats is a fun way to personalize a present for a friend, co-worker, or neighbor. You can buy many special and gourmet food products at your Ingles Market. Consider adding locally made or produced items to individualize and personalize them – and also to support local businesses. You can assemble these items in a decorative basket or a fancy bag.

For the COFFEE lover –

Look for locally roasted coffee at your Ingles Market. You may find whole and ground coffee beans from **Bootleg Coffee** (Sylva NC), **Pisgah Roasters** (Pisgah Forest, NC) and **Dynamite Roasting** (Black Mountain) and others at your local Ingles Market. Add in some flavoring syrup and a coffee mug. Other items to add: coasters and cloth napkins.

For the HOT SAUCE fan –

Check out the wide variety of hot sauces are available at Ingles Markets on the grocery aisle, as well as in our local foods display.

For the TEA aficionado –

Pick up a variety of different bagged and loose teas and add in a mug and some local honey. Consider adding in some gourmet cookies.

For the HIKER and outdoor enthusiast –

How about meat sticks from **Hickory Nut Gap Farms** and trout jerky from **Sunburst Trout** along with a water bottle and some snack bars.

For the JAM fan –

How about an assortment of jams and honey including honey from **Blue Mountain Apiary** and spreads from **Unicoi Preserves**.

Movie Night –

Different flavors of bagged popcorn, like those from **Poppy**, along with some trail mix or candy.



LEAH MCGRATH RD, LDN

Corporate Dietitian,
Ingles Markets
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Leah's
TIPS



Holiday Main Courses Don't Have To Be Traditional

Cranberry Braised Short Ribs

SERVES: 4

- | | | | | | |
|---|------------------------------|---|--------------------|---|------------------------|
| 5 | lbs. bone-in beef short ribs | 4 | carrots, chopped | 4 | sprigs fresh thyme |
| 2 | tbsp. olive oil | 2 | cups dry red wine | 2 | sprigs fresh rosemary |
| 1 | salt and pepper, to taste | 2 | cups beef broth | 2 | bay leaves |
| 1 | yellow onion, thinly sliced | 2 | tbsp. tomato paste | 2 | cups fresh cranberries |
| 2 | shallots, thinly sliced | 1 | tbsp. brown sugar | | |

1. Preheat the oven to 325°F.
2. Season short ribs with salt and pepper. Heat olive oil in a large, oven-safe skillet or Dutch oven over med-high heat; sear ribs on both sides, then remove and set aside.
3. In the same skillet, add onions, shallots, and carrots. Stir for 5-10 minutes until onions begin to caramelize. Return ribs to skillet.
4. Add wine, broth, tomato paste, brown sugar, thyme, rosemary, bay leaves, and top with cranberries. Season with salt & pepper and gently stir to combine all ingredients. Cover and transfer to the oven. Cook for 2.5-3 hours until the short ribs are tender and falling off the bone.
5. Enjoy over mashed potatoes.



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

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ingles-markets.com
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SCOTT CULPEPPER
Proud Marine with a passion for aviation
and Southwestern cooking

Spatchcocked Turkey

FOR TURKEYS UP TO 25 LBS.

- | | | | |
|---|------------------------------|----|--|
| 1 | whole turkey (up to 25 lbs.) | 5. | Add a gallon of ice water, stir, and let cool to room temperature. |
| 1 | gal apple cider | 6. | After the brine has cooled, gently submerge the turkey. Cover and let turkey brine for a minimum of 24 hours, but up to 48 hours, in the refrigerator. While turkey is brining, stir occasionally to keep ingredients from settling to the bottom. |
| 2 | cups kosher salt | 7. | After 24-48 hours, remove the turkey from the brine, rinse well, pat dry, and cook by your desired method. |
| 1 | tbsp. allspice | | |
| 4 | cinnamon sticks | | |
| 4 | bay leaves | | |
| 1 | cup dark brown sugar | | |
| 1 | tbsp. black peppercorns | | |
| 1 | bunch of fresh thyme | | |
| 1 | bunch of fresh rosemary | | |
| | | 1. | Combine all ingredients, except turkey and herbs, in a large stock pot; bring to a boil over med-high heat. Stir occasionally to dissolve salt and sugar. |
| | | 2. | Roll bunches of herbs between your palms to open up the aromatics. Keep bunches tied together and add all fresh herbs to the pot; let steep for 5 min. |
| | | 3. | After 5 min., remove fresh herbs from the pot and discard. |
| | | 4. | Remove the pot from heat. |

Pork Belly Porchetta

SERVES: 8-10

- | | | | |
|---|---|---|--------------------|
| 1 | 4-6 lb. pork belly | 4 | tsp. fennel seeds |
| ½ | cup hulled, roasted, salted pistachios, chopped | 2 | tsp. dried oregano |
| ½ | cup finely shredded parmesan cheese | | Kosher salt |
| 3 | tbsp. fresh garlic, finely diced | | black pepper |
| | | | butcher twine |

1. Preheat the oven to 325°F.
2. Place pork belly skin side down on a large cutting board. Score the belly with a sharp knife in a cross-hatch pattern, about 1 inch apart.
3. Season the pork belly with salt, pepper, fennel seeds, oregano, and fresh garlic, pushing the seasoning into the scored areas to ensure complete coverage. Evenly distribute the chopped pistachios and shredded parmesan cheese over the seasoned pork belly.
4. Tightly roll the pork belly into a roulade, or log shape, and place the seam side down on your work surface. Cut enough pieces of butcher twine to tie the roulade securely, spacing every 2 inches. Place the roulade in a roasting pan on a rack.
5. Cook the pork belly until the internal temperature reaches 175°F, basting the exterior every 30 mins. with the rendered juices from the roasting pan. Remove pork belly from the oven and increase oven temperature to 500°F.
6. Return the pork belly to the oven for 6 mins. or until the exterior is dark golden brown and crispy. Remove from the oven and allow to cool for 10 minutes before slicing into medallions to serve.



CLARK NEAL
Unicoi Preserves

Visit the
Ingles Table at
ingles-markets.com
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many more recipes
being made.

TURKEY CARVING MADE EASY



Remove your cooked turkey and place it on a cutting board.



If you have trussed the legs, remove the string



Slice between the carcass meat and the leg/thigh joint. Slice through and remove.



Cut completely around the wishbone, reach in, firmly grasp, and pull it out.



Make a cut along one side of the backbone from one end of the turkey to the other.



Continue slicing down and around the breast until it comes free from the bird.



Repeat this process on the other side of the bird



Do the same for the wings on the other side of the turkey.



Now you are left with the carcass, a great start to an amazing turkey stock.



Cut between the leg and the thigh to separate them.



On the back of the thigh, you'll want to remove the bone. Cut all around it...



and then lift it out of the meat.



Slice the thigh into thick slices.



Slice the breast into thick slices being careful to leave the golden brown skin intact.



Place all the pieces on your serving platter and embellish with colorful garnish.

CELEBRATE!



CAROLINE TAYLOR
Market President, iHeart Media

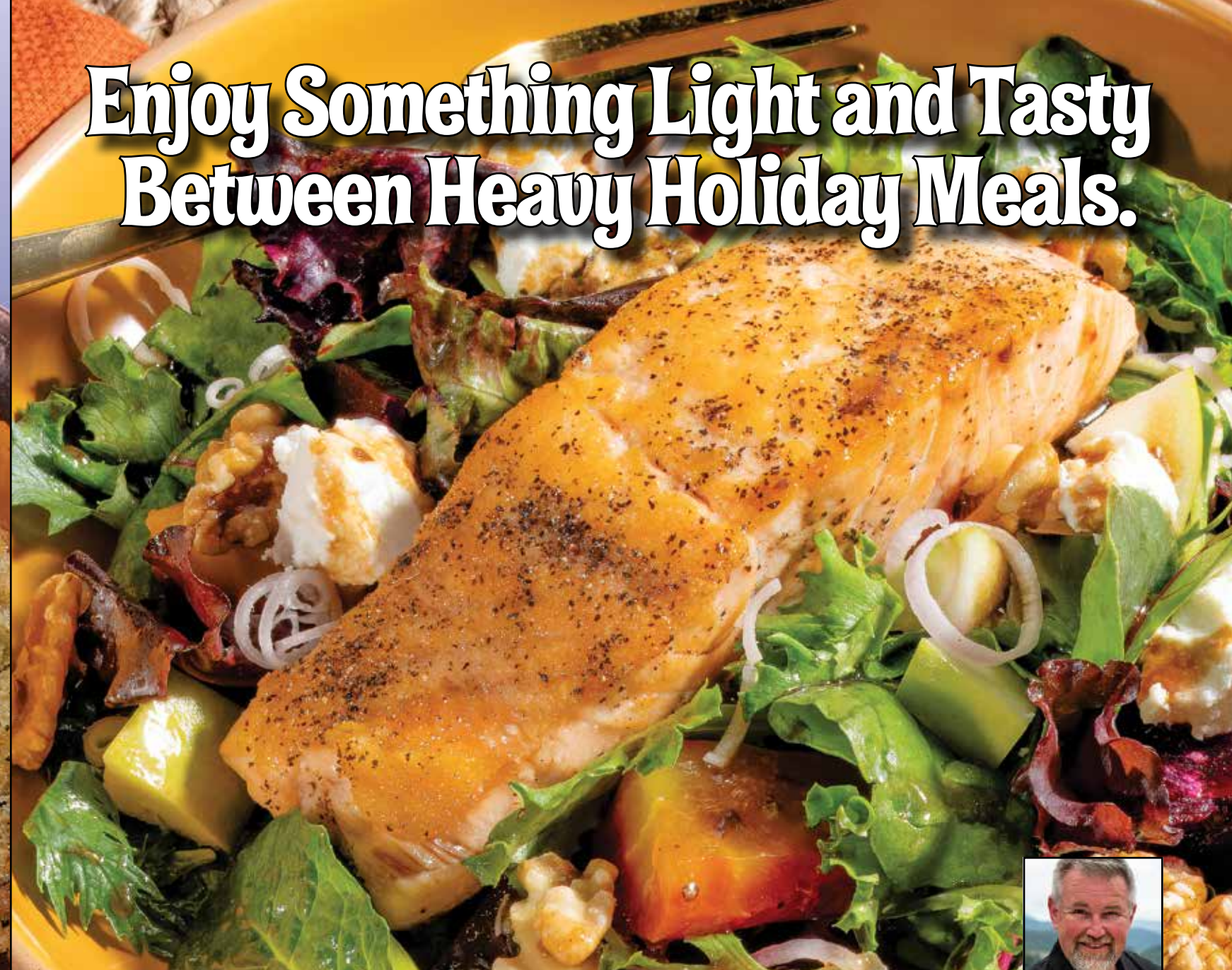
Potato Latkes

SERVES: 4

- | | |
|---------------------------------|-------------------|
| 2 cups leftover mashed potatoes | 1 cup plain panko |
| ¼ cup onion, grated | bread crumbs |
| 1 egg | 2 tbsp. olive oil |
| 3 tbsp. chives, chopped | 2 tbsp. butter |
| 2 tbsp. flour | |

1. In a bowl, mix together potatoes, onion, egg, chives, and flour. Refrigerate for at least 2 hours.
2. Once chilled, use an ice cream scoop to form potato balls; roll in panko.
3. Heat oil and butter in a large skillet. (You can also sub 4 tbsp. vegetable oil)
4. Place each ball into a hot skillet and gently press down into rounds. Pan fry on both sides until brown on the outside and hot on the inside.
5. Serve with sour cream or applesauce.

Enjoy Something Light and Tasty Between Heavy Holiday Meals.



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

**Visit the Ingles Table at ingles-markets.com
to find even more light options.**

Balsamic Beet Salad with Seared Salmon

SERVES: 4

- | | | |
|-----------------------------|-----------------------------------|---|
| 4 skinless salmon filets | 2 cups spring mix or salad greens | 8 oz. balsamic vinaigrette dressing |
| 1 salt and pepper, to taste | ½ shallot, thinly sliced | 1 cup microgreens (optional) |
| 4 tbsp. olive oil, divided | ¼ cup toasted walnuts | 1 green apple, thinly sliced (optional) |
| 5 medium beets | 4 oz. goat cheese, torn | |
1. Preheat oven to 450°F.
 2. Wash the beets and place them on a foil sheet. Liberally coat with olive oil, salt and pepper, and wrap with foil. Place on a baking sheet and place in the preheated oven, cooking until fork tender, approximately 45 mins.
 3. Remove beets from the oven, remove from foil, and set aside. When they are cool to the touch, peel the skins. Let beets cool further, then chill in the refrigerator until ready to use. When thoroughly chilled, slice beets into 1/4-inch rounds and set aside.
 4. Coat salmon filets with olive oil; season all sides with salt and pepper; set aside.
 5. Heat olive oil in a large skillet over medium-high heat. Place salmon into a hot skillet. Let the salmon sear for approx. 2-3 minutes, then turn and finish until internal temperature of 145°F.
 6. Assemble salad with greens, shallot, apple, beets, walnuts, cheese, and microgreens. Drizzle with balsamic vinaigrette and top with seared salmon filet!

Dress up your holiday table with tasty seafood.



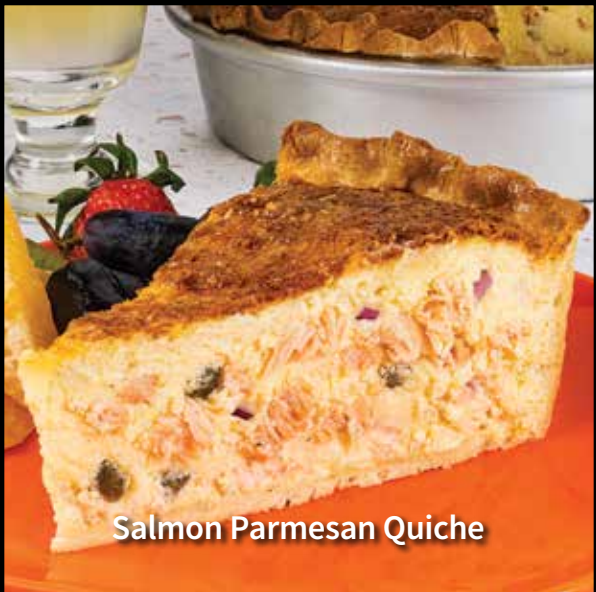
JOHN GIFALDI
Personal Chef

Shrimp Alexander

SERVES: 6-8

- | | | | |
|-----|---------------------------------|-----|---------------------------------|
| 12 | jumbo raw shrimp | 4 | tbsp. butter, divided |
| 1/2 | lb. feta cheese | 2 | tbsp. fresh |
| 6 | slices of bacon, cooked 1/2 way | 1/2 | lemon juice (approx. 1/2 lemon) |
| 1 | lb. frozen cut baby spinach | 4 | cloves garlic |
| 1/2 | pint grape tomatoes | | lemon wedges, for garnish |
| 1 | cup chicken broth | | sriracha (optional) |
| 1/2 | cup white wine | | |

1. Preheat the oven to 400°F. Cover a sheet pan with foil and spray with cooking spray.
2. Remove shells from shrimp, leaving the tail on and butterfly.
3. Stuff each shrimp with feta and wrap with 1/2 piece of bacon, securing with a toothpick. Arrange on the sheet pan and bake for 5-7 minutes.
4. Change oven to broil and broil until bacon browns slightly and shrimp is white throughout (approx. 5 minutes). Remove and keep warm.
5. Sauce: In a frying pan over medium heat, melt 2 tbsp butter, add 2 sliced garlic cloves, and cook until fragrant. Add broth, wine, and lemon juice. Simmer for 5 minutes to burn off the alcohol.
6. For the spinach: Cut the tomatoes in half and set aside. In a separate frying pan, heat 1 tbsp olive oil and add 2 sliced garlic cloves, sauté for 1 minute, then add the tomatoes. When the tomatoes are blistered, add the spinach. Season with salt, pepper, and garlic powder. Cook for 3-5 minutes until spinach is cooked through.
7. To serve: Using a small dish, make a squiggly line with the sriracha, then spoon 2 tbsp. spinach into the center. Arrange 1 or 2 shrimp on the spinach and drizzle the sauce.



Salmon Parmesan Quiche

Fettuccine with Mussels and Shrimp

SERVES: 4 - 6

- | | | | | | |
|-----|--------------------------------|---|--|-----|--------------------------------------|
| 8 | oz. fettuccine pasta | 1 | (16 oz.) box frozen mussels in garlic butter sauce | 1/2 | cup Italian parsley, roughly chopped |
| 8 | tbsp. butter, unsalted | 1 | lb. shrimp, thawed if frozen, peeled and deveined | 1 | block Parmesan Reggiano cheese |
| 4 | cloves garlic, chopped | 1 | lemon, cut into 8 wedges | 1 | loaf crusty bread |
| 1 | cup Pinot Grigio wine | | | | |
| 1/2 | tsp. crushed red pepper flakes | | | | |
1. Cook fettuccine to al dente, according to package directions. Drain and set aside.
 2. Sauté butter and garlic for 1 min in a large pot. Add wine and red pepper flakes and simmer for 2 mins.
 3. Add frozen mussels in sauce to the pot, increase heat, and simmer, covered for 4 mins.
 4. Add shrimp and lemon slices, stir, and simmer until shrimp are opaque, turn pink, and turn slightly into a "C" shape, about 4-5 mins. (Cooking time varies shrimp size)
 5. Stir in fettuccine and parsley. Serve with freshly grated Parmesan cheese and crusty bread for dipping.

Chef's Notes:
This recipe doubles beautifully, be sure to use a large pot!



SUZY NEAL
Unicoi Preserves

Leftovers with a Latin Twist



CLARK NEAL
Unicoi Preserves

Turkey and Chorizo Fajitas

SERVES: 6-8

- 2 cups cooked turkey, cubed
- 1 (7 oz.) tube fresh chorizo
- 1 yellow bell pepper
- 1 red bell pepper
- 1 poblano pepper,
- jalapeño pepper
- cored, sliced into thin strips
- 1 red onion, sliced into strips
- 1 (1.25 oz.) packet taco seasoning
- flour tortillas
- olive oil

TOPPING SUGGESTIONS:

- shredded Mexican blend cheese
- sour cream
- pico de gallo (Produce Dept.)
- fresh cilantro, chopped

1. Core and slice peppers into thin strips. Cut onion into strips.
2. In a bowl, mix taco seasoning with 2/3 cup water.
3. Add olive oil to a large skillet, and sauté peppers and onions on medium-high heat until cooked through and slightly caramelized. Add half of the taco seasoning/water mixture to the pan; cook until the liquid has evaporated. Remove peppers and onions and keep warm. Wipe the skillet clean.
4. Add olive oil to the skillet and cook chorizo over medium heat, breaking it up with a cooking utensil. Once the chorizo is cooked, add cubed turkey; stir to combine. Allow turkey to heat, and then add the remaining taco seasoning mixture. Keep stirring until the liquid evaporates. Remove from the skillet.
5. Warm flour tortillas slightly in the microwave, or toast them slightly in a dry skillet over medium heat.
6. Place peppers and onions onto a flour tortilla, top with turkey and chorizo mixture, then add your preferred toppings.

Chef's Notes:

If you have a flat-top griddle, this is a perfect recipe! Cook everything at once and toast your tortillas on the flat top.

ES HORA DE CELEBRAR

Coquito (Little Coconut) is a part of every Puerto Rican Holiday Celebration. It's great over ice, with coffee or tea, and even with hot chocolate. It also makes a great gift and will last for up to 6 months in the refrigerator because there's no eggs.

Coquito "Puerto Rican Egg Nog"

Serves: 8

- 12 oz. can unsweetened full-fat coconut milk
- 14 oz. can sweetened condensed coconut milk*
- 2 cups cream of coconut (the kind you use for piña coladas)
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1 tsp. real vanilla
- 12 oz. Puerto Rican white rum
- coconut whipped cream, garnish
- cinnamon sticks and nutmeg, garnish

1. Combine all the milks, spices, and rum into a blender. Blend on a very low speed to blend and break up any solid pieces of coconut milk. Refrigerate until well chilled.

*If you can't find sweetened condensed coconut milk, make your own. Add 2 (14 oz.) cans of full-fat coconut milk and 1/2 cup of demerara sugar to a saucepan. Bring to boil and the simmer for 45 min, stirring often, until it's reduced by half.



MICHAEL MCMURTREY
Graphic Designer / Food Stylist
blueplatecreative.com

Holiday Treats that are as Pretty as they are Tasty

Ted L's Biscuit Cookies

SERVES: 10

- | | |
|---------------------------------------|-----------------------------|
| 1 cup unsalted Irish butter, softened | 1 tsp. pure vanilla extract |
| 2/3 cup granulated sugar | 3/4 tsp. Kosher salt |
| 1 tbsp. granulated sugar | 2 cups all-purpose flour |
- Preheat the oven to 325°F. Place the oven rack in the middle position.
 - Line an 8x8 baking pan with parchment paper. Leave a 1-inch overhang on each side of the pan. Set to the side.
 - In a large bowl, mix, using a hand mixer, butter, sugar, vanilla, and kosher salt on low speed until ingredients begin to blend. Once combined, increase to medium speed for 2 minutes, ensuring the dough is smooth and creamy.
 - Slowly add the flour while mixing on low power until the dough is moist and crumbly.
 - Place dough in a pan and spread evenly. Cover the dough with plastic wrap and lightly press with a spatula to flatten.
 - Using a fork, gently pierce the entire surface of the dough so that they are evenly spaced. Place in the freezer for 15 minutes.
 - Remove from the freezer and remove plastic wrap. Bake for 30 to 35 minutes until the surface and edges are golden brown.
 - Take the cookies out of the pan using the paper overhang. Place on a wire rack. Cool for 5 minutes. While still warm, Sprinkle 1 tbsp. of granulated sugar evenly over the surface of the dough.
 - Use a knife to cut the cookies into long rectangles to fit the iconic pink pastry box.



MARC & ANGELA RYAN
Newlyweds who love cooking together

The Ingles Table



KAITLYN BAKER
Nashville Recording Artist/Songwriter

No Bake Peppermint Pie

SERVES: 6-8

- | | |
|-----|---|
| 1 | chocolate sandwich cookie crust (I used store bought) |
| 2 | (3 oz.) boxes white chocolate instant pudding mix |
| 2 | cups milk |
| 1/2 | tsp. peppermint extract |
| 8 | oz. whipped topping, divided |
| 2-3 | candy canes, crushed |
| | red food coloring |

- Whisk together the pudding mixes and milk in a large mixing bowl until they are well combined and stiff peaks start to form.
- Add the peppermint extract and whisk to combine.
- Add a generous amount of red food coloring and whisk until no streaks are remaining.
- Add about 1 cup of the whipped topping to the pudding mixture and whisk to combine. Add a bit more red food coloring to get the pie to your desired shade if needed.
- Pour pie filling into the sandwich cookie crust. Cover and place the pie in the refrigerator to chill for at least 4 hours.
- Before serving, place the remaining whipped topping in a piping bag fitted with a 1M open star tip, then pipe it in single squeezes all the way around the outer edge of the pie.
- Sprinkle crushed candy canes or peppermint candy inside your whipped topping border.

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[ingles-markets.com](https://www.ingles-markets.com)
to watch these and
more holiday recipes
being made.**

Celebrate the Season with a Festive Cocktail

Sour Apple

SERVES: 1

- 2 oz. whiskey or bourbon
- 3/4 oz. ginger snap syrup
- 3/4 oz. honeycrisp apple shrub
- 10 drops of fee foam
- 1/2 oz. red wine

1. In a cocktail shaker, add all ingredients, shake for 15 seconds.
2. Add ice to a shaker, and shake for another 15 seconds.
3. Strain into a glass of ice and garnish with apple slices.



TAYLOR & LEAH HOWARD
cultivated-cocktails.com

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Hard Nog Life

SERVES: 1

- 2 oz. whiskey or bourbon
- 2 oz. eggnog
- 1/4 oz. 100% pure maple syrup
- 1/4 oz. orgeat

1. In a cocktail shaker, fill halfway with ice and all ingredients.
2. Shake for 15 seconds, then strain into a glass
3. Top with whipped cream and ground cinnamon.



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Pumpkin Pie Martini



Cranberry Champagne Cocktail

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