

# Brackish Newsletter

March 21, 2018

## Recipe Ideas

### Cubanos



I made fresh Cuban bread over the weekend, and subsequently Cubano sandwiches for lunch, dinner, and lunch again on Monday. They're *that* good. The bread is also very easy to make, scary though it might be to cook with yeast. You can absolutely do it and I encourage you to try—this is a great “starter bread” and tastes

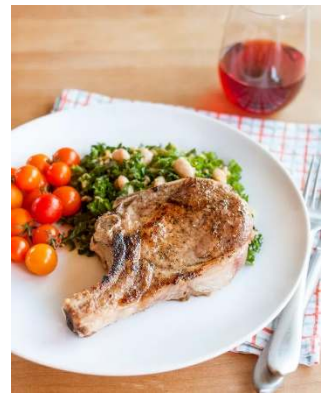
great no matter what. But, if you want to skip the bread and just buy some good sourdough from the store, you should still make these sandwiches. Cubanos are one of my absolute favorites and they are super easy to make!

- Warm skillet over medium heat. While skillet warms, slice bread into 2 pieces and spread 1 side generously with yellow mustard. Begin layering on the mustard side with swiss cheese, fresh deli ham, pickles (the long sliced pickles are great here), roasted pork, and more swiss cheese. Having cheese on both sides ensures everything is sandwiched between. *Also note: I did not have roasted pork laying around, so I just got some jerk chicken from the deli along with the ham, and it was a fantastic substitution.*
- Place 1 tablespoon of butter in the pan and grill the sandwich, pressing down hard to press everything together. I often take another heavy skillet and place on top of the sandwich to get a really good grill (if you have a panini press, this is the time to use it.)
- Grill sandwich until nicely browned and cheese is *completely* melted—this usually takes 5-7 minutes. Here's a recipe for more detail!

### Skillet Porkchops

Click here for recipe! This is one of my favorite recipes, and it's *so easy*. I love pork and these chops make it easy to have a great meal in less than an hour.

Tip for Wilmington-area folks: the IGA in Castle Hayne has *great* deals on meat, and their bone-in porkchops are no exception. They are super thick and cook very nicely using this recipe.



A word about the brine: it may seem unnecessary, but I am a believer in the power of a little salt. Even if you can only brine them for an hour, it's worth the tiny bit of effort and I think you'll be pleasantly surprised with the results! Serve with mashed red potatoes and brussels sprouts for a great mid-week meal.

### Atlantic Beach Pie

Read this story in Our State Magazine, and you will be hard pressed *not* to make this pie. It's like a magical hybrid between Key Lime and lemon meringue that keeps all the best parts and gets rid of meringue, because who likes that stuff anyway?



Plus, it has saltine cracker crust, was invented right here in NC, and made famous by Bill Smith at Crooks Corner in Chapel Hill. I made one for a church supper on Wednesday and I'm never disappointed by how amazing it tastes!

## Richard's Tip of the Week

If you decide to purchase English muffins, *only* buy Thomas' brand. They are worth every extra dollar.

(Food Lion brand, by contrast, are more akin to hockey pucks than bread.)

## What is burrata?

Burrata is a ball of fresh mozzarella cheese with thick, rich cream in the center. It's made from cow's milk in Italy, and is really great for charcuterie boards, pizza, and dips. I haven't tried this recipe yet, but these herb potatoes with burrata are calling my name!

## More Recipes

### Easter Popcorn



It's hard to believe Easter is just 10 days away! I made this fun snack this week for some kids I work with, and they loved it. It's really easy and addicting – let me tell you. I used milk chocolate M&M's, but I think it would be even BETTER with peanut M&M's – all the stores are selling pastel/Easter colors right now and you can whip this up in about 15 minutes! And don't forget the pretzels....the pretzels are amazing.

### The Last Health Article

- So this isn't actually the last health article you'll ever read, but it's really good. My favorite quote is **"In the diet, what matters most is balance."** It's compiled/written by an MD and food author, Mark Bittman - I highly suggest giving it a read. The bits about carbs, gluten, protein, and moderation are especially helpful and there is a LOT of practical advice.

**Sneaky Sugar** – this is a helpful roundup of "healthy" foods that have more sugar than candy bars. Smoothies, yogurt, cereal, soup, and drinks are some of the worst offenders.

## Things I've Made Lately

**Cuban Bread** – this is the recipe I typically use.

**Carbonara** – this is a great easy weeknight meal. Tempering the eggs can seem intimidating at first, but it's really simple and delicious!



**Spatchcock Chicken** – we learned about this recipe last week, so here's the instructions for how to make it! I really encourage you to try it—knowing how to roast a chicken is an excellent skill. Serve with sautéed kale and another vegetable of your choice!

## Healthy Travel Tip

I travel often for work, and one of the hardest things is being healthy on the road. My favorite tip is to always pack an *empty* water bottle, which you can take through security, and then fill it up in the water fountain at the airport (unless you want to pay \$6.99 for H2O.) Staying hydrated is incredibly important, and it's doubly hard when you fly. Also pack some nuts/snacks and tell the flight attendant "no thanks" when they offer those biscotti cookies! (If I had eaten all the cookies I have ever been offered on a plane, I would weigh 37lbs more than I do now.)

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