

# Brackish Newsletter

April 12, 2018

## Recipe Ideas

### Crockpot BBQ



Do you like BBQ? I love BBQ, and this version is surprisingly easy to make. Like – put it in the crock pot and leave it alone for 9 hours and voila!

Dinner is ready. Which

is strange, because we associate “good BBQ” with a mysterious process that involves a whole pig and an open fire and 24 hours with a very dirty apron. And while that process is legendary, this version lets you eat good BBQ more often than football games in the fall and stops at Smithfields for a sandwich on I-40.

For the actual pork, buy a 3-6 lb Boston butt or pork shoulder and make a dry rub of garlic powder, paprika, salt, and pepper. Rub it all over the meat and place it in the crock pot along with a sliced sweet onion. Pour ½ cup of apple cider vinegar and a few shakes of Worcestershire sauce around the pork and let it cook for 8-9 hours on low. This whole prep process takes about 5 minutes. When the pork is finished, use two forks to shred the meat and drain the cooking juice from the crock pot, and pour some sauce over top before serving.

### Eastern NC BBQ Sauce

For the sauce, I use **this** easy recipe and omit the honey and brown sugar, because I don't like it very sweet. Just a little ketchup along with the vinegar, red pepper flakes, and Worcestershire makes an awesome sauce to pour over the Q. (I like to pour half over the BBQ in the crock pot, and save the other half to serve on the table.)



### Lexington Slaw

And finally the slaw! You can't have BBQ without good slaw, and **this** version is really good. I do not include the sugar (suprising, I know), because to me, BBQ (and all it's acutremments) is not supposed to be sweet. Plus, the ketchup adds enough sweetness to cut the tangy vinegar. I always use Texas Pete for the hot sauce, and I sometimes add a little extra because I like it spicy. You are free to make a mayonaise-based version if you like, but I have been enjoying the ease of this slaw and how light it is compared to the sometimes-soupy white stuff you get in restaurants. Either way, serve your BBQ and slaw with a side of fresh green beans or another green and enjoy and awesome supper with leftovers for days! (Extra pork can be used to make tacos, salad toppings, and quesadillas if you run out of other ideas.)



### Skillet Cornbread

What goes great with BBQ? Cornbread, and **this** cornbread, specifically. This recipe is nearly foolproof, and it's one of my favorite uses for my cast iron skillet. I always mix in 1 can of drained sweet corn to this recipe just before pouring in the skillet, which takes it to another level. When the cornbread is finished, spread a bit of salted butter over top and your guests will be raving about this for days!



## Richard's Tip of the Week

If you spend most of your day sitting and struggle with tight hamstrings, sit with a tennis ball just under your hamstrings to relieve built-up tension.

## How-to Herb Garden



Do you have an herb garden? Whenever the weather gets warmer, or sunnier, I crave fresh herbs. Basil on my homemade pizza, oregano in my pasta, cilantro in my tacos.....or do you find yourself buying those little packets of herbs for \$1.99 each, using 4 dill sprigs, and then throwing the rest away? Me too. Until I planted an herb garden last year, and it has been worth its weight in gold. I planted a LOT of basil (purple and green), and we made pesto all summer long. If you've never made fresh pesto, it is well worth it and having different types of basil makes it fun. I also planted spicy oregano, which is still flourishing (it came back this spring!) and is extremely hardy. This stuff is so fragrant and makes pasta sauces, marinades, and everything else taste really fresh. This website has great ideas for miniature herb gardens, which are handy if you're short on space like me. There are a million ideas, but the most important thing is to just plant something so you can enjoy the fruits all summer long!

## Shakshuka

Watch **this** video for a camp-version of a great, cheap, nutritious meal! I often make it with 6-8 eggs and add spinach or kale for some greens. You can serve over rice or with crusty bread for an easy weeknight dinner.

## What is shakshuka?

Shakshuka is a dish of eggs poached in a sauce of tomatoes, peppers, onions, and cumin, with whatever other veggies you like. It's a traditional Middle-Eastern dish that originated in North Africa, and should be in the repertoire of college kids and budget cooks everywhere. See the video below for an example!

## Things I've Made Lately

### Parmesan Asparagus –

Asparagus is in season right now, and I've had great luck finding it on sale as a result. This recipe is simple, delicious, and takes about 10 minutes total.



### Homemade Croutons – I

occasionally make croutons to put on salads and garnish soups, and every time I do I tell myself "I need to make these more often." They are so easy and take about 10 minutes total.

**\$1.99 Chicken at Harris Teeter** – so this isn't really a recipe so much as a PSA: Harris Teeter has a permanent deal for boneless, skinless chicken breasts *at the meat counter* for \$1.99. That's compared to an average of \$4.99 on the shelf. Does every know this? Is it just me?

### French Bread Pizza – this recipe is dead simple

and makes a great impromptu supper or appetizer if you cut the bread into bite-sized pieces for guests to enjoy!



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*Have you tried a recipe featured in Brackish? How did it turn out? Send me an email to let me know what works and what doesn't!*

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