

Brackish Newsletter

May 25, 2018

Recipe Ideas

Flank Steak with Corn Salsa



I'm not the biggest steak person, but this **recipe** for flank steak and corn salsa is *amazing*. Richard grilled it a few weeks ago according to the recipe, except he marinated it for 2 days in jalapeno juice to tenderize it first. Put it in tonight and have it ready to go for Sunday or Monday!

The salsa was my favorite part—it was super easy and involved grilling corn (my favorite food), tomatoes, jalapenos, and cilantro. Even if you don't make the steak, I suggest making this salsa to have in the fridge all weekend long—serve it with fish, chicken, or chips a really nice appetizer.

We served this with sautéed kale and roasted potatoes and it was a really nice meal. I made spinach salads for 2 days with the leftovers for lunch, and they were also excellent—the salsa makes the salads amazing!

Shrimp and Sausage Skewers

What's more fun than **skewers** on the grill? These are easy and delicious, and fresh shrimp should be prolific at the beach right now.



Blackberry Cobbler

Do you like **blackberery** cobbler? Hopefully you said yes, because fresh blackberry cobbler is summertime in a dessert—it's incredibly simple (takes all of 5 minutes to whip up), and is one of life's simple pleasures when served hot out of the oven with vanilla ice cream on the side.



And the best part? It's dewberry season in North Carolina, and they are prolific here in Wilmington right now. We've made two cobblers in the past week and neither lasted more than a day and a half! Grab the kids, grab the dogs, and head outside with a bucket to collect your 4 cups of berries, and you'll have dessert ready for the rest of the weekend.

Potato Skins

Who likes **potato skins**? These are easy and will without a doubt be one of your most popular party appetizers. Add whatever toppings you want, but cheese, green onions, bacon, and sour cream are staples for me. You can do all the prep ahead of time and whip these up right before your guests arrive. They also make a great side item for meat and vegetable mains!



Richard's Tip of the Week

Spend money on good charcoal. The Harris Teeter brand may be cheaper, but you really don't want to mess with anything but Kingsford. Buy in bulk at Costco and you'll be set all summer long.

Shrimp Omelets



This is one of my favorite things I've made lately. This was last Saturday's brunch with broccoli and avocado on the side, and it was fantastic. I used last night's sautéed shrimp, goat

cheese, sautéed spinach, mushrooms, onions, and garlic, and combined it all in 2 (or 3) eggs. It was ready in about 10 minutes and I stayed full until dinner thanks to all the healthy protein and veggies!

If you have house guests this weekend, I suggest serving these omelets with some silver dollar pancakes on the side. Everyone will be fueled for the day whether you are hitting the beach, the boat, or the couch!

Pina Colada Cake

Who likes coconut? Pineapple? Coconut and pineapple together? I love all things coconut, and **this** is one of my favorite super-easy cakes. It's a refrigerator cake, meaning you can make it several days in advance and it only gets better, which makes it great for company. It's also light and fresh due to the whipped cream, and comes together in a flash. My only substitution: I find the cake is plenty sweet without the sweetened condensed milk, so do not include it in the recipe. Just use the cream of coconut and pineapple juice as directed.



Did you Know?

Memorial Day is the traditional kick-off for summer, and 60% of Americans will grill out over the weekend. Over \$1.5 billion of meat and seafood is consumed over the next three days, and Memorial Day is the second highest period of the year for beer sales across the country (July 4th is #1.) So enjoy your hamburgers and have a great weekend!

Things I've Made Lately

Stuffed Chicken – I made this for dinner one day last week, which was accompanied by an olive parmesan pasta that was excellent. Service with kale for double veggies.

Carolina Treet – I grew up on this BBQ sauce, which is an eastern North Carolina staple. It's vinegar-based and makes the best grilled chicken and ribs in the world.

Pimento Cheese – this is an easy recipe that's great to have on hand for guests. I love this recipe because it has very little mayonnaise and uses fresh cheddar and cream cheese.

Kodiak Cakes – I'm not much on boxed pancake mix, since making your own is so simple. But these are made with whole-wheat flour and have 14 grams of protein per serving, and they taste really good. Richard got them to try, and I highly recommend if you're looking for a good boxed mix.



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!

And click [here](#) to subscribe!