

# Spring & Summer Favorites 2023



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# SPRING 8 SUMMER FAVORITES

# INDEX

## **OUR ADVERTISERS & RECIPES**

- Pg. 3...TDT Embroidery & Laser Strawberry & Feta Tossed Salad
- Pg. 3...Legacy Monuments LLC Honey Poppy Seed Fruit Salad
- **Pg. 3**...Remax First Place Realtors Grilled Corn Salad with Cilantro Vinaigrette
- Pg. 4... Burns Mattress Center
- Pg. 4... James Polk Stone Community Bank
- Pg. 5...Clovis Safety Lane Corn & Black Bean Salad
- Pg. 5...Pioneer Realty Fresh Shoe Peg Corn Salad
- Pg. 6...Zonkers Easy and Quick Spaghetti
- Pg. 6...Farmers Insurance, Rosaland Smith Mexican Shrimp Cocktail
- Pg. 7...Travelers World RV Park Pistachio Fluff
- Pg. 7...GW Boutique Can't Leave Alone Bars
- Pg. 10... Hilltop Bottle Shop Craft Beer
- Pg. 10...Epic Moments Photobooth Homemade Dole Whip
- Pg. 12...Car-Co Grilled Huli Huli Chicken
- Pg. 12...Muffley Poor Mans Burnt Ends
- Pg. 15...Chaparral & The Humidor Jalapeno Grilled Pork Chops
- Pg. 15...Bandolero Brewery Growlers
- Pg. 16...S&S Supermarket Best BBQ Burger & Beef Kabobs

# MISC. TIPS, IDEAS & RECIPES

- Pg. 3...Breakfast Recipes
- Pg. 4...Fresh Salads and Tasty Dressings
- Pg. 5...Fresh Salads and Tasty Dressings
- Pg. 6...Helpful Tips for Picking and Cutting Watermelon
- Pg. 7...Must have items for entertaining in the backyard
- Pg. 8...Spring & Summer Desserts
- Pg. 9...Spring & Summer Desserts
- Pg. 10...Mexican Charcuterie
- Pg. 11... Beware this hidden danger when grilling
- Pg. 11...Safe Grilling Tips
- Pg. 12...Summer Barbecue Sauces
- Pg. 13...Flavorful Herb Butter Recipes
- Pg. 13...Grilling Recipes
- Pg. 14...How to make grilling healthier
- Pg. 14... Grilling Recipes
- Pg. 15...The Perfect Pair: How to couple beer with food
- Pg. 16...Grocery List

# BREAKFAS

SPRING & SUMMER FAVORITES

### Breakfast Egg Cups

6 large eggs

Salt and pepper

1 cup baby spinach chopped

1/2 cup diced red peppers

2 tablespoons diced red onions

1/4 cup shredded cheese

Start by preheating the oven to 375°F. Then, either coat a muffin tin with cooking spray or line six of the cups with paper liners.

Next, crack the eggs into a large bowl or measuring cup with a spout, and use a whisk or hand blender to blend the eggs until they become smooth.

Add the spinach, peppers, and onions into the greased muffin cups. Carefully pour the beaten eggs into each of the six muffin cups until the liquid almost reaches the top. Season the mixture with salt and pepper, and sprinkle the cheese on top of each egg muffin.

Bake the muffins for 15-18 minutes or until the eggs are set. After removing them from the oven, run a butter knife around the edges to help loosen them. Serve the egg muffins immediately.

## PB and Banana Smoothie

2 bananas (broken into chunks)

2 cups milk

1/2 cup peanut butter

2 tablespoons honey (or to taste)

2 cups ice cubes

Place all the ingredients in a blender and blend for 30 seconds, or until smooth.

# Summertime Overnight Oats

1/2 cup rolled oats

2 Tbsp chia seeds

1 tsp orange zest

1 Tbsp golden raisins (sultanas)

1/2 tsp pure vanilla extract

1 cup coconut milk

### **Berry Compote**

3/4 cup blueberries

3/4 cup blackberries

1 tsp coconut sugar

### To Serve

1 banana, sliced

2 Tbsp almond or hazelnut butter 2 tsp honey or agave nectar

Combine all the oat ingredients in a bowl. Stir and let it sit in the fridge overnight, or for at least 2 hours.

### **Berry Compote**

Add a splash of water, blueberries, blackberries and coconut sugar to a small pan. Cook over medium heat for about 10-15 min. Mash the berries with a wooden spoon or a fork, they should fall apart quite easily. If not, cook them for a few more minutes. Let cool at room temperature.

### To Serve

May do the night before, so breakfast is good to go or that same morning. Divide the berry compote into 2 glass jars. Now add 1/2 a banana, sliced, to each jar. Drizzle each serving with a Tbsp of almond butter and a tsp of honey or agave syrup. Top with the oat-chia combo. Enjoy!

### Rise and Shine Parfait

4 cups fat-free vanilla yogurt

2 medium peaches, chopped 2 cups fresh blackberries

1/2 cup granola without raisins

Layer half the yogurt, peaches, blackberries and granola into 4 parfait glasses or glasses of your choice. Repeat layers.

# Get-Up-and-Go Granola

6 cups old-fashioned oats

1/2 cup almonds, coarsely chopped

1/4 cup packed brown sugar

1/4 cup flaxseed

1/4 cup canola oil

1/4 cup honey

1 tablespoon maple syrup

1 teaspoon apple pie spice

1/2 teaspoon salt

1/2 teaspoon vanilla extract 1/2 cup dried cranberries

1/2 cup raisins

Preheat oven to 300°. In a large bowl, combine oats, almonds, brown sugar and flax. In a microwave-safe dish, whisk oil, honey, maple syrup, pie spice and salt. Microwave on high for about 30-45 seconds or until heated through, stirring once. Stir in vanilla. Pour over oat mixture; toss to coat.

Spread evenly in a 15x10x1-in, baking pan coated with cooking spray. Bake until golden brown, 30-40 minutes, stirring every 10 minutes. Cool completely on a wire rack. Stir in cranberries and raisins. Store in an airtight container.

# **Avocado Toast**

ripe avocados

slices of sturdy, thick-sliced, whole grain bread (or bread of your liking)

pepper

other seasonings to taste

Cut the avocados in half, remove the pit, and scoop the flesh into a bowl.

Mash the avocados with a fork until it is creamy and luxurious.

Toast the bread slices until they are golden brown and crispy.

Spread the mashed avocado onto the toast, using a knife or spoon.

Sprinkle a pinch of salt/desired seasonings onto each avocado toast.

Serve and enjoy! Variations:

Everything Bagel Avocado Toast: Top avocado toast with everything bagel seasoning. Use homemade blend or store-bought seasoning, be careful not to over-salt.

Loaded Avocado Toast: Mix chopped radish, green onion, jalapeño (seeds and ribs removed), and toasted sunflower seeds. Sprinkle on top of toast.

Tomato-Basil Avocado Toast with Balsamic Drizzle: Top with sliced tomato, torn fresh basil leaves, and drizzle with high-quality balsamic vinegar or balsamic glaze.

Cafe Gitane-Style Avocado Toast: Spread mashed avocado on toast and drizzle with 1 tsp olive oil, 1 tsp lemon juice, sprinkle with red pepper flakes and flaky salt.









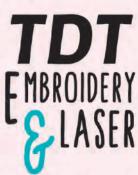
# STRAWBERRY & FETA TOSSED SALAD

6 C mixed salad greens 2 C fresh sliced strawberries

4 oz package, crumbled feta cheese 1/4 C sunflower kernels Balsamic vinaigrette

In a large bowl, add the salad greens, strawberries, feta cheese and sunflower kernels. Before serving, drizzle with vinaigrette; toss to combine.





416 S. AVE C. PORTALES 575-910-5811

# GRILLED CORN SALAD WITH CILANTRO VINAIGRETTE

# INGREDIENTS

- · 6 ears of corn
- 1 large sweet onion, cut into 1/2-inch-thick rings
- 1/2 c. olive oil, plus more for brushing
- Salt and pepper, to taste
- 1/3 c. fresh lime juice (from 2 to 3 limes)
- 11/2 c. fresh cilantro
- 2 avocados, chopped
- 2 yellow tomatoes, chopped
- 115-ounce can pinto beans, drained and rinsed
- 1/4 c. pimientos, finely chopped

# DIRECTIONS

- Preheat grill to medium high. Brush the corn and onion rings with olive oil and season with salt and pepper. Grill, turning occasionally, until lightly charred and tender, about 8 minutes for the onion rings and about 10
- minutes for the corn. Set aside to cool. - Combine the lime juice and 3/4 cup cilantro in a blender and pulse until chunky. With the blender running, pour in the olive oil in a slow, steady stream to make a thick dressing. Season with salt and pepper.
- Cut the corn off the cobs and roughly chop the onion. Combine in a large bowl with the avocados, tomatoes, beans and pimientos. Roughly chop the remaining 3/4 cup cilantro and add to the bowl. Drizzle with the dressing and toss well. Add additional salt and pepper to taste.

### You will need: Directions:

**HONEY POPPY SEED FRUIT SALAD** 

2 bananas, sliced

2 cups blueberries

2 cups raspberries 2 cups sliced strawberries

5 tablespoons honey 1 teaspoon lemon juice

3/4 teaspoon poppy seeds

In a large bowl, combine the bananas and berries. Use fresh berries, not frozen. In a small bowl, combine the honey, lemon juice and poppy seeds. Pour over fruit and toss to coat.

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# Fresh Salads & Tasty Dressings

# Caprese Pasta Salad

1 lb. casarecce, penne, or any short pasta 2/3 c. plus 1 tbsp. olive oil, divided

1/3 c. white balsamic vinegar

2 garlic cloves, grated

1 tsp. salt

1/4 tsp. ground black pepper

4 c. cherry tomatoes, halved

16 oz. small mozzarella balls or pearls 1 c. chopped fresh basil, more for garnish Red chile flakes, for garnish (optional)

Begin by cooking the pasta following the instructions on the package. Once cooked, drain and rinse the pasta with cold water. Then, return the pasta to the pot and mix in 1 tbsp of olive oil.

Meanwhile, in a large bowl, whisk together the remaining 2/3 cup of olive oil, vinegar, grated garlic, salt, and pepper until well combined. Add the tomatoes and mozzarella to the dressing and toss to coat. Let the mixture marinate for around 15 minutes while the pasta cools.

Next, add the cooled pasta to the tomato mixture and toss to coat. Finally, stir in the basil and garnish with more basil and red chili flakes, if desired.

Looking for fresh and flavorful salads to impress your guests at your spring and summer get-togethers? Here are some ideas for salads and dressings that are both delicious and easy to make:

Don't overdress your salad: Use just enough dressing to lightly coat the ingredients. Overdressing can make the salad soggy and mask the flavors of the ingredients. Experiment with different combinations of dressings to create new and exciting salads. Don't be afraid to try new flavors and textures. Serve chilled: Chill your salad in the refrigerator for at least 30 minutes before serving. This will enhance the flavors and textures of the ingredients.

# Strawberry Arugula Salad

1 c. roughly chopped pecans

2 tbsp. rice vinegar

2 tsp. honey

1 tsp. dijon mustard

1/2 tsp. kosher salt, plus more to taste

Black pepper, to taste

1/4 c. olive oil

1 small shallot, thinly sliced

1 lb. strawberries, hulled and quartered

1 5-oz. package baby arugula

1/2 c. crumbled feta cheese

1/2 c. fresh mint leaves, torn

Preheat the oven to 350°. Spread the pecans on a baking sheet and toast in the oven until they darken a shade or two and smell nutty, 5 to 6 minutes. Let cool completely.

For the dressing: whisk together the vinegar, honey, mustard, salt, and a few grinds of pepper in a large salad bowl. Whisk in the olive oil until smooth. Add the shallot and strawberries and toss to coat with the dressing.

Add the arugula, feta, mint, and pecans and toss to coat everything with the dressing. Season with salt and pepper.

# Chickpea and Feta Salad

1 15 oz. can chickpeas, drained and rinsed 6 oz. feta, cubed

1 English cucumber, cut into half moons

1 pt. cherry tomatoes, halved

1 orange bell pepper, diced ½ small red onion, thinly sliced

2 avocados, cubed

1 c. chopped Italian parsley

1/2 c. torn basil

1/3 c. olive oil

3 tbsp. red wine vinegar

2 tbsp. fresh lemon juice 1 grated garlic clove

1/2 tsp. kosher salt

1/4 tsp. ground black pepper

1/4 tsp. red pepper flake

In a large bowl, fold together the chickpeas, feta, cucumber, tomatoes, bell pepper, red onion, avocado, parsley,

For the dressing: In a medium bowl, whisk together the olive oil, vinegar, lemon juice, garlic, salt, black pepper, and pepper flakes until combined. Pour over the salad and gently fold to combine. Serve immediately.

# **BLT Pasta Salad**

1 12-oz. package bacon

1 16-oz. box fusilli or curly pasta

1 c. mayonnaise

3/4 c. whole milk

1 1-oz. packet ranch seasoning mix Juice of one lemon

1/4 c. grated parmesan cheese

1/2 tsp. ground black pepper

1 pint grape tomatoes, halved

2 c. thinly sliced romaine lettuce

1/2 c. chopped red onion 1/4 c. chopped fresh herbs, such as dill

and/or parsley

Cook bacon in large skillet over medium heat until the fat has rendered and bacon turns golden and crispy. Once cooked, let the bacon cool to room temperature and crumble it into bite-sized pieces.

In a separate large pot cook the pasta according to the package directions, then drain it and rinse it with cold water.

Meanwhile, in a large bowl, whisk together the mayonnaise, milk, ranch seasoning, lemon juice, parmesan cheese, and black pepper until the dressing is well-combined. Add the cooled pasta, tomatoes, lettuce, onion, herbs, and half of the crumbled bacon to the bowl with the dressing. Gently fold the ingredients together to coat them in the dressing. Top with the remaining bacon pieces and serve.



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# Fresh Salads & Tasty Dressings

# Greek Vinaigrette:

Garlic Olive Oil Basil (fresh or dried) Oregano (fresh or dried) Feta (optional, leave out if vegan) Lemon Juice Salt and pepper

Red Wine Vinegar

In a medium sized bowl, whisk all ingredients together until well combined. Or you can combine all ingredients in a mason jar and give it a nice shake until combined so you don't have to dirty a bowl! Store in a mason jar or airtight container in the fridge for 1-2 weeks. Makes 1 cup.

# Raspberry Vinaigrette:

1/2 cup extra virgin olive oil 1/4 cup raspberry vinegar 1 Tablespoon honey Juice of half a lemon 1 Tablespoon chives, chopped pinch sea salt

freshly ground pepper

Place all in ingredients in a bowl and whisk. Store in mason jars and refrigerate for up to a week.

Looking for fresh and flavorful salads to impress your guests at your spring and summer get-togethers? Here are some ideas for salads and dressings that are both delicious and easy to make:

# Balsamic Green Bean Salad

2 pounds fresh green beans, trimmed and cut into 1-1/2-inch pieces

1/4 cup olive oil

3 tablespoons lemon juice

3 tablespoons balsamic vinegar

1/4 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon ground mustard

1/8 teaspoon pepper

1 large red onion, chopped 4 cups cherry tomatoes, halved

1 cup (4 ounces) crumbled feta cheese

Place beans in a 6-qt. stockpot; add water to cover. Bring to a boil. Cook, covered, 8-10 minutes or until crisp-tender. Drain and immediately place in ice water. Drain and pat dry. In a small bowl, whisk oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper. Drizzle over beans. Add onion; toss to coat. Refrigerate, covered, at least 1 hour. Just before serving, stir in tomatoes and cheese.

# **Green Goddess Dressing**

1 avocado, peeled and pitted

1 cup mayonnaise 5 anchovy filets, rinsed and chopped

2 tablespoons chopped green onion

1 tablespoon lemon juice

1 clove garlic, chopped salt and pepper to taste

Combine avocado, mayonnaise, anchovy, green onion, lemon juice, garlic, salt, and pepper in a blender; process until smooth. Transfer to a jar with a lid and chill for 24 hours before serving.

# **Honey Mustard Dressing**

¼ cup mayonnaise

1 tablespoon prepared mustard

1 tablespoon honey

½ tablespoon lemon juice

salt to taste pepper to taste

Making your own salad dressing is easy when you follow a simple formula: two parts healthy oil to one part acid. The acid can be either fruit juice or vinegar. To make it easier, use twice as much oil as vinegar or fruit juice. You could use 1/2 cup of olive oil and 1/4 cup of vinegar, or 4 tablespoons of avocado oil and 2 tablespoons of fruit juice. Once you've got that down, add some flavor enhancers, such as honey, mustard, tahini, sea salt, freshly ground pepper, chili powder, chives, garlic, or green onions. With just a few minutes of prep time, you'll have a healthy and delicious salad dressing that's sure to impress

Whisk mayonnaise, mustard, honey, and lemon juice together in a small bowl. Store covered in the refrigerator.

# Garlic Shrimp & Orzo Salad

1-pound uncooked large shrimp, peeled and deveined

1/4 cup olive oil

2 garlic cloves, minced salt and pepper to taste

1/4 cup white wine

3/4 cup uncooked orzo pasta

1 medium tomato, seeded and chopped

1 small green pepper, chopped

1/2 cup chopped peeled cucumber

1/4 cup chopped red onion

1 tablespoon minced fresh cilantro 1 can (2-1/4 ounces) sliced ripe olives

2 tablespoons lemon juice

covered, up to 30 minutes.

1 tablespoon olive oil In a large bowl, combine the first five ingredients; toss to coat. Refrigerate,

Heat a large skillet over medium-high heat. Using a slotted spoon, add shrimp; cook and stir 2 minutes. Add wine; cook and stir 1-2 minutes longer or until shrimp turn pink. Remove to a shallow dish; refrigerate, covered, until cold.

Cook orzo according to package directions. Drain; rinse with cold water. Transfer to a large bowl. Add vegetables, cilantro, chilled shrimp and olives if desired. In a small bowl, whisk the remaining ingredients until blended. Drizzle over salad; toss to coat. Refrigerate until serving.

# CORN & BLACK BEAN SALSA

2 tbsp. olive oil 3 c. fresh or thawed frozen yellow corn 1 tsp. salt

1/2 tsp. ground cumin 2 15.25-ounce cans of black beans, drained and rinsed

1 c. chopped tomatoes 1/2 c. chopped red onion

1 jalapeño, chopped 3 tbsp. lime juice

1 garlic clove, minced

1/4 c. chopped cilantro

Heat 1 tablespoon of oil in a skillet over medium-high heat until hot. Add the corn and cook 3 minutes until slightly golden. Stir in 1/2 teaspoon of the salt and cumin and cook 1 more minute. Transfer the corn to a plate and let cool completely.

 Combine the black beans, tomato, red onion, jalapeño, and garlic in a large bowl. Gently stir in the lime juice, remaining 1 tablespoon olive oil, and 1/2 teaspoon salt.

 Add cooled corn to the bean mixture, along with the cilantro; gently fold to combine. Serve with tortilla chips.

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A FAMILY FAVORITE AT GATHERINGS & PICNICS!

1 can shoe peg (white) Corn

1 can french green beans drained

1 Medium cucumber, diced

3 stalks celery diced

1 small bunch green onion

1 small jar pimento

1/2 bell pepper, diced

Put all vegetables in a bowl

Mix dressing together

1/2 cup sugar

1/2 cup salad oil

1/2 cup vinegar (white)

Heat in microwave or stove top until sugar is melted. Cool and pour over vegetables. Refrigerate before serving. Can double recipe, this keeps well.



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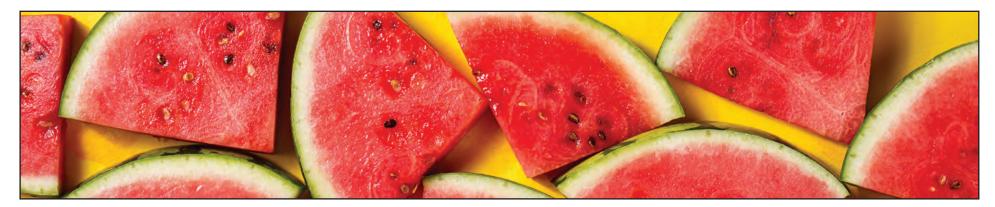


Shelley Queener Qualifying Broker



# Helpful tips for picking and cutting watermelon

☐ The key to a tasty watermelon is knowing how to pick one that is ripe, while serving watermelon comes down to understanding some easy cutting strategies.



atermelon is a summertime staple. Each summer, stores and farm stands have an abundance of watermelons on display, and many people feel no picnic or barbecue is complete without watermelon.

Watermelon is a refreshing option on hot days. It's ideal sliced and served, or can be included in fruit salads, smoothies or even "spiked" cocktails. The key to a tasty watermelon is knowing how to pick one that is ripe, while serving watermelon comes down to understanding some easy cutting strategies.

· Choose a watermelon that has a firm, symmetrical shape. Avoid melons with bumps, dents or cuts.

- · Watermelons should be relatively heavy. They're 92 percent water, and that juiciness should be reflected in a substantial weight for the melon's size.
- · Watermelon.org advises looking for a creamy yellow spot on the underside of the watermelon. This is called the "ground spot." It indicates where the melon sat on the ground and ripened in the sun. Once cut from the vine, a watermelon has about three to four weeks to be consumed.
- · All parts of the watermelon are edible, including the seeds and rind. The rind can be pickled or

cut up to use in stir-fry dishes.

When bringing watermelon to an event, it is a courtesy to bring it already sliced or cut up. This ensures the host or hostess does not have to tackle what can sometimes be a chore. Here are three techniques to cut a watermelon easily.

### Cubes

- 1. Cut both ends off of the watermelon.
- 2. Stand the watermelon on one sliced end. Use the knife to slice down and cut off the rind.
- 3. After removing the rind from all sides of the melon, cut into discs about 1/2-inch in thickness.
- 4. Then cut those discs into cubes.

### **Slices**

- 1. Cut the watermelon in half lengthwise.
- 2. Take one cut half and place it cut-side down.
- 3. Cut the watermelon into slices.
- 4. Repeat for the other cut half.

### **Strips**

- 1. Cut the watermelon as you would with the slices. Rather than leaving it in large slices, turn the watermelon and cut the same size slices in the opposite direction. This creates strips that are easy for kids to grab and maneuver.
- 2. Repeat with the other half of the watermelon in the same manner.



- 1 tablespoon Italian seasoning
- 1/2 teaspoon granulated sugar
  - 16 ounces spaghetti

1. Heat a large pot over medium-high heat. Add beef to the pot, season and crumble into small chunks with a wooden spoon and cook until lightly browned. 2.Drain all but 2 tbsp. of fat and set over medium-low heat. Add the onion, bell pepper, and garlic and cook, until the onion is translucent, about 7 min.

1 1/2 cups onion, chopped

1 tablespoon minced garlic

1 green bell pepper

3. Return beef to pot then stir in crushed tomatoes, tomato sauce, tomato paste, Italian seasoning, and sugar. Bring sauce to a boil, then immediately reduce heat and simmer, uncovered for 1 hour. Adjust seasoning as needed.

Meanwhile cook spaghetti in well-salted water, according to package instructions. Drain well and toss with sauce. Sprinkle with parsley and serve. Pass grated Parmesan.





# You will need the following:

**One-quart Clamato** One real lemon juice Cilantro

Red onion Avocados 2 or 3

Cucumber Medium shrimp, uncooked Jalapeños About one half bottle of ketchup On The Border chips

Thaw shrimp, remove shell and tail. Cook shrimp and do not drain juice or water. Do not overcook the shrimp, nobody likes chewy shrimp.

Peel and cut up everything else and mix to taste in big container. After allowing shrimp and water to cool, add shrimp and about half of the water.

The restaurants like to give you crackers, but the On The Border chips are better!





**Rosalind Riley Smith** 

109 Commerce Way, Clovis • 575-762-7707

# Must-have items for entertaining in the backyard

season provides ample opportunities to soak up some sun and have some fun with family and friends. Backyard barbecues and other get-togethers at home are even more fun when hosts ensure they have certain must-have items for summer soirees.

• Fire features: The days when summer hosts only needed a few extra lawn chairs and some burgers and hot dogs on the grill for a backyard barbecue are long gone. Though those items still have a place at backyard barbecues, summer parties have taken a step up. Fire features, whether it's a standalone fire pit, one built into a patio or a gas-powered fire table, are now wildly popular. Fire features provide a welcome place to relax and converse with guests after the sun goes down. And much to kids' delight, a fire feature also paves the way for some post-meal s'mores.

### · Insulated wine cooler:

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Coolers are great places to store water, soda, beer, seltzers, and other popular beverages. But what about wine? An insulated wine cooler ensures wine stays properly cooled but doesn't get too cold, which can happen when wine is stored in a more traditional cooler filled with ice. Bottles are simply placed in the insulated cooler (much like canned beverages slide easily into can koozies), and the bottle can be kept on the table much like you would for formal dinners indoors. Hosts can go the extra mile by pairing insulated wine tumblers with their wine cooler.

- **Games:** Summer entertaining season might be all about relaxation, but games can up the fun factor at backyard gatherings. Cornhole is a wildly popular game, and customized cornhole boards can help hosts come across as party professionals. Ladder toss, bocce and wiffle ball are some additional games that can make the festivities more fun. Hosts who don't have a pool also can invest in an inflatable pool big enough to fit all the kids who will be coming to the party.
- Outdoor storage cabinet: Hosts can save themselves the stress and effort of walking in and out for dinnerware and other table accessories by investing in a sturdy outdoor storage cabinet. As meal time



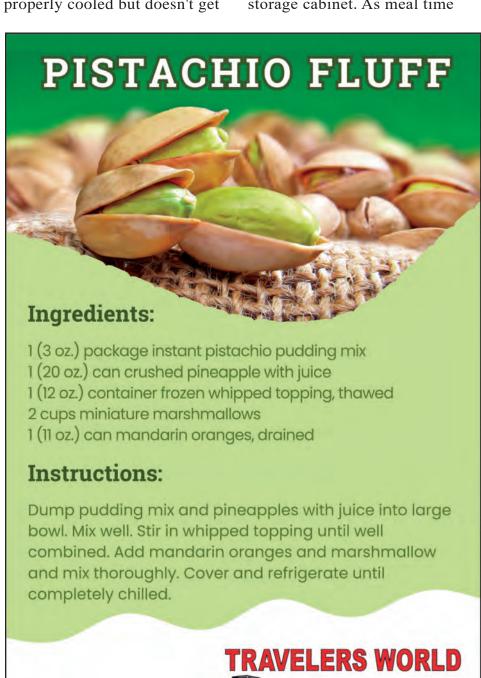
draws near, hosts will appreciate that all the plates, napkins, utensils, and placemats are already outside. The top of the storage cabinet can double as a small but convenient buffet station for sides that aren't being cooked over an open flame.

## · Projector and screen:

A projector and screen can really up the ante on summer entertaining, turning a backyard barbecue into a great place to watch a game or cuddle up after dinner for a movie night under the stars. Projectors and screens won't bust the budget, but those who have more to

spend may want to consider an outdoor television. Outdoor televisions are built to handle the glare of the summer sun, but a retractable awning may be a good safety net for hosts who plan to spend many a weekend afternoon outside watching games or movies with family and friends.

These are just a handful of items that can up the ante on traditional backyard barbecues. Homeowners should know that there's no limit to the number of items that can make summer entertaining season more special.





# FLAVORS OF THE SEASON



# Frozen Margarita Mousse

1 can (14 oz. ) sweetened condensed milk 1/2 cup ready-to-drink margarita mix 1 tablespoon sugar 1-1/2 teaspoons grated lime zest 1 tablespoon lime juice 5 drops green food coloring, optional 1 carton (8 oz.) frozen whipped topping, thawed

# PRETZEL TOPPING:

1/3 cup finely crushed pretzels 4 teaspoons butter, melted 1 tablespoon sugar Lime slices

First, mix together the first five ingredients until well combined. If desired, add green food coloring, and then gently fold in the thawed whipped topping.

To make the pretzel topping, combine the pretzels, butter, and sugar. Spoon the lime mixture into 6 glasses, and top each with approximately 1 tablespoon of the pretzel topping. Freeze until firm, which should take about 4-6 hours.

Serve the frozen treats with lime slices and enjoy!



# Strawberries & Cream Popsicles

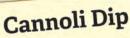
2 cups strawberries, hulled and sliced 4 tablespoons honey or maple syrup, divided 1 and ½ cups Greek yogurt 1 teaspoon vanilla extract 1 cup diced strawberries

Begin by pureeing sliced strawberries with 2 tablespoons of honey in a blender until fully combined. Set the mixture aside.

Next, in a large bowl, mix together Greek yogurt, remaining honey, and vanilla extract until fully combined. Stir in the diced

To assemble the popsicles, scoop two tablespoons of the strawberry puree mixture into each popsicle mold, followed by two tablespoons of the Greek yogurt mixture. Continue alternating the two mixtures until each mold is evenly filled to the top.

Place the molds in the freezer and allow them to freeze until set, which should take at least 8 hours or overnight. Once the popsicles are ready, run the mold under warm water for about 20 seconds to loosen them before serving.



1 carton (15 ounces) whole-milk ricotta cheese

4 ounces cream cheese, softened

3/4 cup confectioners' sugar 1 tablespoon finely chopped candied citron

Optional: mini ice cream sugar cones, mini chocolate chips

Beat together first 5 ingredients. Serve in dish and break apart waffle cones to use as "chips" or if desired, scoop or pipe ricotta mixture into mini cones and sprinkle with chocolate chips and

additional lime zest.

Do not use a food processor to chop the citron—it could make it too fine, and its flavor is more intense with slightly larger bits.

# **Watermelon Sorbet**

4 cups watermelon, seeds removed and cubed 1 tablespoon lime juice, freshly squeezed 1-2 tablespoons water maple syrup or honey (optional, if needed) watermelon slices (optional, for serving) basil or mint leaves (optional, for serving)

Start by lining a large half sheet baking pan with parchment paper. Place cubed watermelon on the prepared pan, spacing them evenly apart. Freeze for 1-2 hrs., then transfer watermelon cubes to a freezer bag and freeze them completely overnight.

In a food processor, combine the frozen watermelon and lime juice, then pulse the mixture until it becomes a smooth puree. If the sorbet is too thick, add 1-2 tsps of water at a time until it reaches a smoother and scoopable consistency.

If the watermelon is not sweet enough, add a little maple syrup or honey to taste until desired sweetness is achieved. Serve the sorbet immediately with small watermelon slices and/or basil or mint leaves as desired.

# Fluffy Key Lime Pie

1/4 cup boiling water

1 package (0.3 ounce) sugar-free lime gelatin

2 cartons (6 oz. each) Key lime yogurt

1 carton (8 oz. frozen fat-free whipped topping, thawed 1 reduced-fat graham cracker crust (9 inches)

Begin by adding boiling water to gelatin in a large bowl, and stir for 2 minutes to ensure that it is completely dissolved. Next, whisk in yogurt and then fold in the whipped topping until well combined. Pour the mixture into the crust.

Cover the bowl and refrigerate it until set, which should take

# **Mixed Berry Tiramisu**

3 cups fresh raspberries

3 cups fresh blackberries

2 cups fresh blueberries

2 cups fresh strawberries, sliced

1-1/3 cups sugar, divided

4 teaspoons grated orange zest

1 cup orange juice

1 cup heavy whipping cream

2 cartons (8 oz. each) mascarpone cheese

1 teaspoon vanilla extract

2 packages (7 oz.each) crisp ladyfinger cookies Additional fresh berries, optional

To prepare the berries, place them in a large bowl. In a separate bowl, mix together 1/3 cup sugar, orange zest, and orange juice, then toss gently with the berries. Cover the bowl and refrigerate it for 45 minutes.

Next, beat the cream until soft peaks form. In another bowl, mix the mascarpone cheese, vanilla, and remaining 1 cup of sugar. Fold in the whipped cream, adding a third at a time.

To assemble the dessert, drain the berries over a shallow bowl and reserve the juices. Dip ladyfingers into the reserved juices, allowing any excess to drip off. Arrange the ladyfingers in a single layer on the bottom of a 13x9-inch dish. Layer with half of the berries and half of the mascarpone mixture, then repeat the layers, starting with the ladyfingers.

Cover the dish and refrigerate it overnight. If desired, top with additional berries before serving.



# SUMMER JUST GOT SWEETER



### **Brownies**

1 (18.3 ounce) package fudge brownie mix

½ cup vegetable oil

2 large eggs

3 tablespoons water

# S'Mores Topping

6 graham crackers

1 ½ cups miniature marshmallows

8 (1.5 ounce) bars milk chocolate, coarsely chopped

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

Make the brownies: Stir brownie mix, oil, eggs, and water together in a medium bowl until well blended. Pour batter into the

Bake in the preheated oven for 15 minutes.

While the brownies are baking, make the topping: Break graham crackers into 1-inch pieces and place into a bowl. Add marshmallows and chopped chocolate and toss to combine.

Remove brownies from the oven and sprinkle with topping ingredients. Return to the oven and continue to bake until a toothpick inserted 2 inches from the side of the pan comes out clean, 7 to 10 more minutes.

# No Bake Strawberry Cheesecake

# For the Crust

2 cups almond flour

3 Tablespoons powdered monk fruit

6 Tablespoons unsalted butter, melted

3 packages (8 oz. each) cream cheese, softened to room For the Cheesecake

temperature

1 cup powdered monk fruit 1 package (1 oz.) freeze dried strawberries, pulsed into

2 teaspoons vanilla extract

1/3 cup heavy whipping cream

For Topping

2 cups sugar free whipped cream (optional)

1 pint fresh strawberries, sliced or whole

Line a 9-inch square baking dish with parchment paper. Set aside. In a mixing bowl, combine almond flour with monk fruit and melted butter using a fork. Pour crumbs into bottom of baking dish. Press with hands until firmly covering the bottom, evenly. Refrigerate crust while you make the filling.

In a mixing bowl, beat cream cheese with powdered monk fruit, scraping down the sides of the bowl as needed.

Add in freeze dried strawberries, vanilla, and heavy cream. Beat until well combined, scraping the bowl as necessary. Do not worry about overbeating since this will not be baked. Spoon filling over refrigerated crust. Refrigerate for 4 hours, or longer.

Remove cheesecake from pan by lifting with the parchment paper. Cut into slices. Add a dollop of homemade sugar free whipped cream and fresh strawberry to each cheesecake bar.

# Sugar Free/Keto Lemon Bars

2 1/4 Cups Almond Flour - finely ground

1/4 tsp. Sea Salt

1/3 cup Sugar Free Powdered Sweetener

1/4 Cup Butter - melted

1 Large Egg

1 tsp. Pure Vanilla

# Lemon Filling

1/4 Cup Butter - melted

1/2 Cup Fresh Lemon Juice

Zest of 1 Lemon

1/2 Cup Sugar Free Powdered Sweetener

1 1/2 tablespoon Coconut Flour

5 Large Eggs

1 Large Egg Yolk

Preheat the oven to 350 degrees and line an 8 x 8-inch baking pan with parchment paper.

Start with the filling: Melt the butter. In a large mixing bowl, whisk together the fresh lemon juice, lemon zest, powdered sweetener, and melted butter.

Whisk in the 5 eggs, egg yolk, and 1 ½ Tbsp. coconut flour. Mix

To make the crust: Whisk together the almond flour, salt, and powdered sweetener. Melt the butter, then add to the dry ingredients along with the egg and vanilla. Mix well and press firmly into the prepared pan.

Bake for 10 to 15 minutes, or until set and golden brown. As soon as the crust comes out of the oven, mix the filling well and pour

Bake for 15 to 20 minutes, or until the edges are set and the center is still slightly soft. Remove bars from oven and allow to come to room temperature, around 1 to 2 hours. Transfer to refrigerator to chill completely, another 1 to 2 hours.

Once cooled, remove lemon bars from the pan and serve chilled.



# Tropical Fruit Salad

2 mandarin oranges, divided (for dressing and salad) 2 cup strawberries, sliced

1 pineapple, peeled, cored, cut into bite-size chunks 3 mangoes, peeled, pitted, cut into bite-size chunks

# Citrus Poppy Seed Dressing

1 medium lemon

1 lime

1/2 teaspoon ginger paste, or grated fresh ginger

1/2 teaspoon poppy seeds Prepare fruit salad dressing: wash and dry lemon, lime and 2 mandarin oranges. Zest the washed and dried citrus with a zester or fine grater. add to 1 cup measuring cup or small bowl. Cut each fruit in half and squeeze the juice into the measuring cup. (you should get about 1/2 cup juice).

Add honey, ginger and poppy seeds to juice mixture and whisk until combined. set aside, or cover and refrigerate if serving more than one day later.

Prepare remaining fruit: slice strawberries and kiwi. section remaining oranges. peel and core pineapple and peel and pit mango, and cut both into bite size chunks.

Place fruit in a large bowl. Pour dressing on top of fruit and toss to coat. Refrigerate for about 30 minutes before serving.





# MEXICAN INSPIRED

A Mexican-inspired charcuterie board is a festive and flavorful way to serve appetizers or snacks for any occasion. The board includes an array of traditional Mexican ingredients like chorizo, queso fresco, fresh fruit, and vegetables, alongside crackers, nuts, and other charcuterie staples. The colorful presentation is perfect for entertaining and offers a unique twist on the classic charcuterie board.

### CHEESE

Pepper Jack Cheese, cubed Chorizo (smoked or cured) Carne Asada, cooked and sliced

Salsa Guacamole Salsa Verde Queso

### PRODUCE

Mini Bell Peppers, sliced in half Jicama, sliced into spears Cucumbers, sliced Radishes, sliced in half or quartered

Blue Corn Tortilla Chips Corn Tortilla Chips Flour tortillas, folded Corn tortillas, rolled Accoutrements Chili Lime Peanuts **Pickled Carrots** 

# GARNISH

Cotija Cheese, crumbled Fresh Cilantro Limes, sliced Jalapenos, sliced Green Onions, sliced Chili Lime seasoning Jalapeño Hot Sauce Fire Roasted Diced Green Chiles

### ASSEMLBE YOUR BOARD ON:

- a slate board
- parchment paper
- marble slab
- a nice, inverted sheet pan
- cake stands



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# HOMEMADE **DOLE WHIP**

3/4 c. pineapple juice 1 c. vanilla ice cream 2 c. frozen pineapple 1 tbsp. lime juice

In a high-powered blender, combine ingredients plus a pinch of salt. Blend on medium-high speed, stopping to push the pineapple chunks down into the blender as needed. Transfer to a bowl; cover and freeze for 30 minutes. Scoop and serve.

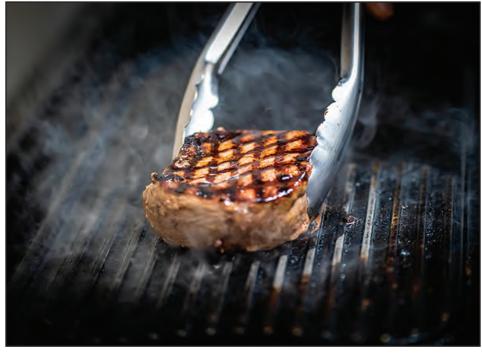
# Beware this hidden danger when grilling

rilling season is about to heat up. Many foods taste even more delicious when cooked over an open flame. Burgers, chicken, sausage, and even vegetables are delectable with a little sear and smoky flavor.

According to home industry advisors at The NPD Group, more than 14 million grills and smokers were sold between April 2020 and February 2021, amounting to a 39 percent increase in dollar sales during the first year of the pandemic, compared to the same period the year prior. Grilling is not something that has gone away simply because pandemic precautions have been lifted. It's still a popular way to cook food, especially when entertaining in warm weather.

The National Fire Protection Association advises that seven out of every 10 adults in the United States have a grill or smoker. And while home fires are associated with such appliances, there's another danger associated with grills - particularly regarding how they're cleaned.

Popular stainless steel or brass wire brushes commonly used to clean grills may be effective,



but they can be quite dangerous as well. Consumer Reports states that thousands of people visit emergency rooms each year after having ingested wire bristles that stick to the grill surface and end up in cooked

Recently, a pediatric emergency doctor in St. Petersburg, Fla. posted a now-viral TikTok video explaining how a four-year-old boy she treated developed ear pain after eating at a barbecue. It took a barrage of tests before doctors eventually determined

the boy had a two-centimeterlong metal wire lodged in his peritonsillar tissues in the throat (nearby to the ear, thus causing the pain), and an abscess had developed around it. The boy had been eating a hamburger, so it is presumed that a metal wire from a grill cleaning brush had become lodged in the burger and then in his throat.

Wire bristles also can wreak havoc in the stomach and intestines if they are consumed. Infections may occur, even leading to sepsis if not treated

promptly.

Fortunately for avid grillers, they don't need to turn in their spatulas just yet and give up on grilling. In fact, embracing new ways to clean grills can ensure everyone gets to eat great food without getting sick.

- · Invest in alternative cleaning tools. Pumice stones and coilshaped bristle-free brushes can effectively lean grills without employing wire bristle brushes.
- · Use oven cleaner. Rather than scrubbing, grab oven cleaner spray and use it on the grill. Wipe off the residue when foods stuck on the grill
- · Rely on aluminum foil. Aluminum foil wads can replicate the scouring power of steel-wool pads. Wait for the grill to cool down a bit before using the foil to clean.
- · Inspect the grill. If you still use a wire brush, make sure to toss it if the bristles start to come loose. Also, wipe the grill down with a damp cloth prior to grilling to catch any errant wire bristles prior to cooking.

Taking measures to clean grills without wire brushes can ensure a season's worth of safe and delicious cooking.



# SAFE GRILLING TIPS

Information obtained by the Food & Drug Administration

# AS WITH COOKING INDOORS, THERE ARE IMPORTANT **GUIDELINES THAT SHOULD BE FOLLOWED TO ENSURE THAT** YOUR GRILLED FOOD REACHES YOUR TABLE SAFELY.

- Marinate safely. Marinate foods in the refrigerator never on the kitchen counter or outdoors. If you plan to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.
- Cook immediately after "partial cooking." Partial cooking before grilling is only safe when the partially cooked food can go on the hot grill immediately.
- Cook food thoroughly. When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. (See Safe Food Temperature Chart)
- Keep "ready" food hot. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- Don't reuse platters or utensils. Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.
- Check for foreign objects in food. If you clean your grill using a bristle brush, check to make sure that no detached bristles have made their way into grilled food.



# **SAFE COOKING TEMPERATURES**

AS MEASURED WITH A FOOD **THERMOMETER** 

# **GROUND MEAT & MEAT MIXTURES**

Beef, Pork, Veal, Lamb Turkey, Chicken \_\_\_\_\_ FRESH BEEF, PORK, VEAL & LAMB 3 Minute Rest Time \_\_\_\_\_145 F **POUI TRY** Chicken & Turkey, Whole 165 F Poultry Parts \_\_\_\_ Duck & Goose \_\_\_\_ Stuffing (cooked alone or in bird) \_\_\_\_\_165 F HAM Fresh (raw) \_\_\_\_ Pre-cooked (to reheat) \_\_\_\_\_140 F EGGS & EGG DISHES

Egg Dishes \_\_\_\_\_160 F SEAFOOD \_\_\_\_145 F (or flesh is opaque & Fin Fish easily separates w/ a fork Shrimp, Lobster & Crab \_\_\_\_\_Flesh pearly & opaque Clams, Oysters & Mussels \_\_\_Shells open during cooking Scallops \_\_\_\_\_Milky white or opaque & firm

Eggs \_\_\_\_\_Cook until yolk & white are firm

# Summer BARBECUE SAUCES

# SWEET & TANGY

- 2 tablespoons vegetable oil 1/2 cup finely chopped yellow onion 2 cloves garlic, minced
- 1½ cups ketchup
- ½ cup water
- ¼ cup packed light brown sugar
- 3 tablespoons molasses
- 2 tablespoons apple cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin

In a medium saucepan, heat the oil over medium-low heat. Add the onion and cook, stirring frequently until soft. Add garlic and cook 1 min. more. Add the remaining ingredients; stir to combine and bring to a simmer. Cook, stirring occasionally, until slightly thickened, about 15 min. At this point, the sauce is ready to serve, but if you'd like to make it completely smooth, transfer it to a blender and blend

# DR PEPPER BBQ SAUCE

1 can (12 ounces) Dr Pepper 1 cup crushed tomatoes 1/4 cup packed brown sugar 2 tablespoons spicy brown mustard 1 tablespoon orange juice 1 tablespoon Worcestershire sauce garlic clove, minced 1/4 teaspoon salt 1/8 teaspoon pepper

In a small saucepan, combine all ingredients; bring to a boil. Reduce heat; simmer, uncovered, 30-35 min. or until slightly thickened, stirring occasionally.

# SWEET HONEY BOURBON

- 3/4 cup ketchup 1/2 cup bourbon
- 1/4 cup honey
- 1/3 cup apple cider vinegar
- 2 tablespoons brown sugar
- 2 tablespoons molasses
- 1 tablespoon Worchestershire
- 1 teaspoon onion powder
- l teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon black pepper
- 2 teaspoon cinnamon
- 1/2 teaspoon kosher salt, more to taste

Combine ingredients into a medium saucepan, bring to a boil. Whisk to make sure the sugars dissolve fully.

Reduce to a low simmer for about 20-25 minutes until thickened. Continue to periodically whisk. The sauce should coat the back of a spoon and will continue to thicken as it cools.

# CRANBERRY BBQ SAUCE

- 1 can whole-berry cranberry sauce
- 1-1/2 cups barbecue sauce 1 teaspoon ground cinnamon
- l teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 1/2 teaspoon salt
- Gouda cheese and assorted crackers

In a small saucepan, combine the first seven ingredients; heat through. Store in an airtight container in the refrigerator for up to 1 month. To serve, reheat sauce and serve with cheese and crackers.

# CAROLINA BBQ SAUCE

- 1 Cup Apple Cider Vinegar
- 34 Cup Ketchup
- ¼ Cup Dark Brown Sugar
- 1 TBS Yellow Mustard 1 TBS Worcestershire Sauce
- 1 tsp Hot Sauce
- 1 tsp Kosher Salt
- ½ tsp Ground Pepper
- ½ tsp Crushed Red Pepper Flakes optional

Combine all ingredients in a medium sized sauce pan. Whisk well to combine.

Place the pan over medium heat and bring to a rapid simmer. Reduce heat to maintain a gentle simmer. Cook, whisking occasionally, until the sauce is glossy and thickened, about 15-18 minutes.

Remove from heat. Taste and adjust for seasoning with salt and pepper.

# SPICY BUFFALO BBQ SAUCE

- 1 cup Frank's RedHot Sauce
- 1 cup ketchup
- ¼ cup brown sugar
- 2 tablespoons molasses
- 1/4 cup apple cider vinegar 2 teaspoons Worcestershire sauce
- 1 teaspoon chipotle powder
- 1 teaspoon black pepper
- 1 teaspoon celery salt
- 2 tbsp. unsalted butter, cubed and cold

Add all ingredients, except the butter, to saucepan cook on medium-low heat until the sauce begins to simmer. Whisk gently to melt the sugars and spices together. After about 10 min. at a low simmer, sauce will thicken.

Turn off the heat. Whisk in the butter a little at the time, slowly melting it while stirring.

# GRILLED Huli Huli CHICKEN

1 C. packed brown sugar

3/4 C. ketchup

3/4 C. soy sauce

1/3 C. chicken broth

2-1/2 tsp minced fresh ginger root

1-1/2 tsp minced garlic

Boneless skinless chicken thighs



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Place chicken in remaining marinade. Refrigerate, covered, for 8 hours or overnight. Drain chicken, discard marinade. Grill chicken, covered, on an oiled

In a small bowl, mix the first 6

basting; cover and refrigerate.

ingredients. Reserve 1-1/3 cups for

rack over medium heat for 6-8 minutes on each side. Baste occasionally with reserved marinade during the last 5 min.

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# IT'S ALMOST TIME!

Bob &

**Rosemary Sellers** 

OUR ANNUAL GRADUATION KEEPSAKE WILL PRINT IN MAY FOR THE CLASS OF 2023. IT WILL FEATURE THE GRADUATING SENIORS FROM CLOVIS, PORTALES AND SURROUNDING SCHOOLS. BE ON THE LOOKOUT FOR THIS POPULAR SECTION THAT CELEBRATES OUR AREA'S BEST AND BRIGHTEST.

CONGRATS TO THE CLASS OF 2023!



# POOR MANS BURNT ENDS

1 Chuck Roast about 3-4 lbs.

2 tbsp your favorite BBQ seasoning

1 tbsp Canola Oil

# SPICY BOURBON BBQ SAUCE:

34 cup Ketchup

1/2 cup Apple Cider Vinegar

4 oz Bourbon

1.5 tbsp Hot Sauce

1 tbsp Brown Sugar

1/2 tbsp Garlic Paste

1/2 tbsp Worcestershire Salt to taste

- 1. Rub chuck roast with oil and BBQ seasoning. Refrigerate 1-2 hours.
- 2. Preheat your smoker for low heat (250F). Add your roast onto the smoker and cook for 2.5 hours. Once done, pull off and place in an aluminum foil pan & top with butter and brown sugar. Place back in the smoker for 1.5 hours or until they are 205F internal.
- 3. Mix the ingredients for the Spicy Bourbon BBQ Sauce. Simmer over low heat until thick (about 10 minutes).
- 4. Lather your roast in BBQ sauce, crank up the heat in the smoker and let caramelize for 5-10 minutes.



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# FRESH HERB BUTTER

- 1/2 cup (8 tablespoons) butter
- · 1 to 3 teaspoons finely chopped fresh tender herbs of choice
- · 1 teaspoon lemon zest, optional
- · Kosher salt, to taste, optional

# SOUTHWEST BUTTER

- 1-1/2 teaspoons grated lime peel
- 1 teaspoon minced fresh cilantro
- 1/2 teaspoon ground chipotle
- 1/2 cup butter, softened

### GARLIC BASIL BUTTER

- 1/2 cup butter, softened
- 4 teaspoons minced fresh basil
- 1-1/2 teaspoons minced fresh parsley
- 1/2 teaspoon garlic powder
- Fresh sage and thyme

### CILANTRO-LIME BUTTER

- 1/4 cup minced fresh cilantro
- 1 tablespoon lime juice
- 1-1/2 teaspoons grated lime peel

# **FLAVORFUL** HERB BUTTER RECIPES

By adding different herbs, spices, and flavors to your butter, you can create a customized taste experience that will elevate your grilling game to the next level. So go ahead and experiment with different combinations until you find your perfect match!

# FLAVORED BUTTER **BASIC TECHNIQUE:**

- 1. Soften butter to room temperature and whip until smooth with an electric mixer or a spoon.
- 2. Stir in washed and dried chopped herbs, zest, or dry spices mixed beforehand to ensure even incorporation.
- 3. Place the flavored butter on parchment paper or plastic wrap and roll into a log shape. Seal the ends, wrap in foil, and chill in the fridge or freezer. To slice frozen butter, use a sharp knife that's been run under hot water.

# **LEMON & CHIVE BUTTER**

- 1 stick of butter
- 1 Tbsp lemon juice
- 1 tsp dried chives
- 1 tsp lemon peel, grated

# JALAPEÑO HONEY BUTTER

- 1/2 cup butter room temp.
- 1 tablespoon room temp, water
- 2 tablespoons honey
- 2 tablespoons very finely minced fresh jalapeno, ½ of 1 large jalapeno seeds removed

# CINNAMON BUTTER

- 1/2 cup unsalted butter room temperature
- 1/4 cup honey (not creamed)
- 1/4 cup powdered sugar
- 1 teaspoon ground cinnamon
- 1 pinch salt

# HONEY BUTTER

- 1 stick of butter
- 2 Tbsp honey
- 1/2 tsp vanilla extract

# MUST-TRY SUMMER GRILLING FAVORITES

# Fish Tacos al Pastor

- · 10 guajillo chiles, seeds removed
- · 3 morita chiles, seeds removed
- · 3 lb. skinless striped bass or halibut fillets
- ½ cup fresh orange juice
- ¼ cup store-bought or homemade achiote paste
- · 5 garlic cloves, 4 whole, 1 finely chopped
- 1/4 cup plus 3 Tbsp. fresh lime juice
- 1 Tbsp. plus 11/2 tsp. kosher salt
- ½ red onion, finely chopped
- · 1 habanero chile, finely chopped
- · 2 cups finely chopped pineapple)
- 3 Tbsp. chopped cilantro, plus leaves for serving
- Vegetable oil (for grill)
- 16 corn tortillas
- Lime wedges (for serving)
- 1. Bring guajillo and morita chiles and 1½ cups water to a boil in a medium saucepan. Cover, remove from heat, and let sit 30 minutes to allow chiles to soften.
- 2. Place fish in a large bowl or baking dish. Transfer chile mixture and soaking liquid to a blender. Add orange juice, achiote paste, 4 garlic cloves, 1/4 cup lime juice, and 1 Tbsp. salt and purée until smooth, about 2 minutes. Set aside 1 cup chile sauce, uncovered, at room temperature for serving. Pour remaining sauce over fish and toss to coat. Cover and chill at least 1 hour and up to 3 hours.
- 3. Meanwhile, mix onion, habanero chile, pineapple, 3 Tbsp. cilantro, remaining finely chopped garlic clove, 3 Tbsp. lime juice, and 11/2 tsp. salt in a medium bowl. Cover salsa and chill until ready to use.
- 4. Prepare a grill for medium-high heat; thoroughly clean grate and brush with oil. Working in batches if necessary, grill fish, leaving a few inches of space between each piece, until marinade is dried and beginning to char, about 2 minutes. Using a fish spatula, release fish from grate, turn, and continue to grill until charred on second side and flesh flakes easily with a fork, about 3 minutes more. Transfer to a cutting board and let rest 10 minutes. 5. Grill tortillas until just beginning to brown in spots, about 30 seconds per side. Top each tortilla with a piece of fish, then a schmear of reserved chile sauce, a spoonful of pineapple salsa, and some cilantro leaves. Serve with lime wedges for squeezing over.

# Grilled Lemongrass Chicken

· 2-21/4 lbs chicken thighs, boneless and skinless

# Marinade:

- 2 stalks lemongrass (1/2 cup chopped)
- 1 medium shallot, rough chopped
- 4 cloves garlic, whole
- 1/4 cup olive oil
- 1 tablespoon soy sauce (or GF Bragg's Amino Acid)
- 2 teaspoons salt
- 2 teaspoons sugar (or alternative sweetener)
- 1 teaspoon Five-Spice powder
- 1–3 teaspoons Chili Garlic Sauce (optional, for heat)

# Preheat Grill to Med-High.

Make the lemongrass paste. Thinly slice the tender white parts of the lemongrass stalks and place in the food processor. (You do need to slice it first, otherwise, it will be stringy.) You should have roughly 1/2 cup. Add the garlic cloves and rough-chopped shallot. Pulse repeatedly until lemongrass gets broken down. Add oil, soy sauce, salt, sugar and Five-spice and optional chili garlic sauce and process into a paste, scraping down sides as needed. Process for a couple of minutes, until lemongrass is really chopped up finely and it looks like a paste. See photo.

Coat all sides of the chicken with the paste. You can do this ahead and refrigerate up to 48 hours. Or grill right away.

Oil the grill well. Grill chicken over medium-high, or medium heat, until deep grill marks appear, 3-4 minutes. The grill marks help naturally release the chicken from the grill, so wait for them. Do not move chicken around too much or you will lose the lemongrass. I like to use a thin metal spatula to flip. Then cook 3 more minutes, check for grill marks, then lower heat way down, cover with lid, and cook all the way through. You can also finish in a 350 F oven, uncovered.

# How to make grilling healthier

with many things, including family vacations and relaxing days at the beach. For foodies, perhaps nothing evokes the spirit of summer more effectively than grilled foods.

Grilling is a beloved tradition, but it's not necessarily the healthiest way to eat. Traditional backyard barbecue fare like hot dogs and hamburgers likely won't make physicians' hearts flutter, but there are ways to enjoy the flavor of grilling without compromising a nutritious diet.

Replace burgers and hot dogs with healthy proteins. The occasional hamburger or hot dog won't do much damage, but people who regularly grill should skip these summertime staples and replace them with healthy proteins. The American Heart Association reports that fish and skinless chicken breasts are healthy alternatives to hamburgers and hot dogs.

Burger devotees can still enjoy their go-to grilled food, but replace ground beef with lean ground poultry, which contains less saturated fat than red meat.

· Avoid overdoing it. Most people have overindulged at a backyard barbecue at one point or another. The relaxed, party-like atmosphere of the backyard barbecue makes it easy to snack on chips and other unhealthy fare before moving on to burgers and hot dogs. Hosts can do guests a favor by replacing snacks and sides like chips and potato

salad with healthier fare like celery, fruit salad or chickpea salad. Keep portions of grilled fare as close to a healthy size as possible. The AHA notes that a healthy portion of meat is around three ounces and no more than six ounces.

· Create a salt-free rub.

There's no denying salt makes food more flavorful. But that flavor comes at a high cost. The health care experts Piedmont note that excessive amounts of salt can contribute to inflammation from fluid retention and increase a person's risk for hypertension,

or high blood pressure. Salt may be a go-to for many grilling enthusiasts, but it doesn't have to be. A salt-free rub made with chili powder, garlic powder, paprika, and/or other spices is an effective and salt-free way to add flavor to meat, chicken and fish.

· Grill more vegetables. Grilled vegetables, whether they're part of kebabs or simply grilled alongside the main course, add significant flavor and provide all the health benefits of veggies cooked in more traditional ways. The AHA notes that coating vegetables in a healthy oil like olive oil makes it easy to grill them directly over an open flame without sticking. Cooking in this way imparts that signature smoky, grilled flavor to vegetables.

This summer, grilling can be as healthy as it is flavorful. All it takes is a few simple strategies to make the menu at your next backyard barbecue one any doctor would love.



# CHICKEN & FISH FOR THE GRILL

# Grilled Chipotle Chicken

- 2 lbs chicken thighs or breasts (boneless, skinless)
- Chipotle Marinade:
- 1/4 cup olive oil
- 2 chipotle peppers (canned)
- 2 tablespoons adobo sauce (juice from can)
- 4 garlic cloves
- 1 shallot
- 1 1/2 tablespoons cumin
- 1 tablespoon coriander
- · 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 2 teaspoons salt (1 teaspoon per pound)

Prepare the chicken by: preheating the grill to medium-high, making the marinade by processing ingredients in a food processor, coating the chicken in the marinade and letting it marinate for 20 mins to 3 days. Grill the chicken for 6-7 mins per side until grill marks appear, then lower heat and continue cooking until the chicken reaches 165F. Rest the chicken for 5-10 mins, then serve with lime and optional cilantro.

# Grilled BBQ Chicken Quesadilla

- 4 cups shredded chicken (like rotisserie)
- 1 cup barbecue sauce
- 8 slices of cheese
- 4 10-inch tortillas
- 1/4 cup green onions, divided
- Coleslaw

Heat grill to medium-high. Mix shredded chicken with bbq sauce in a bowl. Lay cheese on the bottom half of each tortilla. Add chicken mixture and green onions on top of cheese, then another slice of cheese. Fold in half. Grill for 5 min. on each side until heated through.

# Easy Grilled Salmon

- 44-ounce salmon fillets, skin on
- 1 tablespoon olive oil
- ½ teaspoon kosher salt
- 2 tablespoons Seafood Seasoning\*

To grill salmon, first preheat the grill to medium-high heat (375 to 450 degrees). Brine the salmon in a mixture of 4 cups of water and 3 tablespoons of kosher salt for 15 min. while the grill heats up.

Pat the salmon dry and coat it with oil, kosher salt, and seasoning blend. Grill the salmon skin side up for 3 to 5 minutes until grill marks appear and then flip it over and grill for another 2 to 5 minutes until it reaches an internal temperature of 125 to 130 degrees. Let it rest for a few minutes before serving.

# Best-Ever Grilled Tuna Steak

- 2 6 ounce ahi tuna steaks (best quality, wild caught if possible)\*
- Kosher salt
- Fresh ground pepper

Heat the grill to its highest setting (500 to 700 degrees F). Season both sides of tuna generously with kosher salt and fresh ground black pepper. Grill for 30 to 60 seconds per side until lightly browned on the outside and still rare on the inside (115 degrees Fahrenheit if using a food thermometer). For searing the short sides, use tongs to turn the tuna and sear each side for a few seconds. Slice the tuna against the grain into ½ inch pieces and serve immediately.

# **Grilled Pineapple Drumsticks**

- 3 lb. skin-on chicken drumsticks
- 2 shallots, peeled, halved
- 6 garlic cloves
- 15-oz. can coconut cream
- ¼ cup fresh lime juice
- 1 Tbsp kosher salt
- 2 tsp. crushed red pepper flakes
- 2 tsp. shrimp paste
- 13-lb. pineapple, peeled, cored, sliced ½" thick
- 2 Tbsp. vegetable oil, plus more for grill

Make cuts in drumsticks and marinate in blended mixture for 15 minutes.

Grill drumsticks over indirect heat, basting with reserved marinade for 20 minutes.
Flip drumsticks, baste again, and grill for 25-30

minutes until fully cooked.

Move drumsticks over direct heat and grill for 4 minutes until charred.

Grill pineapple slices for 5 minutes until charred. Arrange pineapple and drumsticks on a platter, and top with cilantro.

# Easy Grilled Red Snapper

- 1 pound red snapper fillets, (wild caught if possible)
- 1 tablespoon olive oil
- Scant 1 teaspoon kosher salt
- 2 teaspoons smoked paprika (also called pimentón)\*
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon celery seed

Preheat grill to medium-high heat. Pat fish dry and rub with olive oil, salt, and pepper. Sprinkle with smoked paprika, garlic powder, onion powder, and celery seed. Grill over indirect heat for 3-4 minutes each side until cooked through.

# The perfect pair: How to couple beer with food

The craft beer boom has inspired millions of people to look at beer through a new lens. Once relegated to backyard barbecues and ballgames, beer is now served alongside gourmet meals. Much like the right wine can make a meal taste even better, beer can bring out the flavors of food, making it an ideal complement to anything from steak to seafood to salad.

The Brewers Association is an American trade group whose membership consists of more than 5,400 brewers, suppliers and retailers. The group recommends beer lovers follow a three-pronged approach to matching beer and food. It's worth noting the BA does not view this approach as a 1-2-3 process, meaning beer lovers need not follow the steps in order to perfect their pairing skills.

1. Match strength with strength. The BA recommends pairing strongly flavored foods with assertive beers and delicate foods with delicate beers. For example, a relatively low alcohol witbier should pair well with light seafood like steamed mussels. Beer lovers

who enjoy strong barley wines, which are typically 10 percent alcohol by volume (ABV) or higher, should find that a strong cheese or dessert matches up well with this overpowering style.

- 2. Find harmonies. The BA notes that beer-food combinations typically resonate most effectively when they share some common flavor or aroma element. The BA points to how the deep, roasted flavors of an imperial stout often pair nicely with chocolate truffles.
- 3. Consider sweetness, bitterness, carbonation, heat (spice), and richness. The BA recommends that beer lovers look to take advantage of the specific and predictable ways that certain qualities of food and beer interact with each other. For example, malty sweetness can cool the heat, making a hoppy beer with plenty of malt a good choice to pair with spicy food.

Pairing the right beer with food can make any night out on the town that much better. TF218180

SIDEBAR: Pair like a pro

Want to pair your favorite craft beers like an old pro at home or at



your local pub with an extensive tap list? Consider these pairing recommendations, courtesy of the Brewers Association.

- · Witbier: Lighter seafood dishes like steamed mussels
- · Blonde ale: Light food, including chicken, salads and salmon
- · India Pale Ale: Strong spicy food and bold, sweet desserts like carrot cake
- · Double/Imperial IPA: Smoked beef brisket, grilled lamb and southern chicken-fried steak
- · Amber/red ale: Chicken, seafood, burgers, and spicy cuisine stews, and a thick, hearty steak

- · Porter: Barbecue, sausages, roasted meat, and blackened fish
- · Sweet or Oatmeal stout: Rich. spicy food, including barbecued beef and Szechuan cuisine
- · Classic pilsner: Light food such as chicken, salads and salmon
- · American wheat ale: Very light food, including salads, sushi and vegetable dishes
- · Abbey dubbel: Barbecue, meat

# JALAPEÑO GRILLED PORK CHOP

5 large jalapeños, stemmed 5 large garlic cloves, peeled 1 bunch cilantro stems, cut into 1-inch pieces 2 tablespoons rice vinegar ½ cup olive oil, plus more for cooking 1 tablespoon salt

2 teaspoons sugar

8 thin-cut, bone-in pork loin chops (½-inch thick)

# **RELISH**

1 large jalapeño, thinly sliced into rings 1 small red onion, thinly sliced into rings

⅓ cup rice vinegar 1 teaspoon salt 2 tablespoons sugar Cilantro for garnish

- In a food processor, add jalapeños, garlic, cilantro stems, rice vinegar, olive oil, salt and sugar, pulse until smooth. Place the pork chops in a large bowl and pour the marinade over them; turn to evenly coat. Cover and refrigerate for at least 30 minutes and up to 24 hours.
- Make the relish: In a small bowl, toss the jalapeño, red onion, rice vinegar, salt, sugar and 2 tablespoons water. Set aside to quick-pickle until ready to serve, or refrigerate for up to 24 hours.
- Carefully grease the grill grate: Use tongs to grip a wadded paper towel dipped in oil and then rub the grates with the oiled towel. With the marinade clinging to them, place the pork chops on the hot greased grate. Grill until the chops are charred at the edges and no longer pink in the middle, 2 to 3 minutes per side. The meat is ready to flip when it releases easily from the grates. (If using a gas grill, close the lid between flips.) Alternatively, cook the chops on the stovetop in batches. Heat a large skillet or grill pan over medium-high. Add enough oil to lightly coat the bottom of the pan, and heat until shimmering. Add the chops, with the marinade clinging to them, to the pan. Sear until browned and caramelized at the edges and no longer pink in the middle, 3 to 4 minutes per side. Discard any remaining marinade. Serve the chops with the relish and cilantro on top.





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- tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
- 2 cloves garlic, minced
- 1/2 teaspoon ground black pepper

1. Cut beef Top Sirloin Boneless steak into 1-inch pieces. Combine seasoning ingredients in large bowl. Add beef, mushrooms, bell pepper pieces and onion pieces; toss to coat. 2. Alternately thread beef and vegetable pieces evenly onto eight

12-inch skewers, leaving small spaces between pieces.
3. Place kabobs on grid over medium, ash-covered coals. Grill kabobs, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once. Season kabobs with salt, as desired.

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