



# Rustic Kitchen

BISTRO & BAR



## Keep on Grillin

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### *Honeydew Gazpacho & Grilled Shrimp*

#### INGREDIENTS:

- 1 ripe honeydew, seeded, roasted & cooled
- 1 small fennel bulb, coarsely chopped
- 1 celery heart stalk, coarsely chopped
- 1/2 English cucumber, peeled and coarsely chopped
- 2 jalapeños, stemmed, seeded, and chopped
- 3 tablespoons fresh lime juice, plus more to taste and wedges for serving
- 1 teaspoon kosher salt, plus more to taste
- 1/4 cup packed fresh mint leaves, very thinly sliced, plus more for garnish

#### PREPARATION:

1. Grill halves of honeydew then let cool.
2. Place melon in a blender along with the fennel, celery, cucumber, and jalapeños.
3. Blend on low speed until almost smooth. Strain through a medium-mesh sieve, pressing on the solids to extract as much liquid as possible; discard the solids.
4. Stir in lime juice, salt and mint.
5. Taste and adjust seasonings.

### *Campeche Tequila Shrimp*

#### INGREDIENTS:

- 1/2 pound shrimp- deveined, keep tails on
- 3 Tbsp of Tequila
- Juice of one lime
- Juice of one blood orange or regular orange
- 1/4 tsp garlic powder
- 5 whole smashed garlic cloves





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## Keep on Grillin (cont.)

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### *Campeche Tequila Shrimp (cont.)*

#### INGREDIENTS:

1/2 cup of vegetable oil  
1/8 cup champagne vinegar  
1/2 tsp chili powder  
Dash of hot chili flakes  
1/4 tsp powdered cumin  
1/2 chopped fresh cilantro  
Salt and pepper to taste

#### PREPARATION:

1. Bamboo skewers-soaked in water for 30 minutes
2. In a large plastic bag, mix all of the above items together and marinate shrimp for about 45 minutes to an hour.
3. Place the shrimp on the wet skewers and cook on a grill or roast in oven until they curl up, about 5-6 minutes on each side.

### *Coffee-Chili-Bourbon Wet Rub for Short Ribs*

#### INGREDIENTS:

1½ tsp ground ancho chile powder  
1½ tsp ground espresso coffee  
1/2 tsp dark brown sugar  
1/4 tsp dry mustard  
1/2 tsp dried oregano  
1/4 tsp salt  
1/4 tsp ground black pepper  
2 Tbsps Molasses  
1.5 ounce Bourbon





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## Keep on Grillin (cont.)

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### *Coffee-Chili-Bourbon Wet Rub for Short Ribs (cont.)*

#### PREPARATION:

In a small sauce pan: Mix Molasses and Bourbon together to slightly liquefy over low heat, then add remaining ingredients. Massage into Short Ribs, let marinate over night in refrigerator.

### *Braising Liquid*

#### INGREDIENTS:

2 Tbsp Tomato Paste  
½ cup carrots, chopped  
½ cup celery, chopped  
1 cup onions, chopped  
3 cups red wine  
2 cups Veal Stock  
2 bay leaves  
1 tsp pepper corns  
3 thyme sprigs  
3 garlic cloves, smashed  
¼ cup vinegar  
2 tbsp honey

#### PREPARATION:

- Preheat oven to 325F.
- After searing off short ribs, remove from pan and set aside. Add oil to pan and sauté carrots, onions, & celery.
- Once caramelized, add tomato paste. Deglaze pan with wine. Add stock and remaining ingredients. Bring to a boil.





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## Keep on Grillin (cont.)

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### *Braising Liquid (cont.)*

#### PREPARATION:

- In a Dutch oven or roasting pan, place short ribs and cover short ribs  $\frac{3}{4}$  of the way with liquid. Braise in oven at
- 325F for 3 hours. Check liquid once or twice. If the liquid is too low, add more water.
- Once they are done you can serve them immediately or grill them.

### *Root beer BBQ*

#### INGREDIENTS:

2 cup root beer  
1 cup ketchup  
1/4 cup white wine vinegar  
3 tablespoons Worcestershire sauce  
1/4 cup (packed) dark brown sugar  
1 tablespoon mild-flavored (light) molasses  
1/2 teaspoon grated lemon peel  
1/2 teaspoon fresh ginger minced  
1/2 teaspoon garlic minced  
1/2 teaspoon onion minced

#### PREPARATION:

Sauté minced items, deglaze with root beer, add the rest of the ingredients and reduce until the right consistency.





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## Keep on Grillin (cont.)

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### *Honey Cornbread*

#### INGREDIENTS:

1 cup Corn Meal  
1 ½ cups Flour  
1 1/2 Tablespoon baking powder  
1 teaspoon salt  
1 cup milk  
1/4 cup raw sugar  
1/4 cup butter, softened  
1/2 cup honey  
4 eggs  
¼ cup onion, diced, sautéed, cooled  
¼ cup corn kernels  
¼ cup green peppers, diced, sautéed, cooled

#### PREPARATION:

1. Preheat oven to 425F degrees.
2. Cream sugar and butter together in a bowl. Add in eggs, honey and milk and mix well. Add sautéed vegetables. Mix in flour, baking powder, corn meal and salt.
3. Mix dry ingredients with wet ingredients carefully. Do not over mix. Batter will be lumpy.
4. Pour batter in greased 11×14-inch baking pan or cast iron pan.
5. Bake or grill for 35 mins.





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## Keep on Grillin (cont.)

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### *Angel Food Cake Roll*

#### INGREDIENTS:

- 1 cup flour
- 1  $\frac{3}{4}$  cup sugar
- 12 egg whites, which is equal to 1  $\frac{1}{2}$  cup
- 1  $\frac{1}{2}$  teaspoon cream of tartar
- $\frac{1}{4}$  teaspoon salt
- 1  $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon almond extract

#### PREPARATION:

1. Preheat oven to 350.
2. Sift flour, salt & 1  $\frac{1}{4}$  cup of the sugar together three times.
3. Prepare jelly roll pan by lightly spray non stick spray. Cut parchment to fit.
4. Place eggwhites into mixing bowl and whip on low speed. Add cream tartar. When whites start to foam, increase speed to med high. When soft peaks start, begin to add  $\frac{1}{2}$  cup sugar ( two tablespoons at a time). Whip until stiff peaks form.
5. Blend in sifted flour mixture until completely mixed. Add vanilla & almond & blend well.
6. Bake for 30 minutes.

#### FILLING:

You can use either whipped cream from a can, or whip fresh. Slowly blend any type of fresh fruit in that you like.





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## Keep on Grillin (cont.)

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### *Angel Food Cake Roll (cont.)*

#### ANGEL ROLL PREPARATION:

- Carefully edge Angel Food Cake away from side of pan.
- Flip cake onto clean cotton towel that has been dusted with powdered sugar. (Not terrycloth, and the cloth must be same length as cake)
- Immediately roll from the small end to large end and then cool immediately on wire rack.
- Allow to cool completely and let set at room temperature. (Refrigerating this may make cake hard.)
- Once cooled, begin to unroll gently and fill as you un-roll. Once cake is completely opened the filling will be in place and gently guide cake back to rolled position.

