



**WET YOUR
HANDS,
DIP IN
FLOUR,
AND HAVE
LOTS OF
FUN!**

The recipes on the pages that follow are an idea that was born as a result of the USMCA free trade agreement.

USMCA was developed as a WIN-WIN-WIN trade agreement and an effort to make North America stronger and reflects the needs of all people in the populus.

It became evident thinking about this, that this represents 8 million square miles, and 520 million people speaking many different languages and eating many different types and styles of food.

So here we are! These recipes and condiments, sauces, and dips represent each State, Province and Territory. Get to know all of your new friends' speciality foods, represented under
USMCA



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108			BACON-SWISS RELISH	109	THAI CURRY MAYO
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109			PICKLE SAUCE	36	WHITE BEAN HUMMUS
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This book was assembled and compiled by Douglas Mann from content and recipes of different chefs, authors and Internet web sites.

This is a not for profit recipe booklet and may be used by other not for profit groups, churches, and schools for fund raisers.

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ALABAMA STYLE WHITE BBQ SAUCE

"This incredibly easy-to-make Alabama white barbecue sauce was invented in 1925 by Robert 'Big Bob' Gibson at Big Bob Gibson's Bar-B-Q restaurant, in Decatur. Don't let this mixture's appearance stop you from trying what is a devastatingly delicious marinade, basting sauce, and serving sauce."



<https://houseofnasheats.com/>

- 2 cups mayonnaise
- 1/2 cup apple cider vinegar
- 1/4 cup prepared extra-hot horseradish
- 2 tablespoons fresh lemon juice
- 1 1/2 teaspoons freshly ground black pepper
- 2 teaspoons prepared yellow mustard
- 1 teaspoon kosher salt
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder

Mix mayonnaise, vinegar, horseradish, lemon juice, black pepper, mustard, salt, cayenne pepper, and garlic powder together in a bowl. Whisk together thoroughly until creamy and smooth. Cover and refrigerate until ready to use.

ALASKA STYLE HOMEMADE BARBECUE SAUCE



Tangy, sweet and spicy with a touch of Alaskan flair (birch syrup). This sauce goes well with any of your favorite BBQ or smoked meats.

Prep Time: 10 minutes Cook Time: 30-45 minutes

Total Time: 40-55 minutes

Yield: Makes ~1 1/2-2 c.

<https://mountainkitchen.com/>

- 1 c. Ketchup
- 1 c. Apple Cider Vinegar
- 1/2 c. Dark Corn Syrup
- 1/2 c. Birch or Maple Syrup (First or Mid run)

1/2 c. Honey
1 Tbsp. Brown Sugar
1 tsp. Liquid Smoke
1/2 tsp. Salt
1/2 tsp. Garlic Powder
1/2 tsp. Onion Powder
1/2 tsp. Dry Mustard
1/4 tsp. Tabasco Sauce

Combine all of the ingredients for the BBQ sauce in a sauce pan and whisk together until smooth over medium-high heat; stir constantly.

When the mixture comes to a boil, reduce the heat to low and simmer uncovered, stirring occasionally.

After about 30-45 minutes, remove the BBQ sauce from the heat when thickened to your preference. (Don't overcook it as it will become too thick. If this happens, thin it down a bit with some vinegar.

ARIZONA BBQ SAUCE

Cook time: 30 Min Prep time: 5 Min Serves: 8 cups

24 oz ketchup (1 bottle)
1 c white vinegar
7 Tbsp yellow mustard (prepared)
1 1/2 c red wine (chianti is best)
1 1/2 c hot water
6 Tbsp chili powder
6 Tbsp ground black pepper
4 Tbsp garlic salt
1/4 c sugar
3 Tbsp tabasco sauce



<https://www.justapinch.com/>

Add all ingredients to a large heavy saucepan (nonreactive) and whisk until blended.

Heat over medium-high heat until mixture begins to boil. Reduce heat to low and simmer 30 minutes, stirring occasionally.

Cool and store, covered, in refrigerator.

ZIPPY VINAIGRETTE – grainy mustard + olive oil + cider vinegar + honey

MUSTARD BBQ SAUCE – mustard + brown sugar + vinegar + honey + Worcestershire sauce

ARKANSAS SHACK BARBEQUE SAUCE



WET STUFF

18 ounces ketchup
18 ounces hot water (use the ketchup bottles)
1 cup vinegar

DRY STUFF

1 ounce chili powder
1 ounce garlic salt
1 ounce sugar
1 ounce black pepper
1 ounce Tabasco sauce
8 ounces mustard

<https://www.food.com/>

Put the wet stuff in big pot. Start it to boil.

Put dry stuff together and add it to the wet stuff when it begins to boil. Turn down to a simmer and simmer 30 minutes. Stir often to make sure nothing sticks.

ARKANSAS YUM YUM SAUCE

<https://realhousemoms.com/>



Yum Yum sauce tastes great with almost everything and it doubles as a topping for burgers, salad dressings, chicken and even goes well with seafood like shrimp or sushi!

1 cup Mayo
1 tablespoon tomato paste (or ketchup)
3 tsp rice wine vinegar (or water)
2 tsp white granulated sugar
2 tbsp melted butter
1/2 tbsp paprika
1/2 tbsp garlic powder

Optional: hot sauce, cayenne, dried red pepper flakes or sriracha if you like a bit of kick

Whisk all ingredients until combined. If you feel the sauce needs to be thinned out, you can add a few teaspoons of water (a teaspoon at a time.) Place in the refrigerator for at least an hour before serving.

CALIFORNIA CUMBERLAND SAUCE

Cumberland sauce is a wonderfully flavorful condiment for the turkey, ham, duck and roast goose that are traditionally served around the holidays. It adds a special touch to your holiday gatherings without costing you a lot of precious time. It's simple to make and a compliment-generator. After the big feast, use it to dress up leftovers at a casual get-together or a family dinner.

Ingredients

- 1 cup red currant jelly
- 1/3 cup red wine (Cabernet Sauvignon)
- 1/2 cup orange juice
- 1 tablespoon orange zest
- 2 tablespoons lemon juice
- 1/2 tablespoon lemon zest
- 1 tablespoon light brown sugar
- 1/4 teaspoon dry mustard
- 1 pinch cayenne pepper
- 1 pinch ground ginger
- Salt to taste
- Black pepper to taste



<https://www.food.com/>

Steps to Make It

1. Combine the currant jelly, wine, orange juice and zest, lemon juice and zest, brown sugar, mustard, cayenne and ginger in a medium-size saucepan.
2. Bring the mixture to a simmer over medium heat. Reduce the heat to low and simmer for 15 minutes, stirring occasionally.
3. Remove the pan from the heat and allow to cool. The sauce will thicken as it cools.
4. Once cooled, season the sauce with salt and pepper to taste. Serve chilled or reheat and serve hot, if desired.

MAPLE-MUSTARD SAUCE – mayonnaise + maple syrup + Dijon mustard

TOMATO-BASIL SPREAD – mayonnaise + sun-dried tomato + basil + garlic powder + splash balsamic vinegar

COLORADO RED SAUCE



Colorado Sauce (sauce that is the color of red) is a rich, smoky, savory and densely-flavored condiment that you will surely recognize as the essence of real Mexican flavor. Colorado sauce has a soul and a spirit of identity that is so palpable (and palatable!) that it is revelatory and attitude-changing. Use on huevos rancheros, enchiladas and other Mexican dishes.

<https://thewanderlustkitchen.com/>

Ingredients:

- 2 Whole Ancho Chili Pepper (or 1 tsp ancho chile powder (or paprika) per chile)
- 1 Ground Chipotle Pepper (If you're looking for a substitute for chipotles mix 1 Tbsp ketchup + 1/2 tsp liquid smoke + 1 chopped red jalapeno)
- 2 cloves Pure Vanilla Extract
- 1 teaspoon Cut & Sifted Mexican Oregano Leaf
- 1/2 teaspoon Ground Cumin Seed
- 1/2 teaspoon Ground Coriander Seed
- 1 teaspoon Table Grind Sea Salt
- 4 dried chili peppers
- 1/4 cup vegetable oil
- 4 cups seasoned broth or stock of choice
- 3 to 4 cups warm water, in a mixing bowl

Directions:

Inspect peppers for blemishes and debris, and wipe clean with a slightly damp towel. Remove stems and most of the seeds, then tear into large pieces.

Peel garlic cloves and crush them under the side of a knife blade; set aside with peppers.

Heat a large, dry pan over medium heat. When hot, add peppers and garlic.

Toast for 7 to 10 minutes while constantly tossing. Do not allow ingredients to scorch.

Place the toasted peppers in of bowl of warm water to soak for 15 to 20 minutes.

Remove peppers from soaking water and place in food processor with garlic, vegetable oil, cumin, coriander and 1 cup of the soaking water.

Turn on food processor and slowly add broth or stock in a stream until a smooth sauce forms. Continue processing until all of the peppers are fully pureed. Add more soaking water or stock if the sauce becomes too tight. For an especially silky texture, use a spatula to push the sauce through a fine mesh sieve into a pan.

Add Mexican oregano and salt to taste. Adjust seasonings if necessary and simmer until sauce reaches desired consistency.

For even greater depth of flavor, use whole cumin seed and coriander seed. Toast lightly before grinding in a mortar and pestle and adding to sauce.

CONNECTICUT GUASACACA

A speciality in Norwalk, CT. Each table has its own squeeze bottle of this avocado salsa for you to use as you like. The restaurant is well known for their arepas, a Venezuelan specialty, which taste awesome slathered with the guasacaca. But pretty much anything you put this sauce on will taste awesome, like carnitas, or hot dogs, or eggs. Anything. You'll be tempted to drink it.



Ingredients

- 1 really big handful cilantro, like a hefty cup and a half (use stems)
- 1 really big handful flat leaf parsley, like a hefty cup and a half (use stems)
- 1/2 medium yellow onion, peeled and cut into a few pieces.
- 1/2 green bell pepper, seeded and cut into a few pieces
- 1 large ripe avocado, cut into fourths and peeled
- 1 garlic clove, cut in half
- 1 small jalapeno, cut into fourths and seeded
- 3 tablespoons white vinegar, plus more if needed
- 6 tablespoons olive oil, plus more if needed
- 1 tablespoon fresh squeezed lime juice, plus more if needed
- salt and pepper to taste

<https://eggheadforum.com/>

Be careful with your onion. Half of a medium onion is just about a half cup worth. Use any more and the onion will overpower the sauce

Chuck all ingredients, except salt and pepper, into a food processor. Process until pureed. If sauce is very thick, add another glug or two of olive oil, vinegar, or some more lime juice, to taste.

Scrape into a bowl. Season with salt and pepper to taste. Store leftovers in the fridge, with a slick of olive oil over the top to keep out air. Keeps several days.

DIST. of COLUMBIA LEMON BUTTER SPREAD & SAUCE

<https://www.tasteofhome.com/>



Ingredients

- 1 cup butter
- 2 cups sugar
- 3 large eggs, lightly beaten
- 1/2 cup lemon juice
- 1 tablespoon grated lemon zest

In the top of a double boiler over boiling water, melt butter. Stir in sugar, eggs, lemon juice and zest. Cook over simmering water for 1 hour or until mixture is thickened and coats the back of a spoon.

Pour into containers. Store in the refrigerator. Use over cake or spread on toast or muffins.

DELAWARE CRANBERRY MUSTARD DIPPING SAUCE

<https://www.oceanspray.com/>



1 14-ounce can Ocean Spray® Jellied Cranberry Sauce

5 tablespoons grainy Dijon mustard

3.5 tablespoons brown sugar

DIRECTIONS

Combine ingredients in a small mixing bowl, whisking until smooth. Serve hot or at room temperature as a dip with chicken, ham, pork or shrimp. Makes 2 cups

FLORIDA SMOKED FISH DIP

This recipe for smoked fish dip is world class, puts most others to shame, and is served in several prominent restaurants on the gulf coast of Florida. We used smoked whitefish, well boned, but any other smoked fish such as salmon should work. Serve with crackers, lemon or lime wedges, and capers.

- 2 cups flaked smoked whitefish
- 2 tablespoons fat-free mayonnaise
- 4 tablespoons fat-free sour cream
- 1 pinch Old Bay TM Seasoning
- 4 drops hot pepper sauce, or to taste
- 3 drops Worcestershire sauce, or to taste
- 3 drops liquid smoke flavoring (optional)
- cracked black pepper to taste



Place whitefish, mayonnaise, and sour cream in the bowl of a food processor. Season with Old Bay (Tm) seasoning, hot pepper sauce, Worcestershire sauce, liquid smoke, and cracked black pepper. Blend all ingredients until consistency reaches a spread.

FLORIDA SMOKED SALMON SPREAD

A delicious and easy spread that always gets many compliments. Serve it with somewhat bland crackers to taste the smoked salmon.

- 2 (8 ounce) packages cream cheese, softened
- 12 ounces smoked salmon, chopped
- 3 dashes Worcestershire sauce
- 3 drops hot pepper sauce
- 1 teaspoon chopped fresh dill weed
- 2 tablespoons chopped green onion

In a medium bowl, stir cream cheese until it is no longer in a hard form. Add salmon, Worcestershire sauce, hot pepper sauce, dill and onion; mix well. Serve.



GEORGIA SPECIAL BARBEQUE SAUCE



- 1 cup distilled white vinegar
- 1/2 tablespoon mustard powder
- 1 tablespoon ground black pepper
- 1 tablespoon ground red pepper
- 1 tablespoon salt
- 1 tablespoon white sugar
- 2 tablespoons butter
- 1 (6 ounce) can tomato paste

Combine the vinegar, mustard, black pepper, red pepper, salt, white sugar, and butter in a medium saucepan. Bring to a boil over medium heat, stirring frequently. Stir in the tomato paste until well blended. Allow to cool.

<https://www.allrecipes.com/>

GEORGIA MUSTARD BBQ SAUCE

<https://snapguide.com/>



- 1 cup of Prepared Yellow Mustard
- 2/3 Cup Brown Sugar Packed Down
- 3 Tbsp of Butter
- 1 Tsp of Ground Black Pepper
- 1/4 Cup Apple Cider Vinegar
- 1 Tsp of Worcestershire Sauce
- 1/2 Tsp of Celery Salt and 1/2 Tsp of Salt mixed
- 1 Tsp of Hot Pepper Sauce
- 1/4 Tsp of Liquid Smoke

Combine all Ingredients in a small Pot. Turn the Burner on Medium to Low Heat and stir until Butter is melted in. Remain Cooking on Medium to Low Heat stirring occasionally for about 15-20 mins. Take off Stove and pour into a medium sized Bowl. Serve right away or put in the Fridge for later.

HAWAIIAN LOCO MOCO GRAVY

<https://www.allrecipes.com/>

A must-have when you're serving Hawaiian style dishes. Also great with any meat. 4 Servings

Ingredients

1 tbsp unsalted butter
1/4 cup diced sweet onion
1/3 cup chopped mushrooms
1.5 cup low sodium beef broth
2 tbsp demi glace (optional)
2 tsp Worcestershire sauce
1 tbsp cornstarch



Sauté onions and mushrooms in butter in the pan in which the burgers were cooked, scooping up and browned bits. Add the stock and reduce a bit. Add the demi glace. Add some water to the cornstarch to make a slurry and add to the gravy to thicken.

Demi glace is a rich, glossy brown sauce from which the liquid has been partly evaporated, typically flavored with wine and served with meat. It's made by cooking a rich veal or beef stock down until its volume has reduced by upwards of 90%.

HAWAIIAN AIOLI

<https://kapotrading.com/>

This garlic mayonnaise is excellent with fish. Serve with grilled salmon, deep fried cod, or baked bass

1 tsp Dijon mustard
1 tsp minced garlic
1 large egg yolk
1 tbsp freshly squeezed lemon juice
1 cup olive oil
salt and pepper, to taste



In a blender, combine the mustard, garlic, egg, egg yolk, and lemon juice and puree'. With the machine running, slowly add the olive oil until incorporated. If the mixture becomes too thick, thin with a little water. Season with salt and pepper. Keep refrigerated.

IDAHO JACKED UP FRY SAUCE

<https://www.chilipeppermadness.com/>



If you love "fry sauce" with your french fries, you'll love this spicy version made with extra hot giardiniera.

½ cup mayo

¼ cup ketchup

1 tablespoon apple cider vinegar

¼ cup hot giardiniera.

(Italian relish of pickled vegetables in vinegar or oil)

1 teaspoon chili powder

Salt and pepper to taste

Giardiniera is an Italian relish of pickled vegetables in vinegar or oil and can be mild or hot.

Add all ingredients to a food processor or blender and process until smooth.

IDAHO FRY SAUCE



<https://www.allrecipes.com/>

Ingredients

1 cup mayonnaise

2 tablespoons mayonnaise

1/4 cup white sugar

1/2 teaspoon salt

1/8 teaspoon paprika

1/4 teaspoon ground mustard

1/2 teaspoon onion powder

1/2 cup ketchup

2 tablespoons red wine vinegar

1 1/2 teaspoons

Worcestershire sauce

Directions

Whisk together 1 cup mayonnaise plus 2 tablespoons mayonnaise, sugar, salt, paprika, ground mustard, and onion powder until smooth. Stir in the ketchup, vinegar, and Worcestershire sauce until well blended. Cover and refrigerate until chilled, about 30 minutes. Store covered in refrigerator.

ILLINOIS SWEET & SPICY BARBECUE SAUCE

Spicy, deep red-brown sauce clings well when you slathered on grilled meat

1 medium onion, chopped
1 tablespoon canola oil
1 garlic clove, minced
1 to 3 teaspoons chili powder
1/4 teaspoon cayenne pepper
1/4 teaspoon coarsely ground pepper
1 cup ketchup
1/3 cup molasses
2 tablespoons cider vinegar
2 tablespoons Worcestershire sauce
2 tablespoons spicy brown mustard
1/2 teaspoon hot pepper sauce



<https://www.tasteofhome.com/>

In a large saucepan, sauté onion in oil until tender. Add garlic; cook 1 minute. Stir in the chili powder, cayenne and pepper; cook 1 minute longer.

Stir in the ketchup, molasses, vinegar, Worcestershire sauce, mustard and pepper sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 30-40 minutes or until sauce reaches desired consistency. Cool for 15 minutes.

Strain sauce through a fine mesh strainer over a large bowl, discarding vegetables and seasonings. Store in an airtight container in the refrigerator up to 1 month. Use as a basting sauce for grilled meats.

CURRY DIP SAUCE – ketchup + curry paste + ginger + mayonnaise

RASPBERRY BBQ SAUCE – ketchup + red wine vinegar + raspberry jam + garlic powder

SWEET & SOUR – ketchup + apricot jam + cider vinegar

INDIANA STRAWBERRY SAUCE



12 strawberries
1/2 cup sugar
2 Pinch salt
2 Pinch kalaunji **

** Kalonji, Kallaunji (Nigella sativa L.), also known as black cumin, black seed, and black caraway

Add kalaunji to a pan and dry roast. Add chopped strawberries and salt and sugar. Add water and cook for 5 min.

<https://cookpad.com/>

INDIANA HOT HAM DIP



2 (4 1/4 ounce) cans deviled ham
1 (5 ounce) jar Kraft Old English cheese spread (Olive & Pimento)
1/2 cup Hellmann's mayonnaise (not Miracle Whip)
1 tablespoon Frank's red-hot sauce (more or less to taste)
1 dash Worcestershire sauce

<https://www.food.com/>

Mix all ingredients thoroughly and chill for at least 1 hour. Stir well before serving. Best eaten with pretzel sticks, but also delicious spread on Club Crackers!

WASABI MUSTARD – grainy mustard + wasabi powder + splash of dark beer

TARTAR SAUCE – mayonnaise + chopped pickles + capers + lemon + Dijon mustard + hot sauce

IOWA MINTY YOGURT DIPPING SAUCE

Fresh and light with the zing of mint and a hint of lemon, this dressing is beautiful with samosas

1 cup natural yogurt
3 tbsp chopped mint
2 tbsp lemon juice
1 tsp ground cumin
salt and ground black pepper, to taste
Stir all ingredients together. Keep chilled and use within 24 hours.

<https://www.annabel-langbein.com/>



IOWA MANDARIN ORANGE SAUCE

<https://www.vice.com/>

Use this sauce as a marinade, condiment, or even as a jam on toast.

Ingredients

1 1/2 pounds about 525 grams mandarins, peeled and quartered, seeds removed and discarded

1/2 cup about 110 grams granulated sugar

1/2 cup about 125 ml white wine vinegar

1/4 cup about 60 ml fresh orange juice



Directions

Place the mandarins, sugar, vinegar, and 1/2 cup water in a small saucepan over high. Bring to a boil, then reduce the heat to maintain a simmer. Cook, stirring occasionally, until the sauce has reduced and thickened, about 45 minutes. Remove from the heat and cool slightly, then stir in the orange juice. Set the sauce aside.

KANSAS CITY BARBECUE SAUCE



<https://www.simplyrecipes.com/>

Kansas City barbecue sauces are thick, tomato-based sauces that are just as sweet as they are spicy. Endless variations are possible, but the sweet-thick-tomatoey elements need to be there for KC BBQ.

If you really can't take heat, omit the cayenne and cut the chili powder down to 1 teaspoon instead of a tablespoon.

INGREDIENTS

- 2 cups tomato sauce or ketchup
- 1/2 cup apple juice
- 1/2 cup apple cider vinegar
- 1/2 cup brown sugar
- 5 Tbsp butter
- 3 Tbsp paprika
- 2 Tbsp chili powder
- 1 Tbsp chipotle powder (optional)
- 4 finely chopped garlic cloves
- 1/2 medium onion, finely chopped
- Salt to taste
- Cayenne to taste (optional)

METHOD

Heat the butter in a pot over medium heat for 2-3 minutes. Add the onion and sauté until it begins to brown. Add the garlic and sauté for another 2 minutes.

Pour in the remaining ingredients and stir well to combine. Simmer slowly for at least 30 minutes, and up to 2 hours.

Adjust the heat and salt levels with the cayenne and salt right before you plan to use this sauce, which is great on ribs, chicken and pork shoulder.

This sauce will mature as it cooks. It needs at least 30 minutes to come together, but can cook for hours if you simmer it gently enough. Taste it periodically, and adjust the salt and heat as you go. Remember it's easy to add more salt and spice, impossible to remove it.

KENTUCKY BOURBON BARBECUE SAUCE

Kentucky Bourbon Barbecue Sauce. Sweet, tangy and a full of flavor. Incredibly easy to make and requires one pot!

This barbecue sauce is on the sweeter side. You can always spice it up by adding some cayenne pepper and paprika.

INGREDIENTS

1 tablespoon olive oil
1/4 cup onion minced
2 cloves garlic minced
1 1/2 cups ketchup
1/2 tablespoon Worcestershire sauce
1 teaspoon apple cider vinegar
1/4 cup bourbon
1 1/2 tablespoons brown sugar
1/8 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon chili powder



<https://chefsavvy.com/>

Heat oil in a medium saucepan.

Add in onion and cook for 2-3 minute.

Add in garlic and cook for 1 minute.

Stir in the rest of the ingredients and bring to a simmer. Simmer for 15 minutes.

Serve with sandwiches, wings, or as a dipping sauce.

Store in the fridge for up to a month or freeze for up to 6 months.

SPICY KOREAN MAYONNAISE – mayonnaise + Gochujang + lime juice

Gochujang or Korean red chili paste is a savory, sweet, and spicy fermented condiment made from chili powder, glutinous rice, meju powder, yeotgireum, and salt.

SPICED PEACH GLAZE – Dijon mustard + peach jam+ tamari sauce + cayenne pepper

LOUISIANA CAJUN REMOULADE SAUCE



The classic remoulade is a product of French cuisine, which infuses mayo with capers, pickles and seasonings, and sometimes hard-boiled egg. It is very much like a tartar sauce this way. With a Louisiana style remoulade sauce, the recipe is spiced up in different ways and frankly perfect for any spicy or non spicy food lover

½ cup mayonnaise

2 tablespoons sriracha (or use chili sauce)

2 teaspoons spicy brown mustard (or use Creole mustard)

1 teaspoon prepared horseradish (I used HOT)

1 teaspoon Worcestershire sauce

1 jalapeno pepper, minced

1 small shallot, minced

2 cloves garlic, minced (or use garlic powder)

Juice from half a lemon (lemon juice)

1 teaspoon Creole seasoning blend **##**

Cayenne pepper to taste

Hot sauce to taste

First, gather up your ingredients and add them to a small bowl. Process them together in a blender or food processor to achieve a smoother remoulade sauce. Refrigerate for at least 1 hour to let the flavors mingle.

<https://www.chilipeppermadness.com>

Creole seasoning is filled with the perfect blend of dried peppers, herbs and spices that develop flavor in just about anything you cook. You can buy it or make your own.

6 tablespoons paprika

2 tablespoons black pepper

2 tablespoons dried oregano

2 tablespoons dried thyme

2 tablespoons cayenne pepper (or more for a spicier version)

4 tablespoons garlic powder

2 tablespoons white pepper

2 tablespoons dried basil

2 tablespoon onion powder

MAINE WILD BLUEBERRY DIPPING SAUCE

- 1 Tbsp. olive oil
- 1 cup chopped onion 100 grams
- 1 Tbsp. chopped fresh garlic
- 3 lbs. wild blueberries
- 3 Tbsps. apple cider vinegar
- 3 Tbsps. brown sugar
- 1 Tbsp. ground mustard flour
- 1 Tbsp. Worcestershire sauce
- 1½ cups unsweetened applesauce
- 1 tsp. ground black pepper



<https://cherylwixsonskitchen.com/>

The sauce makes a tasty condiment for French fries or nuggets. The sauce also is used as a base for Wild Blueberry Pizza, Wild Blueberry Dressing, and Wild Blueberry Corn Salsa.

In a heavy pot, heat the olive oil. Add the chopped onion and garlic and cook until transparent. Add the blueberries to the onion mixture, cover, and cook until the blueberries soften, about 10 minutes.

Remove the lid and mash the blueberries. Add the apple cider vinegar, brown sugar, ground mustard, Worcestershire sauce, and unsweetened applesauce. Cook for five more minutes. Puree the mixture with an immersion blender or pour the mixture into a blender and puree in batches. Season to taste with sea salt and fresh pepper. Store in the refrigerator.

MAINE NACHO CHEESE SAUCE

- 1 cup organic heavy whipping cream
- 2 cups freshly grated Colby jack cheese
- 1/4 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1 tablespoon cornstarch

Heat a sauce pan on medium heat and add heavy cream

Once cream begins to get warm, add cheese, paprika, chili powder, garlic powder, and corn starch

Whisk until thick and creamy (around 5 minutes or less)

Serve with chips, over nachos, or just about anything



<https://www.budgetbytes.com/>



MARYLAND BEST COCKTAIL SAUCE

Ingredients

- 2 cups ketchup
- 2 teaspoons Worcestershire sauce
- 1 tablespoon lemon juice
- 2 teaspoons horseradish adjust to taste

<https://addapinch.com/>

1. Mix all ingredients together until well-combined.
2. Keep refrigerated.

MARYLAND BUFFALO WING SAUCE



Ingredients

- 1 cup cayenne pepper sauce
- 1/2 cup butter
- 1/4 cup white wine vinegar
- 1 tsp Worcestershire sauce
- 1/2 tsp garlic powder

Instructions

In a saucepan over medium heat, add cayenne pepper sauce, butter, white wine vinegar, Worcestershire sauce, and garlic powder. Bring mixture to a boil, stirring constantly.

Continue cooking and stirring until butter has melted. Once butter melts, cook for an additional 1-2 minutes or until butter appears absorbed in the sauce.

Remove sauce from heat and let cool.

For best results, use wing sauce immediately. If making sauce in advance, place sauce in a microwave-safe container and store in the refrigerator for up to 5 days. When ready to use, check to see if butter in sauce has hardened; if it has, microwave the sauce for twenty seconds, then stir thoroughly. Continue to microwave and stir until butter has melted and is fully incorporated into the sauce again.

<https://www.allrecipes.com/>

MASSACHUSETTS ROASTED GARLIC KETCHUP

Ingredients

- 1 head garlic
- 1 Tablespoons olive oil
- 1 (6 ounce) can tomato paste
- ½ cup water
- 2 Tablespoons of cider vinegar
- ¼ teaspoon mustard powder
- ⅛ teaspoon salt
- 1 pinch allspice
- 1 bay leaf



<https://www.queenofmykitchen.com/>

Instructions

1. Preheat oven to 350 degrees F.
2. Place the head of garlic on a piece of aluminum foil, drizzle with olive oil, and wrap it up securely, encasing the entire head inside the foil. Place on a small baking sheet and bake for 45 minutes.
3. Remove from the oven and let cool for about 30 minutes. Once the foil is cool enough to handle unwrap the package, remove the head of garlic, separate the cloves and then squeeze them out of their papery skin onto a dish. Mash with a fork until the mixture is a smooth paste.
4. Transfer the roasted garlic paste to a small sauce pan, add the remaining ingredients, and stir to combine thoroughly. Bring the mixture to a boil and then reduce the heat and simmer for 20-30 minutes, or until the ketchup is of the desired thickness.
5. Remove the bay leaf and let the ketchup cool completely before transferring it to an 8 oz. jar. Store in the refrigerator.

Notes

You can omit the roasted garlic if you prefer more plain tasting ketchup or if you're tight on time.

To make shrimp cocktail sauce add up to ⅓ cup of prepared horseradish to the ketchup after it has cooled.

GRANDMA SLATTERY'S MICHIGAN SAUCE

This is a Meat Sauce from Upstate New York that is used on top of Hot Dogs.



Ingredients

- 1 tablespoon butter
- 1 onion, chopped
- 2 tablespoons white vinegar
- 2 tablespoons brown sugar
- 3 tablespoons lemon juice
- 1/2 tablespoon prepared mustard
- 3 tablespoons Worcestershire sauce
- 1 pound lean ground beef
- 1 cup ketchup
- 1 (8 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- salt and pepper to taste

When the mixture begins to simmer, add the raw ground beef breaking it into pieces with a wooden spoon. Simmer for 20 to 30 minutes. Serve over steamed hot dogs.

Of course, you can add some raw onions if you want.

Stir in the vinegar, brown sugar, lemon juice, mustard, Worcestershire sauce, ketchup, tomato sauce, and tomato paste. Stir to blend.

<https://www.allrecipes.com/>

MICHIGAN CONEY ISLAND HOT DOG SAUCE



- 1-pound ground beef (85%)
- 1 large onion (finely chopped)
- 2 tablespoons chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground mustard
- 1/2 teaspoon garlic powder
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1/6 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 1/4 cup tomato paste
- 2 cups water
- 12 to 16 standard hot dog buns (steamed**)

For the Topping

1 cup onions (finely chopped, about 1 to 2 tablespoons for each hot dog)

Prepared yellow mustard

Salt (to taste)

Optional: shredded sharp or mild cheddar cheese

MINNESOTA TERIYAKI SAUCE

This homemade Teriyaki Sauce recipe is easy to make and is perfect for everything from chicken to fish and veggies to rice.

Ingredients

1/2 cup water
1/2 cup soy sauce
1/4 cup brown sugar
1 tbsp honey
1/4 cup cold water
2 tbsp cornstarch
1 tbsp olive oil
2 tsp minced garlic
1 tsp minced ginger

Instructions

Whisk together 1/2 cup water, soy sauce, brown sugar, and honey. Set aside.

Mix together 1/4 cup cold water and cornstarch. Set aside.



<https://www.thegunnysack.com/>

Heat the olive oil in a saucepan over medium heat. Add the minced garlic and minced ginger. Stir and cook for 30-60 seconds.

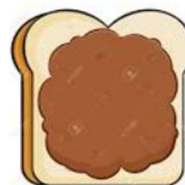
Add the soy sauce mixture and bring to a boil, stirring occasionally.

Slowly whisk in the cornstarch and water slurry, stirring constantly. Cook while stirring for 30-60 seconds until thickened.

Remove from heat. Cool and store in the fridge in an airtight container for up to a week.

Q: Did you hear the joke about the peanut butter?

A: I'm not telling you. You might spread it!



Q: Why did the fisherman put peanut butter into the sea?

A: To go with the jellyfish!



MISSISSIPPI COMEBACK SAUCE



<https://www.southernliving.com/>

Spicier than ranch dressing, creamier than barbecue sauce, and more versatile than buffalo sauce, every Southerner relies on the comeback sauce to keep guests returning to their buffet line

The best part about comeback sauce is that it's so easy to make. Start with a generous helping of mayonnaise and combine with dashes of pantry staples like ketchup, chili sauce (more commonly known as Sriracha), lemon juice, smoked paprika, Worcestershire sauce, hot sauce (choose your favorite!), salt, garlic powder, onion powder, pepper, and dry mustard. Once everything is well blended, chill it in the refrigerator and enjoy for up to a week!

1 teaspoon hot sauce
1/2 teaspoon kosher salt
1 small garlic clove, grated
1/2 teaspoon onion powder
1/2 teaspoon dry mustard
1/4 teaspoon freshly ground black pepper

1 cup mayonnaise
1/4 cup chili sauce
2 tablespoons ketchup
1 tablespoon lemon juice
1 teaspoon smoked paprika
2 teaspoons Worcestershire sauce

Stir together mayonnaise, chili sauce, ketchup, lemon juice, paprika, Worcestershire sauce, hot sauce, salt, garlic powder, onion powder, dry mustard, and pepper. Cover and chill 30 minutes before serving. Refrigerate 1 week

The name comes from the tradition in Mississippi that any time you leave a place, people don't say "goodbye" or "see you later," they say "Y'all come back." So I'm betting this sauce was made to seal the deal.

MISSOURI BARBECUE SAUCE

St. Louis barbecue sauce is thinner and a bit tangier in flavor than its Kansas City cousin.

- 2 cups ketchup
- ½ cup water
- 1/3 cup apple cider vinegar
- 1/3 cup brown sugar
- 2 tablespoons yellow mustard
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- ½ teaspoon cayenne
- ¼ teaspoon salt



1. Combine all of the ingredients in a medium saucepan over low heat. Stir occasionally and let simmer for 20 minutes. The sauce should be thin, but not watery.
2. Remove the sauce from the heat and let it cool, about 20 to 30 minutes.
3. You can use the sauce immediately after cooling, but it is better if you allow it to sit for a day (refrigerated). Place it in an airtight container in the refrigerator (a squeeze bottle is a handy storage container). The barbecue sauce can be stored refrigerated for up to one week after preparation or three to four months in the freezer.

<https://www.thespruceeats.com/>

<https://www.yummly.com/>

- 1 oz package frozen spinach artichoke cheese dip
- ⅓ cup chopped honey roasted cashews or peanuts
- 3 slices bacon, crisp-cooked, drained and crumbled
- 1 tablespoon snipped fresh dill or basil
- or 1 teaspoon dried dillweed or dried basil, crushed

SPINACH ARTICHOKE DIP



To serve, heat dip according to package directions. Stir in cashews, bacon, and dill. Transfer dip to a serving bowl. Serve with toasted bagel chips, pita triangles, sliced French bread, pumpernickel rolls and/or assorted crackers.

MONTANA KOPANISTI DIP

WHIPPED FETA & RED PEPPER DIP

<http://homecookinginmontana.blogspot.com/>



Some use sundried tomatoes, others use just the cheese without any bell peppers, while still others add a few pepperoncini peppers. Ingredients and amounts can vary...but the cheese is the star. Traditionally, it should be the Kopanisti cheese found in Greece, therefore the name. But, feta cheese can be substituted.

Combine all the ingredients (except the oil) into a food processor and blend together. Drizzle olive oil until it becomes smooth. You might need to add more than the 2-3 Tbs. I just limit the amount of oil I use although it does bring it together quite nicely. It also tastes better with more oil

1/2 cup crumbled feta cheese
2-3 Tbs olive oil, you might want to add more
1 garlic clove, peeled
1 Tbs fresh mint (optional)
1 Tbs red pepper flakes (optional)
1 roasted red pepper, skin peeled
pepper to taste cumin, to taste, very optional but good
a pinch of sugar, in case your dip is a bit on the sour side

MONTANA BEAN DIP



Rinse the kidney beans, and set aside to drain. In a medium bowl, stir together the onion, mayonnaise, relish, dry mustard, Worcestershire sauce, horseradish, garlic powder, salt and pepper. Gently mix in kidney beans until coated with dressing. Refrigerate until serving.

2 cups canned kidney beans, drained
1 small onion, minced
1/2 cup mayonnaise
1/2 cup sweet pickle relish
1 pinch dry mustard
1 dash Worcestershire sauce
1/2 teaspoon white horseradish
1/8 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon ground black pepper

<https://www.allrecipes.com/>

NEBRASKA DOROTHY LYNCH SALAD DRESSING **COPYCAT VERSION**

Ingredients

1 (10 3/4 ounce) can tomato soup
1/4 cup sugar
1/2 cup vinegar
1/4 cup vegetable oil
1 clove garlic
1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon celery seed
1 teaspoon cornstarch

Blend all ingredients in a blender until smooth. Store in an airtight container in the fridge.

<https://www.sumptuouspoonfuls.com/>



<https://www.food.com/>

NEBRASKA ULTIMATE PIZZA SAUCE

Thick, saucy, spicy and delicious. You will never use anything else on your homemade pizzas. Double or triple it and put it in Ziploc bags in the freezer

2 tablespoons olive oil
1 tablespoon butter
1/2 cup onion, chopped
1/4 cup celery, chopped
1 garlic clove, minced
1 (8 ounce) can tomato sauce
1 (6 ounce) can tomato paste
2 tablespoons grated parmesan cheese
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon sugar
1/4 teaspoon black pepper
1 small bay leaf
1 teaspoon fennel seed



In a large skillet, melt butter with the oil. Add the onion, celery and garlic and sauté until soft and transparent. Add tomato sauce and tomato paste and stir until smooth.

Add remaining ingredients and bring to slow simmer. Simmer for 30-60 minutes (or not at all depending on your taste and time frame).

Remove the bay leaf and spread the sauce on your prepared pizza dough.

NEVADA BEST BURGER SAUCE

<https://www.recipegirl.com/>



This Best Burger Sauce Recipe is truly the best sauce to add to your burgers. It's very much like a Thousand Island dressing, and it's the perfect pairing for hamburgers!

- 1/2 cup mayonnaise
- 2 tablespoons ketchup
- 1 tablespoon white vinegar
- 2 teaspoons sweet pickle relish
- 1/2 to 1 teaspoon granulated white sugar
- 1 teaspoon finely grated onion
- 1/8 teaspoon salt
- dash of freshly ground black pepper
- dash of ground cayenne pepper

In a small bowl, whisk together all of the sauce ingredients. If you tend to like a sweeter sauce, add 1 full teaspoon of sugar. Add 1/2 teaspoon to cut the sweetness. Refrigerate the sauce until your burgers are ready to assemble. This may be may up to 1 day ahead.

NEVADA ALL AMERICAN POTATO SALAD



<https://www.recipegirl.com/>

- 2 pounds Yukon Gold potatoes (peeled or unpeeled), cut into 3/4-inch cubes
- 1 1/2 teaspoons salt, divided
- 3 tablespoons dill pickle juice, divided
- 1 tablespoon yellow mustard
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1/4 cup finely chopped dill pickles
- 1/2 small red onion, chopped finely
- 1 large rib of celery, chopped finely
- 1/2 teaspoon celery seed
- 1/4 teaspoon pepper
- 2 large hard boiled eggs (peeled), cut into 1/4-inch dice

Place the potatoes in a large saucepan with cold water to cover by 1-inch. Bring to boil over high heat, add 1 teaspoon salt, reduce heat to medium-low, and simmer until potatoes are tender, 10 to 15 minutes

Drain the potatoes thoroughly and let cool in a large bowl. Mix 2 tablespoons pickle juice and mustard together in small bowl, drizzle the pickle juice mixture over potatoes, and toss until evenly coated. Refrigerate until cooled, about 30 minutes.

In a small bowl, mix the remaining tablespoon of pickle juice, mayo, sour cream, pickles, remaining 1/2 teaspoon salt, onion, celery, celery seed and pepper. Add to the potatoes and toss gently to coat. Cover, and refrigerate until well chilled, about 30 minutes. Gently stir in eggs, if using, just before serving

NEW HAMPSHIRE CORNED BEEF DIP

Recreate that irresistible taste with a dip featuring simple but flavorful ingredients. Mix cream cheese and Swiss cheese with plain Greek yogurt and flavor with McCormick(R) Guacamole Seasoning Mix. Blend with corned beef and chill until game time. Dip with carrot sticks, bread or assorted crackers.



1 (8 ounce) package cream cheese, softened
4 ounces cooked corned beef, shredded or finely chopped

1/2 cup plain Greek yogurt

1/2 cup shredded Swiss cheese

2 tablespoons milk

1 (1 ounce) package McCormick(R)

Guacamole Seasoning Mix

1/2 teaspoon McCormick(R) Parsley Flakes

1. Mix all ingredients, except parsley flakes, in a large bowl until well blended. Cover.
2. Refrigerate 1 hour or until ready to serve. Sprinkle with parsley.

NEW HAMPSHIRE CURRIED PEANUT DIP

1 Tbsp. vegetable oil

1/4 cup jarred red curry paste

1 14.5-oz. can coconut milk

1/2 cup creamy peanut butter

3 Tbsp. unseasoned rice vinegar

1 Tbsp. fish sauce

1 Tbsp. honey

<https://www.bonappetit.com/>



- Heat oil in a medium saucepan over medium. Add curry paste and cook, stirring frequently, until paste begins to stick to bottom of saucepan and is very fragrant, 2-3 minutes.
- Whisk in coconut milk and bring to a simmer. Continue to cook, whisking occasionally, until mixture turns darker in color and is slightly reduced, about 3 minutes. Remove saucepan from heat and whisk in peanut butter, vinegar, fish sauce, and honey. Season to taste with salt; it should be well seasoned since the things you are dipping in it may not be (i.e., boiled eggs, cukes, etc.). Let cool to room temperature, then transfer to an airtight portable container and chill.
- **Do Ahead:** Dip can be made 4 days ahead. Keep chilled.

NEW JERSEY CHIMICHURRI SAUCE



Chimichurri is a fabulous green sauce that's been steadily growing in popularity across the American restaurant landscape. This herby, garlicky, tangy, spicy, and very green condiment is great on all kinds of grilled meats.

- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup fresh cilantro leaves
- 1/4 cup fresh oregano leaves
- 1 bunch flat-leaf Italian parsley, stems
- 1/2 cup olive oil
- 4 cloves garlic, chopped, or more to taste
- 3 tablespoons white wine vinegar, or more to taste
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon ground cumin

<https://www.allrecipes.com/>

1. Combine oil, garlic, vinegar, salt, cumin, red pepper flakes, black pepper, cilantro, oregano, and parsley in a blender.
2. Pulse blender 2 to 3 times; scrape down the sides using a rubber spatula. Repeat pulsing and scraping process until a thick sauce forms, about 12 times.

NEW JERSEY BURGER DONKEY SAUCE



- 1 cup mayo
- 2 heads garlic, roasted
- 1 teaspoon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Sriracha sauce (optional)
- Pinch of kosher salt and pepper

<https://www.macheesmo.com/>

Donkey Sauce is almost like a garlic aioli. It starts with a mayonnaise base and then adds in lots roasted garlic along with a few other simple ingredients.

- 1) Cut the top off of two heads of garlic, revealing the cloves. Drizzle with a bit of olive oil and sprinkle with kosher salt. Wrap loosely in foil.
- 2) Bake garlic at 350 degrees for 40-45 minutes until cloves are very tender.
- 3) Let cool and then squeeze or scoop garlic flesh out of cloves. Mash it lightly in a bowl.
- 4) Stir garlic into mayo (homemade is best) and add other flavors. Serve on a burger or with fries

NEW MEXICO GREEN CHILE DIP

1-pound lean ground beef
1 package McCormick® Cheesy Taco Mix
3/4 cup milk
1 package (8 ounces) cream cheese, softened
1 can (16 ounces) refried beans
1 can (4 1/2 ounces) chopped green chiles
1 cup shredded Cheddar cheese

<https://www.allrecipes.com/>



Preheat oven to 350°F. Brown meat in large skillet on medium-high heat. Drain fat. Stir in Seasoning Mix and milk. Bring to boil. Reduce heat to low; simmer 2 minutes or until slightly thickened, stirring occasionally.

Spread cream cheese in shallow baking dish. Layer with refried beans, meat mixture, green chiles and cheese.

NEW MEXICO CREAM CHEESE BEAN DIP

- 1 c. sour cream
- 16 oz. can refried beans
- 4 oz. cream cheese softened
- 1 pkg taco seasoning
- 1 c. Mexican cheese
- salsa up to 1/4 cup of your favorite kind - optional

<https://lilluna.com/>



Instructions

1. Preheat to 350.
2. Mix beans, sour cream, and cream cheese in a bowl until well combined. Add taco seasoning and salsa.
3. Pour into 8x8 pan. Top with shredded cheese and bake for 25 minutes.
4. Serve hot with tortilla chips. ENJOY!

NEW YORK ROSEMARY AND LEMON WHITE BEAN DIP



<https://www.seriouseats.com/>

1 (15 1/2 ounce) can cannellini beans, drained and rinsed

2 medium cloves garlic, peeled

2 teaspoons freshly squeezed lemon juice and 1 teaspoon finely grated lemon zest from 1 lemon

1/4 cup plus 1 tablespoon extra virgin olive oil, divided

2 teaspoons finely minced fresh rosemary

Kosher salt and freshly ground black pepper

Place beans, garlic, and lemon juice in the work bowl of a food processor fitted with a steel blade. Pulse until beans are roughly chopped.

With motor running, slowly pour 1/4 cup of oil through feed tube. Process until mixture is smooth.

Transfer bean mixture to a small bowl. Stir in rosemary, lemon zest, and remaining 1 tablespoon of oil. Season with salt and pepper to taste. Serve immediately or store in an airtight container in the refrigerator for up to 3 days.

WHITE BEAN HUMMUS c/w TAHINI & CORIANDER



1 garlic clove

1 (15-ounce) can white cannellini beans, rinsed and drained

1/4 cup tahini

5 tablespoons fresh lemon juice (from 1 large lemon)

2 teaspoons coriander seeds, coarsely ground, or 1 1/2 teaspoons ground coriander

2 teaspoons white miso paste (optional)

Kosher salt

1/4 cup extra-virgin olive oil

1. Pulse the garlic in a food processor until minced.
2. Scrape the bowl and add the beans, tahini, lemon juice, coriander, miso (if using) and 1 teaspoon salt. Pulse until smooth, scraping the bowl occasionally. With the machine running, add the olive oil. Season to taste with salt.

<https://cooking.nytimes.com/>

NORTH CAROLINA LEXINGTON DIP

Starkly different. You almost won't even recognize it as barbecue sauce at first. The Piedmont area of North Carolina's take on barbecue sauce is thin, vinegary, and hot.

<https://www.seriousseats.com/>

- 1 1/2 cups cider vinegar
- 1/2 cup water
- 1/2 cup ketchup
- 1 tablespoon dark brown sugar
- 1 teaspoons black pepper
- 1 teaspoon crushed red pepper
- 1 teaspoons kosher salt
- 1/2 teaspoon cayenne pepper



Combine all ingredients in a medium sauce pan. Bring to a boil over medium-high heat, reduce heat to low and simmer for 15 minutes, stirring occasionally. Remove from heat, allow to cool to room temperature. Pour into jar and store in refrigerator.

NORTH CAROLINA BLUEBERRY SAUCE

<https://www.thegraciouspantry.com/>

In the Carolinas, vinegar based barbecue sauce and pulled pork go hand in hand. You can't have one without the other.

- 2 cups apple cider vinegar
- 2 tablespoons dark brown sugar
- 1 tablespoon ketchup
- 1/2 tsp cayenne pepper
- 1 teaspoon of red pepper flakes
- 1 teaspoon of ground pepper
- 1 teaspoon salt



1. Place all ingredients in a pan.
2. Cook on stove top at Medium heat.
3. Bring to a boil.
4. Whisk together until sugar and salt are completely dissolved. Remove from heat.
5. Cool to room temperature.
6. Pour sauce into a jar or bottle. For best results, refrigerate one day before serving. Shake well before serving.

NORTH DAKOTA PESTO



1 cup tightly packed fresh basil or cilantro leaves

1 cup tightly packed fresh parsley leaves

1 to 2 garlic cloves

1/2 cup olive oil

1/2 cup grated Parmesan cheese

1/4 teaspoon salt

In a food processor, puree all ingredients. Refrigerate for several weeks or freeze in a tightly covered container. Toss a few tablespoons pesto with hot cooked pasta.

<https://www.tasteofhome.com/>

NORTH DAKOTA HOMEMADE MAYONNAISE



<https://www.tasteofhome.com/>

2 large egg yolks

2 tablespoons water

2 tablespoons lemon juice

1/2 teaspoon salt

Dash white pepper

1 cup olive oil

In a double boiler or metal bowl over simmering water, constantly whisk the egg yolks, water and lemon juice until mixture reaches 160° or is thick enough to coat the back of a spoon. While stirring, quickly place the bottom of the pan in a bowl of ice water; continue stirring for 2 minutes or until cooled.

Transfer to a blender. Add salt and pepper. While processing, gradually add oil in a steady stream. Transfer to a small bowl. Cover and refrigerate for up to 7 days.

OHIO LOW CARB DIPPING SAUCE

FOR APPETIZERS (PALEO, GLUTEN-FREE)

A low carb dip that's paleo & gluten-free, too! This spicy low carb dipping sauce is perfect for all kinds of appetizers, especially onion rings.

INGREDIENTS

1/2 cup Mayonnaise
1 tbsp Ketchup
1 tbsp Horseradish
1 tsp Mustard
1 tsp Worcestershire sauce
1 tsp Paprika
1 tsp Dried oregano
1/2 tsp Cayenne pepper (or less if you don't want it too spicy)
1/4 tsp Sea salt

Stir all ingredients together until smooth. Refrigerate for at least 30 minutes, or until ready to serve.



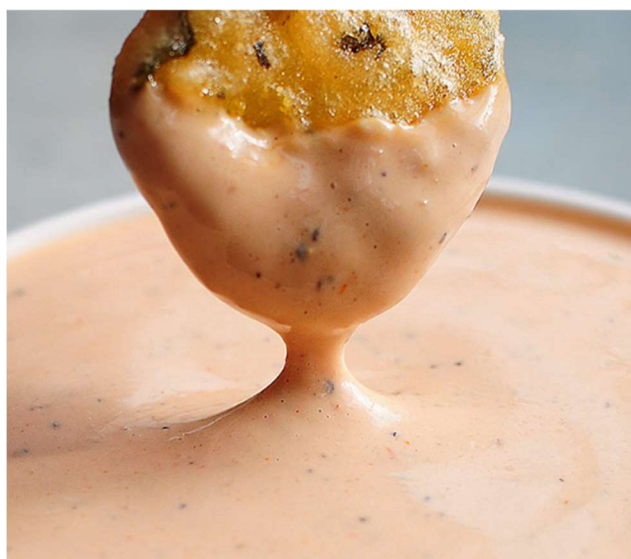
<https://www.wholesomeyum.com/>

OHIO COMEBACK SAUCE

INGREDIENTS

1/2 cup mayonnaise
2 tablespoons ketchup
2 tablespoon hot sauce (like Texas Pete)
1 teaspoon Worcestershire sauce
1/2 teaspoon garlic powder
1/4 teaspoon black pepper

Mix all ingredients together until smooth.
Cover and store refrigerated until ready to serve.



<https://shewearsmanyhats.com/>

NOTE

Makes about 3/4 cup.

GRANDMA'S OKLAHOMA BBQ SAUCE



- 1/2 cup tomato ketchup
- 1/4 cup brown sauce **
- 1/2 cup sugar
- 1 teaspoon Chinese five spice powder
- 1 cup water
- 2 teaspoons soy sauce

** HP sauce may be substituted

<https://www.yummly.com/>

Delicious with ribs, beef, ham or chicken.

In a large saucepan, stir together the tomato juice, onion, garlic powder and celery seed. Bring to a boil, reduce to medium and boil for 15 minutes. Remove from heat and add butter, stirring until melted. Stir in remaining ingredients. the sauce will keep indefinitely, covered and refrigerated

OK CHICKEN WING SAUCE



Place tomato ketchup, brown sauce, sugar, Chinese 5 spice, soy sauce and cup of water in a saucepan and boil until sugar has dissolved. Stir, then turn heat down and simmer for 30 mins. Add extra water if mixture starts to thicken.

<https://www.food.com/>

- 2 1/2 cups tomato juice
- 1 medium onion, minced
- 3/4 teaspoon garlic powder
- 1/2 teaspoon celery seed
- 2 tablespoons butter
- 1 1/2 cups ketchup
- 1 cup sugar
- 1 cup white wine vinegar
- 1 1/2 tablespoons chili powder
- 1 1/2 tablespoons Worcestershire sauce
- 2 teaspoons ground cinnamon
- 1 1/2 teaspoons cayenne pepper
- 1 1/2 teaspoons ground black pepper
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger

<https://www.bonappetit.com/>

INGREDIENTS

1½ cups (packed) fresh parsley leaves
1½ cups mayonnaise
2 tablespoons mustard
Kosher salt and freshly ground black pepper

Pulse parsley, mayonnaise, and mustard in a food processor until smooth; season with salt and pepper



OREGON PISTACHIO DIP

Combine ½ cup oil and garlic in a small saucepan over medium-low heat.

Cook until garlic is tender. Cool in oil. Set oven to 350°. Spread pistachios and pumpkin seeds 6–8 minutes. Chop ½ cup of the nut mixture, add 1 tsp. oil and 1 tsp. salt.

Broil poblano until blackened, 8–10 minutes. Transfer to a bowl, cover and let steam 15 minutes. Peel, seed, and roughly chop.

Heat a large cast-iron skillet. Add scallions to skillet and press down until charred, about 3 minutes. Continue to cook and press until scallions are mostly charred all over, about 4 more minutes. Let cool.

Combine garlic and oil, poblano, charred scallions, cilantro, lime juice, remaining pistachio pumpkin seed mixture, and 2 tsp. salt in a blender and process until smooth.

You may need to add a tablespoon or two of water to keep things moving.

Transfer dip to a plate and top with chopped pistachio-pumpkin seed mixture, cilantro leaves, and radishes, if using. Squeeze lime juice over and scatter with scallions. Serve with sturdy crackers.



½ cup plus 1 tsp. vegetable oil, plus more for drizzling

16 garlic cloves, peeled

1½ cups pistachios

½ cup pumpkin seeds

1 poblano chile

3 scallions, white and light green parts, cut into 1" pieces, plus 2 thinly sliced for serving

Kosher salt

1 bunch cilantro, coarsely chopped, plus leaves and tender stems for serving

3 tablespoons lime juice, plus half a lime for squeezing over 1 radish, thinly sliced, (optional)

<https://www.bonappetit.com/>

PENNSYLVANIA GREEK SAUCE



- 1-pound ground beef
- 2 small onions, chopped
- 1 (8 ounce) can tomato sauce
- 1 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1 teaspoon crushed red pepper flakes
- 2 teaspoons prepared yellow mustard

<https://www.allrecipes.com/>

Place the beef in a large skillet over medium heat. Cook until beef is completely brown; drain. Stir the onions, tomato sauce, water, salt, pepper, oregano, basil, garlic powder, cumin, red pepper flakes, and yellow mustard into the beef. Bring to a boil; lower heat to medium-low and simmer 45 minutes, stirring occasionally.

PENNSYLVANIA BBQ SAUCE



- 1 1/2 C. Ketchup
- 1/2 C. Apple cider Vinegar
- 3/4 C. Water
- 3 Tbls Maple Syrup
- 2 Tbls Worcestershire Sauce
- Black Pepper to taste
- 1/4-1/2 tsp. salt
- Cayenne pepper to taste
- Dash of Tabasco

<https://www.maplesyrupworld.com/>

Something quick and easy to barbecue this weekend at our weekend home in Pennsylvania and suddenly I had a yen for a sweet, tangy BBQ chicken. Not all that different from many homemade recipes but is really sweet and tangy Works great on the hamburgers and chicken too.

RHODE ISLAND RED MARINARA SAUCE

12 ounces, diced Roma tomatoes
12 ounces, diced Amish Paste tomatoes
8 ounces, diced San Marzano tomatoes
2 tbsp extra virgin olive oil
1/2 of a diced white onion
3, minced garlic cloves
2 tbsp dry red wine
3 leaves of chopped fresh basil
1 tsp onion powder
1 tsp dried oregano
1/8 tsp Red pepper flakes
sea salt
freshly ground black pepper

<https://www.wickedstuffed.com/>



Put the tomatoes in a blender or food processor and pulse several times until smooth (or chunky if you prefer that way).

In a medium saucepan, heat the olive oil over medium heat. When it is hot, add the onion and garlic and cook until soft, about 3 minutes.

Add the tomatoes, red wine, basil, onion powder, oregano, red pepper flakes, salt, and black pepper, and bring everything to a simmer. Reduce the heat to low.

Transfer 2 cups of the sauce to an 8-by-8-inch baking dish. Continue to simmer the sauce in the pot for about 30 minutes. At the same time, put the baking dish with sauce in the oven and bake, stirring every 10 minutes so it doesn't burn, until the sauce becomes thick like a tomato paste, about 30 minutes. Stir the paste into the tomato sauce and let it simmer a little longer about 5 minutes. Use a blender to blend the sauce one more time. This is an important step to get the most flavor and consistency from the fresh tomatoes, especially if you're not using the sauce right away.

FIVE-SPICE KETCHUP

Mix 1 cup ketchup, the juice of 1 lime and 2 teaspoons five-spice powder. Season with salt and pepper.



CURRY KETCHUP

Cook 1/4 cup minced onion in a saucepan with 1 tablespoon butter until soft, 3 minutes. Add 1 teaspoon each curry powder and paprika and a pinch of cayenne; cook until toasted, 1 minute. Add 1 cup ketchup and 1/2 cup water; simmer until thick, about 25 minutes.



SOUTH CAROLINA MUSTARD SAUCE



3/4 cup prepared yellow mustard
1/2 cup honey
1/4 apple cider vinegar
2 tablespoons ketchup
1 tablespoon brown sugar
2 teaspoons Worcestershire sauce
1 teaspoon hot sauce

<https://www.epicurious.com/>

In a small bowl, combine all of the ingredients and mix well. Make at least 24 hours prior to usage for best flavor. Store refrigerated in a tightly covered jar for up to two weeks.

OLD-TIME CAROLINA BARBECUE



2 L (64 oz) apple cider vinegar
2/3 cup crushed red pepper
1 tablespoon black pepper
1 oz salt

Mix the ingredients and let stand for at least 4 hours.

<https://www.seriouseats.com/>

CAROLINA SRIRACHA KETCHUP



1/2 cup ketchup
2 tablespoons sriracha
1 tablespoon honey
2 teaspoons freshly squeezed juice from 1 lime
2 teaspoons finely chopped fresh cilantro leaves
1 teaspoon rice vinegar

<https://www.epicurious.com/>

Whisk together ketchup, sriracha, honey, lime juice, cilantro, and vinegar in a small bowl. Use immediately or transfer to an airtight container and store in refrigerator for up to two weeks.

SOUTH DAKOTA BEER-MUSTARD DIPPING SAUCE

<https://www.midwestliving.com/>

- ½ cup chopped onion
- 2 teaspoons butter
- ¾ cup beer
- ⅓ cup honey mustard
- 2 tablespoons thinly sliced green onion top

In a small saucepan over medium-low heat, cook onion in hot butter for 6 to 8 minutes or until lightly browned.

Add beer; continue to cook, stirring occasionally, until mixture is reduced to 1/2 cup.

Stir in honey mustard and green onion tops. Heat through.



SOUTH DAKOTA HORSERADISH-MUSTARD MAYONNAISE

<https://www.midwestliving.com/>

- ¼ cup mayonnaise
- 2 tablespoons Dijon-style or spicy brown mustard
- 2 tablespoons drained prepared horseradish
- 1 tablespoon snipped chives
- Kosher salt
- Freshly ground black pepper



In a small bowl whisk together mayonnaise, mustard, horseradish, and chives.

Season with kosher salt and freshly ground black pepper.

Chill, covered, 30 minutes for flavors to develop. Store up to one day, covered in the refrigerator.

TANGY TENNESSEE BBQ SAUCE



- 1 cup ketchup
- 1/2 cup white vinegar
- 1/4 cup brown sugar
- 2 tablespoons yellow mustard
- 2 tablespoons Worcestershire sauce
- 1 tablespoon onion powder
- 1/2 teaspoon freshly cracked black pepper
- 1/2 teaspoon cayenne pepper

<https://barefeetinthekitchen.com/>

Combine all the sauce ingredients in a small saucepan, over medium low heat. Stir to combine and bring to a simmer.

Simmer 10 minutes and then remove from the heat. Use immediately or pour into an airtight container and refrigerate for up to 3 days. Enjoy!

TENNESSEE SRIRACHA BOURBON BBQ SAUCE



- 1 cup ketchup
- 1/2 cup white vinegar
- 1/4 cup brown sugar
- 2 tablespoons yellow mustard
- 2 tablespoons Worcestershire sauce
- 1 tablespoon onion powder
- 1/2 teaspoon freshly cracked black pepper
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt

Stir together all the ingredients in a heavy large saucepan or medium heat. Bring to a boil and then reduce heat to medium low. Simmer for 15-20 minutes, until the sauce thickens slightly. Let cool and then transfer to a large glass jar or airtight container. Store in the refrigerator for up to a week. Enjoy!

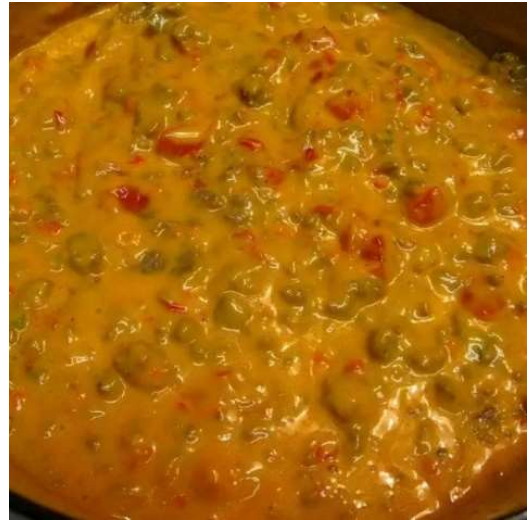
Start with a 1/4 cup of bourbon and 2 tablespoons of hot sauce. Bring the sauce to a simmer and taste it. Add a splash more bourbon or a bit more hot sauce to adjust the flavors as you like. My family liked it with a full 1/4 cup of Sriracha and a 1/4 cup of bourbon.

<https://barefeetinthekitchen.com/>

TEXAS ROADHOUSE TNT CHEESE DIP

1 1/2 pounds ground beef
10 3/4 ounces cream of mushroom
soup
1/4 cup butter
2 pounds cheese spread (Pasteurized
Processed, Velveeta)
1 cup salsa
2 tablespoons chili powder

<https://www.mastercook.com/>



In a soup pot, cook ground beef over medium heat about 8 minutes or until browned. Drain liquid.

Add remaining ingredients and continue to cook over low heat until cheese is melted, stirring occasionally.

Serve with corn chips, tortilla chips or party rye bread.

TEXAS ROADHOUSE BUTTER

2 sticks butter (room temperature)
1/4 cup powdered sugar
1/4 cup honey
2 teaspoons cinnamon

<https://www.yummly.com/>



Use a stand mixer, food processor, or hand mixer to whip all ingredients together until smooth.

Cover and store in the refrigerator.

Allow to sit out at room temperature for about 30 minutes before serving for easy spreading.

UTAH FRY SAUCE

<https://www.allrecipes.com/>



- 1 cup mayonnaise
- 1/2 cup ketchup
- 1 (0.53 ounce) package French Onion Dip Seasoning Mix
- 2 teaspoons chopped pickles

1. Mix all ingredients in small bowl until well blended. Cover.
2. Refrigerate 1 hour or until ready to serve. Stir before serving. Serve with French fries.

UTAH FROG EYE SALAD

<https://tastesbetterfromscratch.com/>



- 20 ounce can pineapple tidbits, drained and juice reserved
- 10 ounce can crushed pineapple, drained and juice reserved
- 1 cup reserved pineapple juice
- 1/2 cup granulated sugar
- 1 large egg yolk
- 1/4 teaspoon salt
- 1 Tablespoon cornstarch
- 1/2 cup acini de pepe noodles
- 15 ounce can mandarin oranges, drained
- 1/2 cup shredded sweetened coconut
- 1 cup mini marshmallows
- 1 banana, sliced
- 1 cup heavy whipping cream
- 1/4 cup powdered sugar

Drain the pineapple cans and reserve the juice. Reserve the pineapple fruit in the fridge for later.

In a saucepan over medium heat combine the pineapple juice, sugar, egg yolk, salt and cornstarch and whisk until smooth.

Cook until mixtures comes to a low boil and thickens slightly. Remove from heat and allow to cool.

Cook acini de pepe noodles according to package instructions. Drain and cool.

Combine the acini de pepe and the thickened sauce in a Tupperware container. Refrigerate for a few hours or overnight.

Once the acini de pepe mixture has chilled add it to a large bowl with the pineapple, mandarin oranges, coconut, marshmallows, and bananas.

In a separate bowl beat the cream and sugar together until stiff peaks. Fold fresh whipped cream into the acini de pepe mixture. Serve immediately or refrigerate.

VERMONT CHEDDAR-ALE DIP

<https://newengland.com/>

3 tablespoons salted butter
3 tablespoons all-purpose flour
12 ounces blond or brown ale
1 tablespoon Dijon mustard
2 teaspoons Worcestershire sauce
1–2 canned chipotle chilies in adobo sauce,
finely chopped, plus 1–2 teaspoons sauce
1 1/2 teaspoons brown sugar
Freshly ground black pepper, to taste
20 ounces extra-sharp cheddar cheese,
shredded
Chopped scallions, for garnish



Melt butter in a big skillet over medium heat. Whisk in flour until smooth. Cook, whisking continuously, about 1 minute (don't let mixture brown). Add ale very slowly, still whisking, then add mustard, Worcestershire sauce, chilies and sauce, brown sugar, and pepper to taste. Cook over medium heat, whisking continuously, until mixture is thickened and bubbly, about 5 minutes. Remove from heat. Add cheese, whisking until melted. Top with scallions, if desired, and serve with tortilla chips or crusty bread.

VERMONT MAPLE SALAD DRESSING

<https://whatscookingamerica.net/>

3/4 cup genuine Vermont Maple Syrup*
1 teaspoon salt
1/2 cup rice vinegar
1 cup olive oil, extra-virgin
1 1/2 teaspoons ground mustard

1. In a blender or food processor, combine maple syrup, salt, rice vinegar, olive oil, and ground mustard. Whirl 1 minute or until well mixed.
2. Store, covered, in the refrigerator.
3. Serve at room temperature.



* This Maple Salad Dressing requires that you use a top-quality grade of maple syrup. If you use an inferior grade, you will end up with a thin dressing that does not cling to your greens. Look for a bottle of maple syrup that lists pure maple syrup as its only ingredient.

VIRGINIA EL TORO WHITE SAUCE



2 cups Miracle Whip
½ cup milk
½ to 1 teaspoon crushed red pepper
¾ teaspoon cumin
1½ teaspoons garlic powder
1½ teaspoons dried oregano

* Mix all ingredients together at least 2 days in advance to allow flavors to meld. Serve cold with chips.

<https://www.pilotonline.com/>

VIRGINIA CRAB DIP



1 lb can crabmeat (Philips in a can from Costco)
1 pkg Philadelphia real cream cheese (not fat free)
1 c real sour cream (8 oz) (not fat free)
1 tsp Worcestershire sauce
1 tsp lemon juice, fresh
1 pkg dry Italian salad dressing mix

<https://www.justapinch.com/>

1. In a large bowl open the 8 oz package of cream cheese and let soften at room temp. set aside
2. After cream cheese is soft, add the sour cream, and seasoning packette, gently fold in the can of drained crabmeat, last add the lemon juice and Worcestershire sauce. Mix well.
3. Turn into a 1 qt casserole dish and microwave on medium to low power for 10 min , stopping to stir until heated through. Once warmed can be added to a chafing dish or may be held in a warm oven till ready to serve, This is best served hot .
4. Serve crackers or dry chunks of crusty French bread for dipping.

WASHINGTON ROMESCO SAUCE

One 16-ounce jar of roasted red peppers, drained
½ cup raw or roasted almonds (unsalted)
¼ cup oil-packed sun-dried tomatoes, rinsed and drained
2 medium-to-large cloves garlic, peeled and quartered
1 tablespoon sherry vinegar or red wine vinegar
1 teaspoon smoked paprika
½ teaspoon fine sea salt, to taste
¼ teaspoon cayenne pepper
½ cup extra-virgin olive oil



1. In a blender (preferably) or food processor, combine everything but the olive oil. Securely fasten the lid and blend, starting on low and increasing the speed as you are able to gain traction.
2. Once the ingredients are mostly blended, start drizzling in the olive oil while running the blender. Blend until you reach your desired consistency (I like my romesco sauce pretty creamy, but you might prefer it with more of a chunky texture).
3. Taste, and add additional salt (up to ¼ teaspoon) if it doesn't quite knock your socks off yet. Serve immediately, or store in a jar in the refrigerator for 7 to 10 days.

WASHINGTON ROASTED LEMON SALSA

2 large whole lemons (about 1/2 pound), scrubbed*
2/3 cup olive oil, extra-virgin, divided
1/4 cup shallots or green onions (white part only), finely-chopped
1 tablespoon granulated sugar (or to taste)
1 tablespoons coarse salt or sea salt (or to taste)
2 tablespoons lemon juice, fresh squeezed (or to taste)
1 tablespoon Basil Pesto, prepared (either store bought or homemade pesto)
Black pepper, freshly-ground



Preheat oven to 400 degrees F. Cut the lemons in half. Coat the lemons with olive oil. Roast for 25 minutes. Once the roasted lemons are cool, cut off ends and cut into a small 1/4-inch dice. Combine the lemons (with juice and pulp), olive oil, shallots, sugar, and salt; stir gently. Allow flavors to rest and mellow. Taste a couple of times throughout the rest period. Place mixture in the food processor. Add basil pesto and process on grind setting. Store covered in the refrigerator for up to a week.

WEST VIRGINIA PEPPERONI ROLL DIP



1 (8 ounce) package cream cheese, softened
1/2 cup milk
1/4 cup mayonnaise
1 package McCormick(R) Original Country Gravy Mix
1 cup shredded mozzarella cheese, divided
3/4 cup chopped pepperoni, divided

<https://www.allrecipes.com/>

Half pizza roll, half dip – a creamy appetizer starring mozzarella cheese, cream cheese, chopped pepperoni and McCormick(R) Original Country Gravy Mix. Use breadsticks, or garlic bread

Preheat oven to 350 degrees F. Mix cream cheese, milk, mayonnaise, Gravy Mix and 1/2 cup each of the mozzarella and pepperoni in large bowl until well blended.

Spread in 9-inch glass pie plate sprayed with no stick cooking spray. Sprinkle with remaining 1/2 cup cheese and 1/4 cup pepperoni.

Bake 25 minutes or until heated through and cheese is melted.

CONEY SAUCE WEST VIRGINIA STYLE



1 lb. hamburger
Salt to taste
6 tbsp. paprika
6 tbsp. chili powder
1 sm. can tomato sauce

Cook hamburger and salt to taste for 1 1/2 hours. Add remaining ingredients. Cook together for 15 minutes. Then add 1/4 cup cornmeal (white). Stir well and cook for 5 minutes.

<https://www.thespruceeats.com/>

WISCONSIN FRIED CHEESE CURDS WITH SIRACHA RANCH DIPPING SAUCE

Ingredients

1-pound cheese curds
(Wisconsin)
1 cup whole milk
6 ounces beer
1 cup all purpose flour
1 teaspoon baking powder
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
4 cups vegetable oil
Sriracha
1/4 cup ranch dressing

<https://bellalimento.com/>



INSTRUCTIONS

1. Place cheese curds in mesh strainer.
2. In large, deep bowl add milk and beer. Submerge curds in mixture by placing strainer in bowl. Set aside.
3. In separate bowl, combine: flour, baking powder, salt and pepper. Whisk to combine. Set aside.
4. In large Dutch oven or deep-fryer, heat oil to 350°F. When oil is ready, remove curds from milk mixture. Strain well.
5. Toss curds in flour mixture, shaking to remove excess flour.
6. In small batches, fry curds 2 minutes, or until curds begin to turn golden brown. Do not crowd. Remove curds and drain on paper towels.
7. Mix desired amount of Sriracha with ranch sauce.

WYOMING BEEF JERKY DIP

<https://www.mccormick.com/>



INGREDIENTS

1 package (8 ounces) cream cheese, softened
1 cup shredded white Cheddar cheese, divided
1/2 cup sour cream
1 package McCormick® Brown Gravy Mix
2 to 3 ounces beef jerky, shredded or cut into bite-size pieces

Preheat oven to 350°F. Mix cream cheese, 1/2 cup of the shredded cheese, sour cream and Gravy Mix in medium bowl until well blended. Stir in beef jerky.

Spoon into glass pie plate sprayed with no stick cooking spray. Top with remaining 1/2 cup cheese.

Bake 15 minutes or until heated through. Serve with crusty bread or crackers.

WYOMING CAJUN DIP FOR SWEET POTATO FRIES



<https://saladinajar.com/>

Ingredients

1/4 cup mayonnaise (I prefer olive oil mayonnaise for fewer calories)
1 tablespoon ketchup
1 teaspoon molasses
1 1/2 teaspoon Cajun seasoning (adjust to suit your tastes)

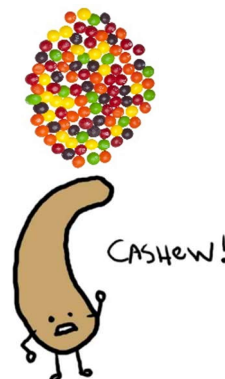
Combine all ingredients and stir until smooth.

Q: What candy do you eat on the playground?

A: Recess pieces.

Q: What kind of nuts always seems to have a cold?

A: Cashews!



ENCHILADAS ROJAS DE AGUASCALIENTES (*RED ENCHILADAS, AGUASCALIENTES-STYLE*)

The Sauce

4 Ancho chiles, wiped clean, seeds and veins removed and slightly toasted
1 1/2 cups hot milk
Salt to taste
1 garlic clove, peeled
1 hard-boiled egg yolk

The Filling

Grape seed or vegetable oil, for frying
12 corn tortillas
8 ounces *queso fresco*, crumbled
1 cup white onion, finely chopped

To Serve

1 hard-boiled egg, finely chopped
1 1/2 cups lettuce, finely shredded
6 radishes, halved and thinly sliced
Strips of *jalapeño chiles en escabeche*



<https://elchinolatinococina.wordpress.com/>

Place the toasted Ancho chile pieces, torn into small pieces, in a blender. Add the hot milk and let them soak for about 10 – 15 minutes.

Add the salt, garlic, cooked egg yolk and blend well. Add enough water to make 2 cups, if necessary.

Heat oil in a medium-sized skillet or sauce pan over medium heat. Add the sauce and cook for 5 minutes, stirring frequently. Then remove from the heat and set aside.

Heat oil in a separate skillet and fry each tortilla briefly on either side. Drain each tortilla well and set aside while you finish the rest of the tortillas.

Reheat the sauce (add more water if the sauce has thickened too much) and dip each tortilla in the sauce, one by one. Place on a serving dish or plate and fill with the *queso fresco* and chopped onion. Roll each enchilada and repeat with another tortilla.

Place 3-4 enchiladas on each plate as a serving and top with the chopped eggs, lettuce, radishes and jalapeño slices. Serve immediately.



BAJA SPINACH DIP

6 oz spinach fresh
1 tbsp olive oil
1 large onion chopped
1 jalapeno pepper chopped
14.5 oz diced tomatoes (1 can)
1 tbsp hot sauce such as Sriracha
1 tbsp lime juice
1/4 tsp salt or to taste
1/4 tsp pepper or to taste
8 oz cream cheese
3 cups Mexican Blend cheese shredded

<https://www.jocooks.com/>

1. In a large saucepan, bring 1/2 inch of water to a boil. Add spinach; cover and boil for 3-5 minutes or until wilted. Drain well and squeeze out the water from the spinach if necessary.
2. In a large oven safe skillet, saute onion in oil until tender. Add the chopped jalapeno and stir.
3. Stir in tomatoes, hot sauce, lime juice and cream cheese until blended. Season with salt and pepper if needed. Add the cooked spinach, 2 cups of the cheese and stir.
4. Top the dip with the remaining 1 cup shredded cheese. Bake uncovered at 350 degrees for 30 minutes, or until bubbling and slightly browned.
5. Serve warm with chips.

Many prefer sriracha for this recipe, but you can use any hot sauce that you prefer.

You can leave out the jalapeno if you don't want it to be spicy.

You can add more jalapeno, or substitute it with any type of pepper you like best.

If you don't have an oven safe skillet, you can transfer this dip to an 8" baking dish or individual sized ramekins. Reduce the cook time to 15 minutes if you use ramekins.

BAJA SAUCE FOR FISH OR SHRIMP TACOS

Ingredients

1/4 cup sour cream
1/4 cup mayonnaise
1 teaspoon lime juice
1 teaspoon finely chopped fresh cilantro
3/4 teaspoon seafood seasoning (such as Old Bay(R))
1/4 teaspoon ground ancho chile pepper



Directions

<https://www.allrecipes.com/>

1. Stir sour cream, mayonnaise, lime juice, cilantro, seafood seasoning, and ancho chile pepper together in a bowl.
2. Cover bowl with plastic wrap and refrigerate for at least 1 hour.

CILANTRO GARLIC SAUCE

A deliciously creamy garlic sauce made with chopped cilantro, fresh garlic, lime juice, and sour ...

Ingredients

12 ounces full-fat sour cream* (sub for Greek yogurt or mayo)
2 cloves garlic (or more to taste)
1/4 cup chopped cilantro** (stems removed and rinsed)
3 tablespoons extra virgin olive oil
1 lime (squeezed (2 tablespoons lime juice))

<https://asassyspoon.com/>



Instructions

Add all ingredients to food processor. Mix until smooth. Serve and enjoy!

You can use this sauce for tacos, wings, grain bowls, stuffed baked potatoes, burritos, fajitas, tostones (twice fried plantain), broiled salmon, pulled pork, yuca fries, chips (or sweet potato fries!), veggie platters and more!



CAMPECHE STYLE SALSA

Ingredients

8 Pasilla Peppers (2.8 oz)
 4 Tomatoes (28.2 oz)
 1 Bitter Orange (7 oz)
 1/2 Onion (2.6 oz)
 1 Garlic clove (.1 oz)
 1 Bay Leaf
 1/2 tablespoon of Salt

<http://www.mexican-authentic-recipes.com/>

Directions

Remove the veins and the seeds of 8 Pasilla peppers.

It is very important to remove the veins and the seeds of the chilies so the salsa has a better texture.

Put on a griddle over medium heat:
 The Pasilla Peppers with the ones you worked.
 4 Tomatoes.
 1/2 Onion.
 1 Garlic clove.

Roast the garlic for approximately 1½ minutes, the chilies and the onion for about 2 minutes and the tomatoes for about 5 minutes, until all their sides are moderately roasted; move them regularly with some tongs.

Transfer from the griddle to a blender, with the tongs, all the ingredients that were roasted.

Also add in the blender:
 The juice of 1 Bitter Orange.
 1 Bay Leaf.
 1/2 tablespoon of Salt.

Blend the ingredients very well.



The recipe is prepared with 1 bitter orange but if you don't get it don't worry because it can be substituted for 1/3 of a cup of white vinegar + 1/3 of a cup of lime juice.

CHIPAS SALSA DE MANÍ OR PEANUT SAUCE

Salsa de mani is a warm peanut sauce made with peanut butter, milk, onion, cumin, achiote, cilantro and hard-boiled egg.

Ingredients

¾ cup peanut butter
(unsweetened)
1 cup milk
½ cup finely diced white onion
1 tsp cumin
1 tsp ground achiote **
2 tbs peanut oil or butter
1 tbs finely chopped cilantro
3 tbs finely minced or sliced white onions
1 hard-boiled egg, finely chopped (optional)
1 aji or hot pepper, finely minced (optional)
Salt to taste



<https://www.laylita.com/>

** For 1 1/2 tsp achiote seed substitute 1 teaspoon achiote powder OR 1/2 teaspoon turmeric and 1/2 teaspoon sweet paprika (lacks tart flavor) or for color only use a teaspoon crushed safflower florets.

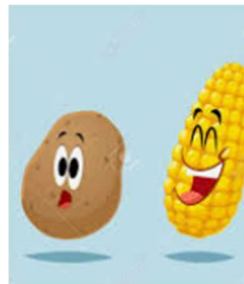
Instructions

1. Mix the peanut butter with ½ cup of milk to help dissolve the peanut butter.
2. Heat the butter or oil to prepare a refrito, add the onion, achiote, cumin and salt, cook until the onions are soft.
3. Add the peanut butter and milk mixture, as well the remaining ½ cup of milk.
4. Stir well and simmer for about 10 minutes.
5. Add the chopped hard-boiled egg, cilantro, aji (if using) and onions.
6. Serve warm.



Q: Why shouldn't you tell a secret on a farm?

A: Because the potatoes have eyes and the corn has ears.



CHIHUAHUA-STYLE SALSA VERDE



<https://www.allrecipes.com/>

Directions

Combine the tomatillos, jalapeños, lettuce, garlic, cilantro, cumin, salt, and pepper in a blender or food processor; process until chopped to desired consistency.

Melt the butter in a saucepan over medium heat; cook the onions in the melted butter until clarified, about 5 minutes. Pour the tomatillo mixture and the chicken broth into the sauce pan; cook, stirring occasionally, until the salsa begins to thicken, about 20 minutes.

Ingredients

12 tomatillos, husked and chopped
1 (7 ounce) can chopped jalapeños, drained
1/2 head lettuce, chopped
2 cloves garlic, chopped
1/3 cup dried cilantro
3 tablespoons ground cumin
salt and pepper to taste
2 tablespoons butter
1/4 onion, chopped
1/4 cup chicken broth

CHIHUAHUA CHEESE DIP



Directions

1. Soften cream cheese.
2. Blend in sour cream.
3. Stir in remaining ingredients, blending well.
4. Cover; chill overnight to marry flavors.
5. Serve with your favorite corn/tortilla chips.

Ingredients

1 8-oz. pkg cream cheese
1½ pint sour cream
1 8-oz. pkg grated sharp cheddar cheese
1 8-oz. pkg grated Velveeta cheese
1 7-oz. can(s) red chili sauce
1 4-oz. can(s) green diced chilies
1 2-oz. can(s) chopped ripe olives, drained
1 2-oz. jar(s) chopped pimientos, drained
1 medium onion, minced
¼ tsp garlic powder
½ tsp chili powder
salt and pepper, to taste

<https://www.justapinch.com/>

MEXICAN CITY WHITE CHEESE DIP/SAUCE

Ingredients:

1-pound white American cheese, cubed
1/2 cup milk, or as needed
1 tablespoon butter or margarine
2 (4 ounce) cans chopped green chilies
2 teaspoons cumin
2 teaspoons garlic powder
2 teaspoons onion powder
cayenne pepper to taste



Directions:

Place cheese, milk, and butter in a medium saucepan over low heat. Cook until cheese has melted, stirring frequently. Stir in green chilies, cumin, garlic powder, onion powder, and cayenne pepper to taste. Add more milk if dip is too thick. Heat through and serve immediately.

SMOKED TOMATILLO SALSA VERDE

10-12 medium sized tomatillos, outer casing removed
1 lg shallot, diced (can also use red onion), about 1/2 cup total
1/4 cup apple cider vinegar
1 handful of cilantro, chopped (about 1/3 cup packed)
1 teaspoon salt
freshly cracked pepper
water as needed



<https://www.vindulge.com/>



TO MAKE THE SALSA VERDE:

Place the smoked tomatillos and any juices into a blender or mixer while still hot. Add diced shallots, apple cider vinegar (starting with 2 tablespoons), cilantro, 1 teaspoon salt and mix.

For less acidity, add water until desired flavor, for more acidity add more apple cider vinegar in small quantities.

Serve over your favorite meats, or as a dip with chips.

TO SMOKE THE TOMATILLOS:

1. Preheat smoker to 275 degrees Fahrenheit
2. Rinse tomatillos, and cut in half. Place onto a sheet pan and lightly sprinkle 1 teaspoon salt and freshly cracked pepper over the tomatillos.
3. Place tomatillos onto smoker for 90 minutes or until they look soft and roasted.
4. Remove from smoker.

COAHUILA CASCABEL TAQUERA SAUCE



Use this sauce for garnishing tacos, soups, rice, casseroles, grilled meats, stews and much more.

- 1 tomato
- 7 tomatillos
- 12 cascabel peppers
- 3 garlic cloves
- 1 teaspoon cumin
- 1 tablespoon sea salt
- 2 cups water

<https://www.adrianasbestrecipes.com/>



comal

Instructions

Clean the cascabel peppers to remove the stem. Do the same with the tomato and tomatillos removing the casing, stem and cleaning them with running water.

In a comal or on the grill, roast the tomatillos, the garlic and the tomato until getting a nice charring.

Place the peppers and the roasted tomato, tomatillos and garlic cloves in a sauce pan and add the water,

Cook for 20 minutes or until the dried peppers are soft.

When this is cooked add all to the blender including the water used for cooking. But controlling the amount of water. Sauce must be chunky no liquified.

Blend and add cumin and salt to taste. Serve or keep inside a sealed container inside the fridge until ready to enjoy.

COLIMA-STYLE ENCHILADAS

Ingredients for four guests:

- * 20 Corn tortillas
- * 3 tablespoons vegetable shortening
- * 1 lb. ground beef meat
- * 1 onion
- * 3 cloves garlic
- * 3 teaspoons chicken broth powder
- * 1 cup almonds, sliced
- * 1/2 cups raisins
- * 15 green olives (pitted and chopped)
- * 1 cup cooked peas with carrots, seasoned
- * 8 red tomatoes, roasted
- * 5 guajillo chiles (seeded, soaked in hot water)
- * 1 1/2 cups water
- * 3/4 cups vegetable oil
- * 1 romaine lettuce, thinly shredded
- * 10 radishes, sliced
- * 1/2 lb. white cheese (crumbled panela type)
- * 1/2 cup mexican-style crema, or sour cream



<http://www.mexicanrecipes.me/>

Preparation:

- 1) In a skillet, heat up one tablespoon butter and fry the meat with the chopped onion and pressed-in garlic; when the meat is about to be cooked, add half the chicken broth powder, the almonds, raisins, olives and peas and carrots; season with salt. Reserve.
- 2) In a blender, liquefy the cooked and chopped tomatoes with 2 garlic cloves, the remaining chicken broth, the chiles and water. Melt the remaining butter in a pot then pour the sauce in; simmer for about 10 minutes then remove from heat.
- 3) First dip the tortillas in the sauce, then fry them in another skillet with hot oil. Place some cooked meat mixture along the middle of each tortilla then roll them up, placing them on the plate, the seam turned towards the plate.
- 4) Heat up the peas with carrots. Arrange enchiladas on a plate, and pour a little more tomato sauce over them, place some shredded lettuce, sliced radishes, crumbled cheese and Crema or sour cream over it all.

Serve your delicious Colima Enchiladas to your guests...

SHRIMP DURANGO



Sautéed shrimp braised with white wine and lime juice and seasoned with cilantro and cayenne pepper. Simple, quick and delicious. Serve with a grilled corn and salsa salad.

<https://www.allrecipes.com/>

Ingredients

- 1 pound dry fettuccine pasta
- 3 tablespoons butter
- 1 pound shrimp, peeled and deveined
- 1/2 cup white wine
- 2 tablespoons lime juice
- 1/2 bunch cilantro, finely chopped
- 1/8 teaspoon cayenne pepper
- salt and pepper to taste

Directions

Bring a large pot of water to boil, add fettuccine noodles and return water to boil. Cook until noodles are al dente. Drain well.

Meanwhile, in a large skillet, melt butter over medium heat, add shrimp and cook about 3 minutes, until shrimp turn pink. Remove shrimp from heat and set aside.

Pour wine and lime juice into the skillet used to cook the shrimp. Bring the mixture to a boil. Boil until the mixture is reduced by half, about 2 minutes. Return shrimp to skillet. Add cilantro, cayenne pepper and salt and pepper. Stir to heat the mixture through, about 2 minutes. Toss with pasta and serve.

ENCHILADAS MINERAS (Traditional from Guanajuato)

These Enchiladas Mineras, which are traditional enchiladas from Guanajuato, Mexico, not only taste great, they fill you up and tantalize the taste buds. It takes about 75 minutes to prepare, so make sure you have all 14 ingredients ready. These enchiladas are packed with cheese, onions, potatoes, carrots and chicken.



<https://www.yummly.com/>

Ingredients

6 tortillas	200 grams cheese (panela, may substitute mozzarella, grated)
5 chile peppers (dried cascabel or guajillo)	1/4 cup onion (finely diced)
1 clove garlic	1 pinch salt
1/2 teaspoon oregano (ground)	2 pieces chicken
1 teaspoon salt	1 potato (large, cubed)
1/4 cup vegetable oil	2 carrots (peeled and cut into strips)
	lettuce (shredded)
	chiles (Pickled jalapeno)

Directions

Soak the dried chiles in hot water and set aside until they soften, approximately half an hour. Drain, remove the seeds and veins, and blend with the garlic, oregano, and salt in the blender. Set aside.

Boil the potato and carrot with salt until soft. Drain. Sauté in a hot skillet with a little olive oil. Add 1 tablespoon of the blended chile mixture, stirring occasionally, until the potatoes brown.

Coat the chicken pieces with the blended chile mixture and cook in a hot skillet on medium-high heat, turning to cook on all sides.

Heat the oil in a skillet, dip each tortilla into the chile mixture and fry for a few seconds on each side. Shake off the excess oil and place onto a serving dish.

Mix together the cheese, onion, and salt. Place a portion of the cheese mixture into each tortilla and roll into a tube. Serve with lettuce, the potato and carrot mixture, chicken, and pickled jalapenos.

ENCHILADAS ROJAS, GUERRERO-STYLE



Enchiladas are one of the most popular Mexican dishes in America. This traditional version is probably unlike anything you've tried before.

<https://www.bigoven.com/>

INGREDIENTS

1 Whole chicken breast
3 cups Water
1 Large tomato cut in 1" pieces
1 cup Chicken broth
3 tbsp Canola or vegetable oil
8 Corn tortillas
1 small can Tomato paste
1/4 White onion sliced in half moons
1 cup Queso fresco cheese, crumbled
Salt

- Place chicken and water in a saucepan, bring to a boil, cover and simmer until chicken is fully cooked, about 20 minutes. Remove and shred chicken, reserve 1 cup of the broth.
- In a blender puree the tomato with the Acapulco cooking paste and the chicken broth until smooth.
- Heat one tablespoon of the oil in a large saucepan, add the puree and simmer for 10 minutes over low heat. Add salt to taste.
- Meanwhile, heat the remaining oil in a small saucepan. Reduce heat to medium and add one tortilla, fry for 15 seconds on each side, drain and place on top of a paper towel. Repeat until all tortillas are done.
- Dip a tortilla in the sauce and transfer to a plate. Place a small amount of chicken on the tortilla and fold in half. Repeat. Cover the enchiladas with the remaining sauce, garnish with the sliced onion and sprinkle with the queso fresco. Provecho!

Ingredients queso fresco cheese

1/2 gal whole milk
2/3 cup vinegar white, distilled
1 Tbsp apple cider vinegar
1 1/2 tsp Kosher salt

Instructions

Place a cheese cloth lined colander over a large bowl of pasta pot.

On medium heat bring milk to 170°F, stirring constantly to avoid uneven heating.

When the milk reaches the desired temperature, remove from heat and add vinegar types. Stir a couple of times, then allow it to sit untouched on the stove top for about 30-45 minutes.

Using a knife start breaking up the curds gently then start transferring to a colander using a slotted spoon.

Allow the curds to sit untouched for about 30 minutes so they can drain properly. Add salt and stir lightly.

Next, gather the edges of the cheesecloth and tie with kitchen twine or a twist tie. Hang from your sink faucet, and allow it to drip for about 30 minutes.

Remove from the cloth and using your hands gently mold the cheese into a flat disc, about 1" tall.

Return to the colander and let it sit this way for about 30 minutes.

Transfer cheese to a bowl, and place in the refrigerator until ready to use.



CHILAQUILES DE HIDALGO

Chilaquiles rojos are a definite comfort food in Mexico. Roasting the sauce ingredients adds something special to these chilaquiles. Chilaquiles are basically corn tortilla pieces that are fried, cooked in salsa, and sprinkled with cheese. They are often served for breakfast with eggs and a side of beans or nopalitos.

INGREDIENTS

1 dozen corn tortillas, preferably stale, or left out overnight to dry out a bit, quartered or cut into 6 wedges
Corn oil
Salt
1 1/2 to 2 cups red chile sauce or salsa verde*
A few sprigs of epazote (optional)

Garnishes

Cotija cheese or queso fresco
Crema Mexicana or creme fraiche
Cilantro, chopped
Chopped red onion
Avocado, sliced or roughly chopped
*Red chili sauce

Take 4 dried ancho chiles, remove seeds, stems, and veins. Heat chiles lightly on a skillet on medium heat to draw out their flavor. Put chilies in a saucepan, pour boiling hot water over to cover. Let sit for 15 minutes. Add chiles, 2 garlic cloves, 1/2 teaspoon of salt, 1 1/2 cups of chili soaking liquid to a blender. Hold down lid of blender tightly while blending, blend until completely puréed. Strain through a mesh sieve into a frying pan to make the chilaquiles.



<https://www.simplyrecipes.com/>

1 Fry the tortillas: In a large sauté pan, coat pan generously with corn oil, (1/8 inch), heat on medium high to high. When the oil is quite hot, add the tortillas, fry until golden brown.

Remove tortillas to a paper towel lined plate to soak up excess oil. Sprinkle a little salt on the tortillas.

Wipe pan clean of any browned bits of tortillas.

2 Heat the salsa: Add 2 Tbsp oil to pan, bring to high heat again. Add the salsa and let salsa cook for several minutes. If you have a few sprigs of epazote, add them to the salsa.

3 Add fried tortillas to the salsa: Add the fried tortilla quarters to the salsa. Gently turn over the pieces of tortilla until they are all well coated with salsa. Let cook for a few minutes more.

Remove from heat. Serve chilaquiles with garnishes and fried eggs and beans or nopalitos.

JALISCO SALSA

<https://www.justapinch.com/>

Ingredients

5-7 roma tomatoes

5-7 serrano chiles

3-5 jalapeno peppers

1/2 large onion, yellow

1-1/2 Tbsp salt

2 Tbsp oregano, dried

2 tsp garlic crushed and minced

1-3 tsp cumin

1 handful fresh cilantro

note: all spices should be adjusted to your liking.



Directions

1. place your tomatoes and all your peppers on a heavy comal, or a broiling pan. cook under high broil until tomatoes are charred and cooked through out. Peppers should be charred all over but NOT burned. This step takes me about 20 minutes checking a couple times to turn for even doneness. You might have to pull some out sooner than others with long tongs.
2. Once cooked add all hot ingredients immediately into food processor or blender.

NOTE: Do not remove the stem divot on the tomatoes, but use tongs and scissors to remove chili stems first.

3. add all spices except fresh cilantro.
4. pulse for 1 min. then add cilantro and RAW chopped onion and a drizzle of extra virgin olive oil. Continue to pulse until desired consistency.

TRADITIONAL MEXICAN TOSTADAS

Ingredients

10 Corn Tortillas
1 can of Refried Beans
1 lb of ground beef
salt pepper, cumin, paprika, and oregano to season the meat
1/4 onion diced
1 tomato diced
1/2 head of lettuce finely chopped
queso fresco or another cheese
Mexican crema
Salsa Verde
1/2 cup canola oil for frying tortillas



Instructions

<https://www.mylatinatable.com/>

Fry the tortillas in oil, or buy store bought tostadas.
Cook the ground beef with the onion, tomato, and seasonings.
Heat the refried beans.
Form the tostadas by spreading refried beans on the fried tortilla, and then add the ground beef, lettuce, cheese, salsa verde, and Mexican crema.

THE BEST AUTHENTIC MEXICAN GUACAMOLE

2 ripe avocados
1/4 onion finely chopped
1 jalapeno finely chopped (optional)
1/4 cup Cilantro finely chopped
1-2 teaspoons of lime juice
salt to taste
1-2 tomato finely chopped



Instructions

<https://www.mylatinatable.com/>

Peel the avocado and remove the core.
Mash the avocado in a molcajete until it reaches your desired consistency
Add the onion, jalapeno, cilantro and tomato and mix well.
Add lime juice and salt to taste.



MICHOACAN BEAN & TOMATO SOUP (SOPA TARASCA)

<https://www.npr.org/>

Soup

1 pound pinto beans (about 4 cups cooked beans with 2 cups cooking liquid to make 6 cups bean puree)

4 quarts (16 cups) water (not needed if buying precooked or pureed beans)

1 pound ripe plum tomatoes

1 garlic clove

1 ancho chili, about 1 ounce, stem and seeds removed (optional)

1/2 cup white onion, roughly chopped

2 tablespoons safflower or corn oil

3 cups chicken broth, vegetable broth or water

2 teaspoons kosher or sea salt (or more to taste)

Garnishes

4 corn tortillas, cut in half and into strips, fried until lightly golden or toasted*

1/2 cup cotija cheese, crumbled (farmers cheese, ricotta salata, mild feta or queso fresco or shredded mozzarella cheese may be substituted)**

1/2 cup fresh Mexican cream (heavy cream or creme fraiche may be substituted)***

1 ancho chili, stem and seeds removed, cut into thin strips, flash fried (optional)****

1 avocado, peeled, seeded, flesh scooped out

Rinse beans in a large pot and cover with water. Bring to a boil and simmer. Add a teaspoon of salt an hour after they started simmering, and stir. Once beans are soft, cool and put in a blender with the cooking liquid and enough water to have 2 cups liquid). Puree in batches until smooth. Set aside.

Place tomatoes, garlic, and seeded and stemmed ancho chili in a saucepan, cover with water and simmer over medium high heat for 10 to 12 minutes.

Cool down, place it in a blender or with a cup of the cooking liquid, raw white onion and the other teaspoon of salt, and puree until smooth.

Heat oil. Add tomato puree and cook for 5 to 8 minutes, until it darkens in color and thickens in consistency. Reduce heat to medium, stir in the bean puree and broth, and simmer for 10 to 15 minutes, until the soup has a creamy consistency. Turn off the heat, as it thickens quickly.

*To prepare tortilla crisps, you may fry or bake them.

**Cotija cheese is a fresh farm-style cheese that has a salty and tangy taste.

***Mexican cream, very similar to what is called Latin or Salvadoran style cream

****To prepare chili crisps, use the same oil in the same skillet you used for the tortillas if you fried them. Once the oil is hot, add chili strips and flash fry for 3 to 4 seconds

MORELOS SALSA VERDE

Use it for taquitos, huevos rancheros, pork, chicken, or just for dipping!"



Ingredients

- 2 pounds tomatillos, husked
- 2 fresh jalapeno peppers
- 3 cloves garlic, peeled
- 1 dash cloves
- 1/2 teaspoon ground cumin
- 1 dash black pepper
- 1 teaspoon chicken bouillon granules, or salt

Directions

Place tomatillos, jalapenos, and garlic in a large pot. Pour in just enough water to cover the tomatillos; they will float, so press them down with your hand as you measure the water. Bring to a boil over high heat, then reduce heat to medium-low and simmer until the color of the tomatillos lightens to a yellow color, about 10 minutes. Remove from heat, and allow to cool for about 10 minutes.

Strain the tomatillos, reserving the water. Place into the bowl of a blender; add the cloves, cumin, pepper, and chicken bouillon. Puree until smooth, use the reserved water as needed to adjust the consistency.

NAYARIT AUTHENTIC MEXICAN SHRIMP COCKTAIL (COCTEL DE CAMARONES ESTILO MEXICANO)



The trick is to start with well-chilled shrimp, ketchup, and tomato juice cocktail so it can be ready after only chilling 1 hour in the fridge. Top with additional hot sauce and avocado slices if desired. Enjoy!"

<https://www.allrecipes.com/>

Ingredients

1/3 cup Spanish onion, chopped
1/4 cup freshly squeezed lime juice
1 pound chilled cooked medium shrimp
- peeled, deveined, and tails removed
2 roma (plum) tomatoes, chopped
1 cucumber, finely chopped
1 stalk celery, finely chopped
1 jalapeno pepper, seeded and finely
chopped

2 teaspoons salt
2 teaspoons ground black pepper
1 1/2 cups chilled tomato and clam
juice cocktail (such as Clamato(R))
1 cup chilled ketchup (such as
Heinz(R))
1 bunch fresh cilantro - stems
discarded and leaves chopped
2 tablespoons hot pepper sauce
(such as Valentina(R))
2 avocados - peeled, pitted, and
chopped

Directions

Mix onion with lime juice in a small bowl and allow to stand for 10 minutes. Meanwhile, toss shrimp, roma tomatoes, cucumber, celery, jalapeno, salt, and black pepper in a bowl until thoroughly combined.

Whisk tomato and clam juice cocktail, ketchup, cilantro, and hot pepper sauce in a separate bowl; stir dressing into shrimp mixture. Gently fold in avocados. Cover and chill thoroughly, at least 1 hour.

NUEVO LEON ENCHILADAS

Ingredients:

16 Corn Tortillas
1/2 cup vegetable oil
2 cups shredded cooked chicken, preferably dark meat, such as thighs
2 cups (10 oz.) Queso Fresco
1 cup white onion, chopped
2 cups of Ancho Tortilla Dipping Sauce (see below)



Directions:

<http://mycocina-mykitchen.blogspot.com/>

Heat a 9" or 10" heavy bottomed skillet and add the 1/2 cup oil. Heat on medium high. One by one, using a pair of tongs, dip the tortillas in the hot oil until soft, should only take about 4 seconds, lay on a plate and continue until all the tortillas are dipped.

Heat the ancho sauce in a pan until warm. One by one, using a pair of tongs, dip the softened tortillas in the ancho sauce and lay on a plate.

In a large baking dish lay a tortilla and add some shredded chicken, a little onion and some cheese. Then add 1 teaspoon of the ancho sauce, roll up, set aside in pan. Continue until you have eight in each pan. Pour the remaining sauce over the 2 dishes. Sprinkle the remaining cheese and onions on the dishes.

Heat the oven to 375 degree and bake for 25 minutes.

Serves 8, 2 Enchiladas each. Can be served by themselves or with rice, beans or any side dish you would like.

ANCHO TORTILLA DIPPING SAUCE

2 1/2 cups homemade chicken stock
3 ancho chilies

Directions:

Remove stems, veins and seeds from ancho chilies. In a

2-1/2 quart pot add 2-1/2 cups of the homemade chicken stock and the Ancho chilies. If you do not have the homemade stock, you can use canned or water with chicken base. But the flavor of homemade chicken stock really makes the flavor rich. Bring to boil, then lower the heat and simmer on low, for 15 minutes. Remove from heat and let cool. Pour into a blender and gently pulse until smooth. Puree for 5 seconds.





POLLO OAXACA

The southern region of Oaxaca, Mexico is known as the land of siete moles or seven moles. This is also known as a verde mole. It's an interesting taste difference using the mole both cooked and in the raw form in this dish.

<https://www.allrecipes.com/>

Ingredients

3 tablespoons vegetable oil
3 pounds chicken, cut into pieces
1 ½ tablespoons dried oregano
2 cloves minced garlic
salt and pepper to taste
1 onion, sliced
10 fresh tomatillos, husks removed
½ bunch cilantro
2 jalapeno pepper, seeds and ribs removed
2 cloves garlic
1 lime, juiced
salt to taste

Directions

Step 1

Heat the vegetable oil in a large skillet over medium heat. Stir in the chicken, and season with oregano, minced garlic, and salt and pepper. Cook and stir until the chicken is lightly browned. Stir in the onion, then cover and reduce heat to low.

Step 2

Place tomatillos, cilantro, jalapeno pepper, whole garlic, lime juice, and salt in a blender. Pulse to a chunky consistency. Pour half of the tomatillo mixture over the chicken. Continue simmering until chicken is tender, 35 to 40 minutes more. Serve with remaining sauce and top with Monterey Jack cheese.

AUTHENTIC PUEBLA MOLE SAUCE

"Hot chiles and rich chocolate make this authentic mole sauce perfect for topping stewed meats or enchiladas."

<https://www.allrecipes.com/>



Ingredients

- 2 cups chicken broth
- 2 dried guajillo chiles, stemmed and seeded
- 2 dried ancho chiles, stemmed and seeded
- 3 dried chipotle chiles, stemmed and seeded
- 1 dinner roll, torn into pieces
- 2 corn tortillas, cut into 1-inch strips
- 2 tomatoes, cut in half crosswise
- 5 tomatillos, cut in half crosswise
- 1 tablespoon lard
- 1 onion, halved and thinly sliced
- 1/2 head garlic, peeled and sliced
- 1/3 cup chopped peanuts
- 1/4 cup raisins
- 2 tablespoons cumin seeds
- 1 tablespoon dried thyme
- 3 cinnamon sticks
- 5 whole cloves
- 6 whole allspice berries
- 5 ounces dark chocolate, coarsely chopped
- 1 cup chicken broth
- 3 tablespoons white sugar
- 1 teaspoon salt

Directions

Toast guajillo chiles, ancho chiles, and chipotle chiles in a dry pan over medium heat, about 3 minutes. Transfer to the blender with 2 cups heated chicken broth.

Toast dinner roll pieces and tortilla strips in a dry pan over medium heat about 3 minutes. Transfer to the blender with chicken broth and chiles

Allow the chiles and toasted bread and tortillas to soak, about 10 minutes. Blend mixture.

Cook tomatoes and tomatillos 3 to 4 minutes per side. Blend the chile puree and tomatoes.

Melt lard in a large skillet. Stir in onion, garlic, peanuts, raisins, cumin seeds, thyme, cinnamon sticks, cloves, and allspice berries; cook and stir 5 to 8 minutes. Remove the cinnamon sticks and other whole spices; add onion mixture to the blender with the chile-tomato mixture and blend until smooth.

Pour chile puree into a large saucepan over medium heat. Stir in chocolate, chicken broth, sugar, and salt. Simmer; stir until chocolate is melted and sauce is thickened 10 to 15 minutes.

QUERÉTARO LEGENDARY ORANGE SAUCE



This spicy salsa or sauce gets its heat from dried Chiles de árbol. Most grocery stores that carry Mexican food have them. The original recipe only calls for Chiles de árbol but I also add a guajillo because it improves the flavor.

Ingredients

- 4 roma tomatoes, halved lengthwise
- 1 yellow onion, sliced into thick rounds
- 1 cup vegetable oil
- 4 large cloves of garlic
- 1/2 cup packed, dried árbol chilies, stemmed
- 2 guajillo chiles, stemmed
- 1/3 cup apple cider vinegar
- 1/2 cup water
- 1 tablespoon kosher salt

<https://cocoaandsalt.com/>

Instructions

Position a wire rack on the top level of the oven, about 6 inches from the broiler. Preheat broiler on high.

On a cookie sheet, place onion slices and tomatoes cut side down. Roast until a bit charred on the edges, about 10 minutes.

Over medium heat, sauté garlic in 1 tablespoon of vegetable oil, turning several times with tongs, about 1 minute. Add chiles to garlic, sauté for 1-2 minutes, flipping occasionally until they just start to toast. Take care not to burn.

Transfer chiles and garlic to a high-speed blender. Pour in the water and vinegar, and let stand for 5 minutes to soften.

Purée on high, 10 to 20 seconds. Turn to low speed and slowly add remaining vegetable oil in a slow and steady stream so the oil mixture will emulsify, creating desired creamy consistency.

Add the tomatoes, onion and salt. Purée on high, until smooth.

Serve now or store in the fridge for about 2 weeks. Enjoy!

QUINTANA ROO CREAMY HABANERO SALSA

<https://www.mexicoinmykitchen.com/>

Ingredients

6 Habanero peppers (you can substitute other milder peppers, like árbol peppers)

1 small garlic clove peeled

1 cup of water

1/4 cup vegetable oil

Salt to taste



Instructions

Place peppers, garlic and water in a small saucepan (with the lid slightly covering it) over medium heat and cook until peppers are soft and tender about 10-12 minutes. You will need to open your kitchen windows to keep the area well ventilated or turn on the exhaust fan to avoid eye irritation. I live in an apartment, and usually turning on the exhaust fan and placing the lid on the saucepan is enough to avoid any discomfort from the pungent steam coming out of the cooking peppers.

Once cooked, remove the peppers and garlic from the saucepan and place into a blender with the remaining cooking water, which by this time has been reduced.

Let the peppers cool for some minutes and then turn your blender on to puree the peppers. Open the lid while the blender is still running and slowly add the oil to a steady stream. This last step will emulsify the salsa, giving it a creamy texture. Pour salsa into a small bowl and season with salt. Enjoy with some Steak and Chorizo Tacos!



SAN LUIS POTOSÍ ENCHILADAS

<https://www.caciqueinc.com/>

1 (7 oz.) package Tex Mex Blend
Shredded Cheese

1 package Pork Chorizo

1 (7 oz.) package Queso Cotija
Grated Cheese

8 corn tortillas

1 cup onion, diced

2 cups potatoes, diced

2 cups carrots, diced

2 cups red enchilada sauce

A good substitute for fresh cotija cheese is Feta. A good substitute for aged cotija cheese is Parmesan or Romano

HOW TO MAKE IT

1. Preheat oven to 350F°.
2. Mix the TexMex Blend with the onions, salt and the pepper then set aside.
3. Heat oil until hot (2 tablespoons at a time). When hot, place each tortilla for approximately 10 seconds in 2 tablespoons of oil. Drain on paper towel.
4. Dip each tortilla in the enchilada sauce, fill with cheese mixture, roll and place seam down, side by side into a 2" deep, greased casserole dish.
5. Blanch potatoes and carrots in salted boiling water until tender. Cook chorizo for 10 minutes, drain, then sauté with the potatoes and carrots. Top enchiladas with this mixture, and remaining enchilada sauce. Sprinkle with Cotija cheese*. Bake for approximately 20 minutes.

*cow's milk hard cheese

SINALOAN PORK IN CHILE SAUCE (CHILORIO)

Chilorio is a dish with origins in the state of Sinaloa and enjoyed all over northern Mexico. It is usually made with pork—but sometimes beef or chicken are used—and the sauce is created from dried chiles. *Chilorio* makes a great filling for tacos, tortas, burritos, and tamales



<https://www.thespruceeats.com/>

In a large pot, simmer the pork in the water or broth, covered, for 2 hours. During the last 20 minutes of cooking time, ladle out enough liquid to cover the dried chiles in a bowl. Let the chiles soak in the liquid until they are soft, then remove and discard their stems and seeds. Set chiles aside.

When the pork is done simmering, you must drain off the liquid, reserving 1 cup. Pull the pork into bite-sized chunks.

Heat the lard in a large pan until melted. Fry the pork in the lard until it browns. Remove the pork and set aside.

Cook the onions in the lard until translucent. Remove them from the pan and set aside to cool slightly.

Place the chiles, onions, vinegar (optional), cumin, oregano, garlic, salt, and reserved (1 cup) water/broth in a blender. Blend until smooth.

Drain most of the lard from the pan, then put the pork into the pan with the blended chile sauce. Simmer for 10 minutes or so to thicken the sauce and bring the flavors together.

Ingredients

2 pounds / 900 grams boneless pork

4 to 5 cups water or broth (chicken, meat, or vegetable)

3 to 4 dried ancho chiles (or similar chiles, see Note at the bottom)

1/2 cup good quality pork lard

1/2 of a medium-sized onion (chopped)

Optional: 1/4 cup white or apple cider vinegar

1/2 teaspoon ground cumin

1 tablespoon dried oregano

3 cloves of garlic (peeled)

1 teaspoon salt

SONORA CHICKEN PASTA



For a spicy, festive meal, cook processed cheese and sour cream, fire it up with hot pepper sauce, Worcestershire and pepper flakes, then spoon over pasta

<https://www.allrecipes.com/>

Ingredients

- | | |
|--|------------------------------------|
| 1 (15 ounce) can black beans, rinsed and drained | 1 dash Worcestershire sauce |
| 1 pound processed cheese cubed | crushed red pepper flakes to taste |
| 10 ounces sour cream (14%) | salt and pepper to taste |
| 1 pound penne pasta | 2 tomatoes, chopped |
| 1 dash hot pepper sauce | ½ bunch green onions, diced |
| | 2 grilled chicken breasts, chopped |

Step 1

In a medium saucepan, heat drained black beans over medium heat; set aside.

Step 2

In a medium saucepan, melt cheese and sour cream.

Step 3

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and place in a bowl.

Step 4

Add hot pepper sauce, Worcestershire sauce, dried red pepper flakes, and salt and pepper to taste to cheese sauce when melted; mix well.

Step 5

Spoon sauce over pasta and top with beans, tomatoes, green onions and chicken; serve.

MEXICAN YUCA IN ORANGE SAUCE: YUCA EN NARANJA

Yuca has always been a staple in the cooking of the Caribbean and the Yucatan peninsula. Fairly bland on its own, it takes well to the flavor of other ingredients. In Mexican yuca in orange sauce, it blends with garlic and oranges.

Ingredients

6 medium size yuccas
2 tablespoons corn oil
4 cloves garlic, peeled and chopped
juice of 2 oranges
salt to taste

Yuca – pronounced yoo-cuh – is the root portion of the plant. ... **Yucca**, on the other hand, is an ornamental plant: They are those spiky flowered plants common in Southern and Western parts of the US, including Florida, New Mexico, and California. But they don't have the edible root of the **yuca**, and are commonly confused

YUCA VS YUCCA? WHAT'S

THE DIFFERENCE? **Yuca**, pronounced yoo-ka, is the root of the **Cassava** plant which is known botanically as *Manihot esculenta*. **Yuca** is a nutty-flavored starch tuber native to South America that is also found in Asia and parts of Africa

The potato-like starch that you find in Latino cuisines and in some trendy bistros nowadays is cassava or *Manihot esculenta*, a native of South America and consumed in large quantities throughout Latin America, Africa, South Asia and the Caribbean. Yuca – pronounced yoo-cuh – is the root portion of the plant. Tapioca flour and pearls are made from the powdered root, along with many other common foods



Scrub and peel yuca, place in a large pot with salted water to cover and bring to a boil. When cooked through, drain and allow to cool. Cut yuca into slices lengthwise, and then in half.

In a large skillet, heat the oil and add the garlic. When garlic begins to turn pale golden, add the yuca and the orange juice. Cook until the juice cooks down and thickens. Add salt to taste. This is frequently served garnished with chopped fresh parsley or cilantro.



<https://www.mexconnect.com/>



<http://www.mexicanrecipes.me/>

Procedure:

1) Pour the canola oil in your favorite frying pan, when the oil is ready slightly fry your tortillas; reserve them for later. Save the canola oil for the next time you need to fry something.

2) Dip the ancho chilis in a bowl with 2 cups lukewarm water and let them marinate for at least 30 minutes, when they are softened enough, use a food processor to blend the chiles, the garlic, their seeds and the water from dipping the chiles together.

3) Pour this mixture in a skillet; mix in the lard and add some salt, pepper and the cloves powder. Please be careful about the cloves powder and don't put too much! Heat up until it sizzles under intense heat, then lower the heat and simmer this for 5 minutes while stirring once in a while.

4) When this sauce gets thicker, dip your tortillas in the sauce.

5) Once well coated in this sauce, lay some cheese, chopped lettuce and onions in the middle of each tortilla; it is also customary to add some chicken in the center or each enchilada, too; roll the tortillas up; lay them down on a plate side by side (about 3-4 per guest).

6) Sprinkle some cheese and more onion bits on top of the tortillas, for every plate or as your guest wishes.

Serve your enchiladas tamaulipecas while they are very hot!

THE ENCHILADAS FROM TAMAULIPAS (ENCHILADAS TAMAULIPECAS)

Ingredients:

24 slightly fried corn tortillas
6 ancho chiles, seeds removed and set aside
1/2 cup of grated cheese, sharp cheddar or Monterey Jack
1 cup of canola oil for frying the tortillas (reusable)
3/4 cups of lard (or olive oil...)
3 onions
1 garlic clove
1/2 teaspoon dried cloves powder, or to taste
Salt and Pepper
More Monterey Jack cheese, for serving lettuce

POLLO TIZATLAN

The most distinctive ingredient in this dish is amaranth (amaranto), native to Tlaxcala and cultivated for use in food. The tiny dried amaranth seeds plant comes from the Greek amarantos, which means "not fading."



Ingredients:

<https://tlaxcalit4.blogspot.com/>

4 lbs. chicken pieces (breast halves, thighs, or a combination)
2 1/2 cups amaranth, lightly toasted in a dry skillet
1 lb. tomatoes, roasted and skinned (roast on an open flame or broiler until charred)
2-3 canned chipotle chiles adobados, seeds and veins removed
3 large garlic cloves, peeled and chopped
1/4 cup chopped onion
1 small whole clove
1 teaspoon whole black peppercorns
2"-piece cinnamon stick
4 guajillo chiles, seeds and veins removed, soaked 25 minutes in hot water to soften
3 1/2 cups chicken broth
3/4 lb. potatoes, boiled, peeled and cut into cubes
Salt to taste

In a large pot or dutch oven, sauté chicken lightly in just enough oil to prevent sticking; add water to cover, with salt to taste.

Cook until chicken is tender, set the chicken aside and strain the broth.

In a blender or food processor, blend the toasted amaranth, roasted and skinned tomatoes, chipotles, garlic, onion, clove, peppercorns, cinnamon, drained guajillo chiles, and chicken broth until smooth. You will have to do this in two batches.

Heat a little oil in a pan, add the sauce and cook it on low for 25 minutes, stirring occasionally to make sure it doesn't stick or burn.

Add salt to taste. Add cooked chicken and potatoes. Serve with plenty of warm tortillas.

VERACRUZ SAUCE (FOR FISH OR CHICKEN)



<https://www.thespruceeats.com/>

Ingredients

- 1/4 cup of olive oil
- 5 cloves of garlic, peeled and chopped
- 2 cups of seeded and diced tomatoes
- 1 medium-sized onion, sliced
- 4 pickled jalapeño peppers (canned or jarred), chopped
- 5 green olives, coarsely chopped
- 1 tablespoon dried oregano
- 1 tablespoon capers
- 1/4 cup water

The port of Veracruz, on the Gulf of Mexico, was one of the first places where the Spanish initially settled, which explains the strong Mediterranean elements in this very Mexican sauce. One of the area's iconic dishes is Huachinango a la Veracruzana, Red Snapper Veracruz Style, which consists of a whole fish cooked with these same flavors. The sauce is just as delicious, with much more simply-prepared proteins such as grilled chicken or fillets of white fish.

Veracruz Sauce is not intended to be very spicy; a small amount of mild chile güero or jalapeño pepper called for, more for flavor than for piquancy. The use of jalapeños in the recipe is doubly appropriate given that its name is derived from Jalapa, the capital of Veracruz State.

1. Warm the oil in a medium saucepan. Sauté the garlic briefly to release its flavor.
2. Add the tomatoes and onions and cook over low heat until the tomatoes soften about 20 minutes.
3. Add the jalapeño pepper, olives, oregano, capers, water, and salt to taste. Simmer for an additional 20 minutes.
4. Serve your delicious Veracruz Sauce over grilled or pan-fried white fish or chicken breast. Accompany this with white rice, if you like.

Variations

Substitute chicken or fish broth for the water for even more flavor.

Add a little bell pepper, diced or cut in long strips. Sauté it together with the onions and garlic.

CHIPOTLE-GLAZED SHRIMP

Camaron Enchipolados

½ head garlic (about 6 garlic cloves), peeled
1 small (7.5 ounce) can chipotles en adobo
2 tablespoons honey
2 tablespoons vegetable or olive oil
1 to 1 ¾ pounds medium-large shrimp (21 to 25 shrimp per pound), peeled and deveined, tail left on if you wish
About ¼ cup (loosely packed) roughly chopped cilantro, for garnish



<https://www.rickbayless.com/>

Place the garlic in a small microwave-safe bowl, cover with water and microwave at 100% for 1 minute. Drain and scoop into a blender jar. Add the whole can of chipotle, honey, 1/3 cup water, 1 teaspoon salt and blend to a smooth puree.

In a wok or large (14-inch) skillet, heat the oil over medium-high and sear the shrimp for about 3 minutes. Remove from heat. Pour about 1/3 the chipotle sauce over the shrimp, toss to coat and season with salt.

Scoop into a large bowl and garnish with the cilantro.

Q: What do you call a peanut in a spacesuit?

A: An astronut!



Q: What is green and brown and crawls through the grass?

A: A Girl Scout who has lost her cookie.



ZACATECAS ENCHILADAS

ENCHILADAS ZACATECANOS



The word "*zacatecano*" used to describe a dish quite often indicates that it contains the combination of poblano chiles and cream.

Ingredients:

12 corn tortillas
vegetable oil as necessary
4 large poblano chiles, roasted,
peeled and seeded
1 cup Mexican *crema*, creme
fraiche or heavy cream
1 cup crumbled *queso fresco* or
farmer cheese
1 clove garlic, peeled and
chopped
½ small onion, peeled and
chopped
½ pound pork loin, cooked and
shredded
1 small head lettuce

Preparation:

Soft fry the tortillas in oil, making sure they do not get crisp, drain on paper towels and set aside.

Tear the poblano chiles into pieces, place in blender. Add cream and cheese to blender. Saute the garlic and onion in vegetable oil and add to blender. Puree the contents until smooth, pour into a saucepan and heat over medium flame until just bubbly. Add salt to taste if desired.

Dip each tortilla in the poblano cream sauce, fill with pork and roll up. Place enchiladas on serving plate, pour remaining sauce over them and top with shredded lettuce. Serve immediately. Serves 6.

<https://www.mexconnect.com/>



ALBERTA BEEF DIP SANDWICH



<https://www.foodnetwork.ca/>

Sandwich

1 6 lb(s) Sirloin tip roast with good marbling, evenly cut

Marinade

½ cup olive oil

2 tsp finely chopped garlic

1 Tbsp fresh rosemary, roughly chopped

1 Tbsp fresh oregano, minced

1 Tbsp Dijon or grainy mustard

½ cup dark beer

Salt and pepper to taste

Dipping Sauce

2 cup low sodium beef stock

2 sprig fresh rosemary

1 large Spanish onion thinly sliced

Salt and pepper

Marinade

1. In a medium bowl, add all marinade ingredients (excluding the salt) and mix to combine.
2. Place the roast in a large sealable bag. Pour the marinade over the roast and toss to coat evenly.
3. Marinate the roast in the refrigerator for a minimum of 4-6 hours or overnight.

Dipping Sauce

1. Once the roast has marinated, preheat barbeque to 325°F (160°C) leaving the middle burner turned off.
2. Remove roast from marinade and discard any excess. Season roast with salt and pepper and drizzle with olive oil.
3. Mount roast on rotisserie following manufactures instructions.
4. Pour all the dipping sauce ingredients into a drip pan. Place the drip pan over the grate with heat turned off.
5. Close barbeque lid and cook for 2 hours or 10-12 minutes per pound. Baste occasionally with the drippings in the drip pan.
6. Check the roast by inserting an instant read thermometer in the centre of the roast. For medium rare, the thermometer should read 125°F (51°C).
7. Remove roast and let rest, covered loosely with foil for 20 minutes.
8. Remove the drip pan using barbeque gloves. Strain the liquid into a small saucepan.
9. Place the saucepan over low heat and simmer for 5 minutes. Skim any excess fat or impurities off of the sauce as it simmers and discard.
10. Slice beef in thin slices across the grain. Serve on crusty bread with a small bowl of the warm jus for dipping.

BC OIL-FREE GINGER DRAGON SAUCE

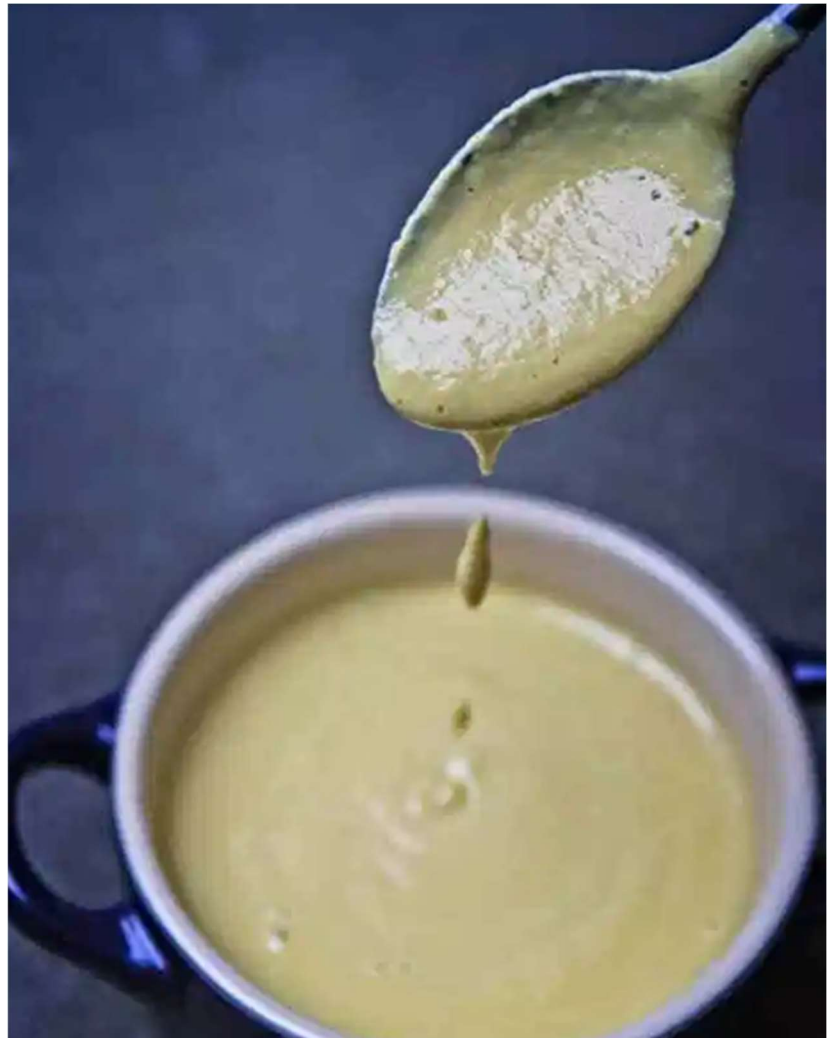
Insanely tasty ginger dip or bowl dressing (Low fat, Vegan)

It's a perfect sauce for all sorts of things: dipping vegetables, drizzling over roasted vegetables, or just heaping a spoonful on top of plain rice

<https://www.plantbasedrecipe.com/>

Ingredients

- 1/3 cup ginger minced
- 1/3 cup nutritional yeast **
- 3 Tbsp garlic minced
- 3 Tbsp tahini
- 2 Tbsp white miso paste
- 2 Tbsp coconut aminos or tamari, or soy sauce
- 2 Tbsp real maple syrup
- 2 Tbsp water



**Nutritional yeast is a species of yeast known as *Saccharomyces cerevisiae*. It is the same type of yeast that's used to bake bread and brew beer. While brewer's, baker's and nutritional yeasts are technically made from the same species of yeast, they are very different products

Instructions

Add all ingredients to a food processor or blender, and combine well.

Store in an air tight container in the fridge for up to a week.

Notes

Note that this makes a lot of sauce, a little over a cup and a half. If you do not eat a lot of bowls, or only serve for 1 or 2 people, you may want to cut this recipe in half or reduce.

LABRADOR CRAB DIP



Hot crab dip served in a bread bowl. Perfect for parties!

11 ounces cream cheese, softened
1 small onion, finely chopped
5 tablespoons mayonnaise
2 (6 ounce) cans crabmeat or fresh crabmeat, drained and flaked
1/8 teaspoon garlic powder
salt and pepper to taste
1 (1 pound) loaf round, crusty Italian bread

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl, combine the cream cheese, onion, mayonnaise, crabmeat, garlic powder, salt and pepper. Spread mixture into a 1 quart baking dish.
3. Bake for 20 minutes in the preheated oven. While the dip is baking, cut a circle in the top of the bread, and scoop out the inside to create a bread bowl. Tear the removed bread into pieces for dipping.
4. Remove baked crab dip from the oven, and stir well. Spoon the mixture into the hollowed out loaf. Place bread bowl and chunks of bread on a medium baking sheet, and bake for an additional 10 minutes. Serve hot.

MANITOBA HOT WALLEYE DIP

<https://www.nelliebellie.com/>

Ingredients

3/4 pound walleye or whitefish
1 small onion diced
2 tablespoons butter
4 oz softened cream cheese
2 tablespoons lemon juice
1 tablespoon paprika
1 cup shredded cheddar cheese
1 cup mayo
2 tablespoons hot sauce
1/4 cup chopped green onion
1/4 cup chopped fresh parsley
1/2 cup bread crumbs
1 cup parmesan cheese



Instructions

Preheat the oven to 350 degrees.

Melt the butter and add the chopped onion and walleye fillet.

Cook about 5 minutes or until the fillet is done.

Use a spatula to flake the fish and stir the onion and butter together. Set aside.

In large bowl mix the cream cheese with the mayo and cheddar cheese.

Add the hot sauce, chives, parsley, lemon juice, and paprika. Stir well.

Press the cream cheese mixture into a pie pan or baking dish.

Press the walleye flakes on to the top of the cream cheese being sure to add the cooked onions.

Top with the breadcrumbs, parmesan cheese, and a sprinkle of paprika.

Bake at 350 degrees for 25 minutes or until hot and bubbling.

Notes

Try swapping out the cheddar cheese for Monterey Jack or...Gouda.

NEW BRUNSWICK LOBSTER CASSEROLE



<https://www.allrecipes.com/>

Ingredients

3 tablespoons butter, divided
3 tablespoons all-purpose flour
3/4 teaspoon dry mustard
1 teaspoon salt
1/2 teaspoon pepper
1 cup milk
1 cup light cream
3 cups mushrooms, sliced
1/4 cup shredded Swiss cheese
3 cups cooked lobster meat, diced
2 cups soft bread cubes
1/2 cup fine dry bread crumbs
2 tablespoons melted butter

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a casserole dish.

Melt 3 tablespoons of butter in a saucepan over medium heat. Stir in flour, mustard powder, salt, and pepper until smooth. Pour in the milk and cream, bring to a simmer, and cook until thickened and smooth, stirring constantly. Add the mushrooms and cheese, stir until the cheese has melted. Fold in the diced lobster meat and the bread cubes.

Pour into prepared casserole dish. Mix the bread crumbs with the remaining 1 tablespoon of melted butter to moisten. Sprinkle the crumbs over the casserole.

Bake in preheated oven until the crumbs have browned, and the casserole is hot; about 30 minutes.

Lobster facts

- In the fall, the lobsters are moving and hungry, and easier to catch than in the spring. Traps are pulled as often as possible, sometimes even twice a day. In the spring, the fishermen check the traps once a week because the lobsters move slowly in the cold water.

NEWFOUNDLAND FORTUNE BAY MUSSEL CHOWDER

<https://www.foodnetwork.ca/>

INGREDIENTS

fresh cultured blue mussels (4-5 pounds)
1 Tbsp butter
¾ cup onion, diced
2 cup potato, diced
2 Tbsp flour
4 cup milk
2 cup light cream
4 strips bacon, fried crisp
1 pinch salt and pepper, to taste



DIRECTIONS

1. Rinse the fresh blue mussels in tap water. Place in a large saucepan with a small amount of water on high heat. Cover and let steam until shells open (5 – 7 minutes). Remove fresh blue mussel meat from shells, strain and reserve broth.
2. Add enough hot water to broth to make 4 cups in total.
3. Melt butter in pot; add onion and sauté until transparent.
4. Add flour and stir to blend thoroughly with butter.
5. Gradually add broth and water mixture and bring to a boil.
6. Add potatoes, simmer until nearly done, then add fresh blue mussels and gently stir in hot milk and cream.
7. Season lightly with salt and pepper. Garnish with bacon strips or a few fresh blue mussels.

NORTHWEST TERRITORIES BANNOCK: NORTHERN COMFORT FOOD



Bannock has been a northern favourite for centuries. Its ingredients are basic - water, flour, baking soda and lard, plus sugar or salt, depending on whether you want dinner or dessert. Classic bannock has a smoky, almost nutty flavour blended with a buttery taste. Making bannock is an art that takes years to perfect. Though the recipe may be simple, you'd be astonished at the sheer number of first-timers who've botched their would-be bannock.

2 cups of flour
3 tbsp baking powder
1 tbsp salt
1/3 cups of lard
Water
Rolling pins
Baking sheet - greased with lard
Round glass cup/empty clean
soup can or cookie cutter

How To Make It:

Pre-heat oven 400°F and set rack(s) to lowest level

Mix dry ingredients together

Knead in lard

Add a little bit of water at a time, mixing until batter becomes sticky

Add more flour before kneading dough and then it should start to become smooth

Once it's kneaded and smoothed out, start rolling the dough out until it's 1½ to 2 inches thick

Use round cutter tool to cut out circled biscuits

Bake for 12-15 min - bottom should be golden brown

Then take the rack and put to the top of the oven and turn on broil. Grease top of bannock and put back in the oven until golden brown. Keep a close eye on this because it should take less than 5 min

Serve hot with butter, jam or your favourite moose stew

<https://spectacularnwt.com/>

NOVA SCOTIA MAPLE BACON CRÊPES

Ingredients – Crêpe Stuffing

4 eggs sunny-side up
1 package local maple
smoked bacon
1 package local breakfast
maple sausages
2 large potatoes
Mayonnaise (to taste)
Maple syrup (to taste)



<https://tasteofnovascotia.com/>

Ingredients – Crêpe Batter

4 eggs
1 1/3 cup whole milk
1 cup all purpose flour
2 tbsp butter, melted and
cooled
1/4 cup parsley, finely
chopped
1/2 tsp salt
dash of fresh ground
pepper

Crêpe Stuffing

1. Prepare the eggs sunny-side up.
2. Fry or bake the local maple smoked bacon.
3. Pan fry the local breakfast maple sausages and slice into rounds.
4. Wash and peel the large potatoes then cut them into small cubes, season and pan fry.
5. Set aside all ingredients and keep warm.

Crêpe Batter

1. In a large mixing bowl, beat together eggs, milk, butter, parsley, salt and pepper. Mix in flour a small amount at a time until the batter is uniform.
2. Place a 9 inch, or larger, frying pan over medium to high heat. Once it reaches temperature (a drop of water will sizzle and evaporate quickly from the pan) use a 1/2 cup measuring cup to pour the crêpe batter into the middle of the pan.
3. Immediately lift off heat and rotate the pan to coat the entire pan to its edges and place back on heat, for about 20 seconds, watching closely for it not to burn, and flipping with a large spatula once golden brown.
4. Repeat until batter is gone. HINT: Any extra crêpes can be frozen in a plastic bag with wax paper between each crêpe.
5. Keep the crêpes warm in the oven, on a plate, at the lowest setting.

Crêpe Assembly

1. Place one crêpe on each plate and place a tablespoon dollop of mayonnaise (or for those more into sweetness, substitute for peanut butter or maple syrup) on each, and spread around the middle.
2. Place the egg, a few strips of bacon, and 1/4 of the sausage slices and hash browns into the middle area of each crêpe and season with salt then fold the edges toward the middle to make 4 folds.
3. Serve with maple syrup, salt and pepper.

NUNAVUT SUPER-FAST CHILI



<https://www.chatelaine.com/>

Ingredients

1 tbsp vegetable oil
1 medium onion, chopped
1 227-g pkg sliced button mushrooms
796-mL can diced tomatoes
225 g lean ground beef
2 tbsp chili powder
1 tsp garlic powder
1/2 tsp granulated sugar
1/2 tsp salt
796-mL can red kidney beans, drained and rinsed
sour cream, optional
grated cheddar, optional
thinly sliced green onions, optional

Instructions

- Heat a large saucepan over medium. Add oil, then onion and mushrooms. Cook until onion and mushrooms are soft, about 3 min. Crumble in meat and add seasonings. Using a fork, stir frequently to break meat up. Cook until no pink remains, 3 to 5 min. Reduce heat to medium-low. Stir in tomatoes and simmer, covered, until flavours develop, about 10 min.
- Stir in beans and cook until hot, about 2 more min. Spoon chili into bowls. Top our easy chili recipe with sour cream, cheese and green onion. Keeps well up to 3 days.

Ingredient Tip:

Add any remaining beef broth you have in your fridge to this recipe for even more flavour. Add with the tomatoes and simmer for an extra 10 to 15 min.

Chili powder is a mild blend of chili peppers, herbs and spices. Add cayenne or chili flakes for more punch.

ONTARIO BBQ BEER CHEESE DIP

7 oz Double Cream Brie, cubed (including rind)
¾ cup Plain brick-style cream cheese, cubed
2 tbsp All-purpose flour
1 tbsp Butter
1 Small onion, finely diced
2 Cloves garlic, minced
½ tsp Salt
1 cup Lager-style beer
Several dashes hot sauce (optional)
1 tbsp Finely chopped fresh parsley
Sprinkle of smoked paprika



<https://atlantic.foodland.ca/>

Directions

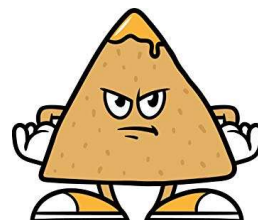
In bowl, toss Brie and cream cheese with flour to coat. Set aside.

Place 8 or 10 in. (20 or 25 cm) cast-iron skillet on grill preheated to medium. Add butter. Stir in onion, garlic and salt; cook until onion is softened but not browned, about 2 min. Pour in beer; bring to a simmer (avoid rapid boil).

Add cheese mixture to skillet in 3 portions, mixing to melt each addition before adding next. Don't worry if some small lumps remain. Stir in hot sauce, if using. Move skillet to indirect heat or off the grill. Garnish with parsley and smoked paprika. Serve with grilled plain or garlic bread for dipping.

Q: What do you call cheese that isn't yours?

A: Nacho cheese!





PRINCE EDWARD ISLAND POLISH- STYLE STEAMED MUSSELS

<https://www.afamilyfeast.com/>

INGREDIENTS

- 2 tablespoons extra virgin olive oil, divided
- 12 ounces kielbasa, sliced on the bias
- 1/3 cup sliced shallots
- 1 ½ teaspoons caraway seed
- 1 tablespoon stone ground mustard
- 3 fresh plum tomatoes, diced
- 2 pounds PEI mussels, rinsed (*see note above)
- ¼ cup extra dry vermouth
- **Optional – Chopped fresh parsley, for garnish

INSTRUCTIONS

1. In a large skillet, heat 1 tablespoon of the oil over medium high heat. Once the oil is hot, add the sliced kielbasa and cook until browned (about 3 minutes), flipping kielbasa slices half way. Use a slotted spoon to remove kielbasa to a bowl.
2. Add remaining 1 tablespoon of oil and sauté shallots and caraway seeds for 3 minutes, stirring often.
3. Add mustard and tomatoes and cook 1 minute, stirring to combine.
4. Add mussels and vermouth and cover pan. Steam until the mussels have opened, about three minutes. (If you notice any unopened shells, steam a minute longer to open. After steaming, if any shells remain closed, discard them.)
5. Add reserved kielbasa, gently toss and serve.

*Note: Rinse and stir mussels under cold running fresh water. Mussels naturally open and close their shells when out of water. For any mussels that do not close after rinsing, tap their shells or lightly squeeze them while running under the water again. For any mussel that still does not close, throw it away

QUEBEC MAPLE DIP

<https://maplefromquebec.ca/>

Ingredients

1 cup mayonnaise
1/2 cup thick natural yogurt
1/4 cup maple syrup
2 tablespoons Dijon mustard
2 tablespoons fresh parsley, chopped
3 tablespoons fresh chives, chopped
2 tablespoons fresh basil, chopped
3 garlic cloves, crushed
Salt and freshly ground pepper to taste



Method

1. In a bowl, combine mayonnaise with yogurt. Add the rest of the ingredients.
2. Season generously and let rest for at least 30 minutes to allow the flavours to blend prior to serving.

REAL QUEBEC POUTINE

<https://www.allrecipes.com/>

Ingredients

1 quart vegetable oil for frying
1 (10.25 ounce) can beef gravy
5 medium potatoes, cut into fries
2 cups cheese curds



Directions

Heat oil in a deep fryer or deep heavy skillet to 365 degrees F (185 degrees C). While the oil is heating, you can begin to warm your gravy.

Place the fries into the hot oil, and cook until light brown, about 5 minutes. Make the fries in batches if necessary, to allow them room to move a little in the oil. Remove to a paper towel lined plate to drain.

Place the fries on a serving platter, and sprinkle the cheese over them. Ladle gravy over the fries and cheese, and serve immediately.



Perogies can be made savoury or sweet with the season's bounty of fresh produce — and don't forget the sour cream!

DIRECTIONS

Potato-Cheese Perogy Filling

1. Boil potatoes as you would for mashed potatoes. Drain.
2. While potatoes are hot, stir in cheddar. Cover until cheese is melted, about 1 minute.
3. Stir in sautéed onion; using potato masher, mash until smooth. Sprinkle with salt and pepper to taste.
4. Using clean cloth, squeeze out all moisture from cottage cheese. Stir into potato mixture. Sprinkle with salt and pepper to taste.

DIRECTIONS

Dough

1. Mix together flour, oil, milk, water and salt. Knead dough until smooth. Let stand for 30 to 60 minutes.
2. With rolling pin, roll out really thin. Cut dough into squares. (I prefer to make smaller perogies, so they're 2 x 2 inches/5 x 5 cm.) Spoon about 1 tbsp (15 mL) of potato-cheese filling onto each square. Fold dough into triangle and pinch edge closed to seal in filling.
3. Add to pot of boiling water. Once floating, cook for 1 to 1½ minutes.

SASKATCHEWAN POTATO-CHEESE PEROGIES

<https://www.foodnetwork.ca/>

INGREDIENTS

Potato-Cheese Perogy Filling

- 6 large red-skinned potatoes (not baking potatoes), peeled and halved
- 4 - 6 oz (115 to 170 g) medium cheddar cheese
- 1 medium onion, diced, sautéed in butter
- salt and white pepper to taste
- ½ cup (125 mL) dry cottage cheese ("not the sloppy kind")

Dough

- 4 ½ cups (1.125 L) flour
- ½ cup (125 mL) vegetable oil
- 1 cup (250 mL) milk, room temperature
- 1 cup (250 mL) boiling water
- 1 tsp (5 mL) salt

YUKON ROASTED CARROTS WITH MAPLE AND GARLIC

<https://whatsupyukon.com/>

Glazed carrots are a holiday classic; this version is jazzed up a little bit with a maple garlic glaze. These are also delicious at room temperature, so the leftovers are a great addition to a fancy salad or a healthy sandwich.



METHOD

1. Set oven at 400°F. Toss carrots with olive oil and season to taste with salt and pepper. Place in a lined baking sheet and roast for 20 minutes. While the carrots are roasting, combine maple syrup and garlic in a small pot and place over low heat for 10 minutes.
2. After the carrots have been in the oven for 20 minutes, remove and pour the maple mixture over the carrots. Place back in the oven for 10 minutes. Remove from the oven and adjust seasoning if necessary.

INGREDIENTS

4 large carrots, peeled and sliced lengthwise into quarters
2 tbsp. olive oil
Salt and pepper, to taste
¼ cup maple syrup
2 cloves garlic, finely chopped

Marinara



Heat a small saucepan over medium-high heat. Add cooking oil and then garlic and shallots to heated oil. Sauté for ~2 minutes and then add crushed tomatoes with brown sugar, salt, and black pepper. Simmer for ~10 minutes. Season to taste with more salt and pepper.

INGREDIENTS

MAKES 2 CUPS

2 tsp cooking oil
2 cloves garlic (minced)
1 bulb shallot
1 14 – 16 oz can crushed tomatoes
1/2 tbsp brown sugar
1/2 tsp salt
1/4 tsp black pepper



USE

Pastas & grains, soups, proteins & veggies, omelets & frittatas



SMARTS

Add cumin, chili powder, and blend to make enchilada sauce



CUISINE

Italian



TASTE

Sweet, tangy, zesty

COOKSMARTS



Eggplant Pepper Pesto



1 Core peppers & pierce eggplant all over. Brush with oil. Broil over direct heat, 6 min/side. Once red pepper is charred and eggplant is softened, place in bowl and cover with a plate for ~5 min. Scrape flesh out of eggplant and skin off of pepper.

2 Place flesh of eggplant, peppers, garlic, walnuts, salt, pepper and parsley into a food processor. Pulse until is everything is well blended. Finish with lemon juice and season to taste. (Both steps can be done up to 5 days ahead).

INGREDIENTS

MAKES 1 1/2 CUPS

2 **medium** red peppers

2 **each** Chinese eggplants

2 **cloves** garlic (peeled)

1/4 **cup** walnuts

3/4 **tsp** salt

1/4 **tsp** black pepper

4 **sprigs** parsley

1 **each** lemon (juiced)



USE

Sandwiches (like grilled cheese!) & burgers, proteins & veggies, omelets & frittatas, pastas & grains, pizzas



SMARTS

Switch up the nuts and herbs for different flavors



CUISINE

Mediterranean



TASTE

Smoky, sweet, nutty

COOKSMARTS

<https://www.cooksmarts.com/>



Chimichurri



Pulse parsley, cilantro, shallots, garlic, red wine vinegar, and capers in a food processor while drizzling in oil. You want to add enough until the sauce, well, turns into a sauce! Season to taste with salt and pepper.

INGREDIENTS

MAKES 1 CUP

1/2 **bunch** parsley

1 /4 **bunch** cilantro

1/2 **bulb** shallot

1 **clove** garlic (peeled)

2 **tbsp** red wine vinegar

1/2 **tbsp** capers

1/3 – 1/2 **cup** cooking oil



USE

Tacos, sandwiches, burgers, soups, omelets & frittatas, proteins & veggies, especially grilled



SMARTS

Hand chop and add fresh tomatoes for a chunky salsa



CUISINE

South American, Mexican



TASTE

Fresh, pungent, tangy

COOKSMARTS

Nuoc Nam



Combine sugar and water and boil (or heat in a microwave for 1 ½ to 2 minutes, until water is bubbling). Mix with remainder of sauce ingredients and season to taste with hot sauce. Adjust taste as needed - use fish sauce for more savory, more lime juice for tartness, more sugar for sweetness. (Can be done up to 5 days ahead).

INGREDIENTS MAKES 1 1/2 CUPS

- 1 cup water
- 1/4 cup sugar
- 4 cloves garlic (minced)
- 1/4 cup fish sauce
- 1/4 cup lime juice
- To taste hot sauce (optional)



USE

Salad dressing, marinade for meats and veggies, dip for summer rolls, stir-fries & fried rice



SMARTS

For a vegetarian version of this sauce, use soy sauce instead of fish sauce.



CUISINE

Asian



TASTE

Savory, salty, strong

COOKSMARTS

Nuoc Mam, is a Vietnamese dipping **sauce** made of fish **sauce**! A balance of sweet, sour and salty flavors

Adobo-Honey



In a blender, combine white parts of green onions, garlic clove, red wine vinegar, honey, adobo sauce, salt, and Greek yogurt. Puree until well-blended. Season to taste with any of the ingredients. (Can be done up to 5 days ahead).

INGREDIENTS MAKES 3/4 CUP

- 2 stalks green onions (white parts only)
- 1 clove garlic (peeled)
- 3 tbsp red wine vinegar
- 2 tbsp honey
- 1 tsp adobo sauce
- 1 tsp salt
- 1/2 cup Greek yogurt



USE

Salad dressing, drizzle over meats & veggies



SMARTS

Substitute mild-flavored oil for yogurt for a dairy-free version



CUISINE

Latin
South American



TASTE

Sweet, spicy, tangy, creamy, rich

COOKSMARTS



FAST and EASY Condiments

<https://www.foodnetwork.com/>

Dress up burgers, hot dogs and more with fun and fast toppings

Spicy Peanut Ketchup

Mix 3/4 cup ketchup, 1/3 cup peanut butter, the juice of 1 lime, 1 tablespoon harissa or other chile paste and 1/4 teaspoon each coriander, smoked paprika, cinnamon and cayenne.

Bloody Mary Ketchup

Mix 3/4 cup ketchup, 1/4 cup horseradish, 2 teaspoons hot sauce, 1 teaspoon celery salt and 1/2 teaspoon Worcestershire sauce.

Sun-Dried Tomato Ketchup

Puree 1/2 cup sun-dried tomatoes with 1 tablespoon of the oil from the jar, 2 tablespoons cider vinegar, 1 tablespoon brown sugar, 1/4 teaspoon each cayenne and ground ginger and 1/4 cup water until smooth.

Scallion-Bacon Ketchup

Cook 4 slices diced bacon until crisp; drain on paper towels, reserving the drippings. Mix 3/4 cup ketchup, 1/4 cup chopped scallions, the bacon and 1 tablespoon each bacon drippings and Worcestershire sauce.

Roasted Garlic Mustard

Wrap 8 cloves garlic in foil; roast 30 minutes at 400 degrees F. Squeeze the garlic out of its skin and puree with 1/2 cup Dijon mustard, 1/3 cup maple syrup, and salt and pepper.

Jerk Ketchup

Mix 3/4 cup ketchup, 2 tablespoons jerk seasoning, 1 tablespoon pineapple or peach preserves and 1 tablespoon lime juice.

Dill Mustard

Mix 1/2 cup yellow mustard, 1/4 cup each finely chopped dill pickles and white onions, and 1 tablespoon chopped fresh dill.

Stout Mustard

Mix 2 tablespoons stout beer, 1/4 cup each whole-grain and Dijon mustard, 1/2 minced small shallot and 2 teaspoons brown sugar.

Apple-Fennel Mustard

Mix 1/2 cup Dijon mustard, 1 grated peeled apple, 1 minced shallot, 2 tablespoons brown sugar and 2 teaspoons crushed fennel seeds.

Peach-Thyme Mustard

Mix 1/2 cup peach preserves, 1 tablespoon each whole-grain and Dijon mustard, 1 teaspoon lemon juice, 1/2 teaspoon fresh thyme and a pinch of salt.

Pico de Gallo

Mix 3 chopped tomatoes, 1 diced seeded jalapeno, 1 diced red onion, 2 tablespoons chopped cilantro, 1/4 teaspoon ground cumin, and salt to taste.

Pineapple Salsa

Make Pico de Gallo (above) and add 1 cup diced pineapple, 2 extra tablespoons chopped cilantro, 1/4 teaspoon ground allspice and a pinch of sugar.

Roasted Tomato Salsa

Broil 5 plum tomatoes and 1 sliced red onion, about 6 minutes. Pulse in a food processor with 1 chipotle in adobo plus 1 teaspoon sauce from the can, 2 tablespoons cilantro and 1 teaspoon cider vinegar.

Honey Mustard

Mix 1/4 cup each Dijon mustard and honey, 1 tablespoon rice vinegar, and salt to taste.

Cucumber Salsa

Make Pico de Gallo (No. 13) and add 1 cup diced seeded cucumber, the juice of 1 lime and 2 tablespoons chopped mint.

Reuben Sauce

Cook 1 chopped onion, 1/2 cup chopped sauerkraut and 1 teaspoon caraway seeds in a saucepan with olive oil until browned, about 8 minutes. Stir in 2 tablespoons each mayonnaise and ketchup, 2 teaspoons sweet pickle relish, a dash of Worcestershire sauce and 1/2 cup grated Swiss cheese.

Hoisin BBQ Sauce

Cook 2 minced garlic cloves in a saucepan with olive oil, 1 minute. Stir in 1/2 cup hoisin sauce, 2 tablespoons each rice vinegar and dry sherry, 1 tablespoon each soy sauce and ketchup and 1/3 cup water. Simmer until thick, stirring 20 minutes. Let cool, then add 1/2 teaspoon sesame oil and 1 chopped scallion.

Root Beer BBQ Sauce

Combine a 12-ounce can of root beer, 1/2 cup ketchup, 1/4 cup each lemon juice and orange juice, 2 tablespoons each barbecue sauce, brown sugar and Worcestershire sauce, 1 tablespoon molasses and 1/2 teaspoon ground ginger in a saucepan. Simmer until thick, stirring 45 minutes.

Cajun BBQ Sauce

Combine 1 cup barbecue sauce, 1/4 cup bourbon and 2 teaspoons Cajun seasoning in a saucepan. Simmer until slightly thick, stirring occasionally, 20 minutes.

Spicy Beer BBQ Sauce

Combine a 12-ounce bottle of beer, 1 cup barbecue sauce, 1 seeded habanero chile, 1/4 cup chopped pickled jalapenos, 1 teaspoon chipotle chile powder and 1 clove garlic in a saucepan. Simmer until thick, stirring, 30 minutes. Remove the garlic and chile.

Herb-Ginger Chutney

Puree 1/2 cup each fresh basil, mint and cilantro, 1 tablespoon chopped peeled ginger, 1 seeded jalapeno, 2 tablespoons each chopped onion, lime juice and water, 1 teaspoon each ground coriander, sugar and salt, and 1/4 cup vegetable oil until smooth.

Summer Fruit Relish

Mix 1 cup each diced nectarines and papaya, 1/4 cup diced red onion, 1 1/2 tablespoons each lime juice and chopped cilantro and 1 teaspoon minced serrano chile. Season with salt.

Tangy Steak Sauce

Mix 2 teaspoons lemon zest, 1/4 cup molasses and 1/8 teaspoon cayenne with 1 cup steak sauce.

Red Onion Marmalade

Cook 2 thinly sliced large red onions in a skillet with 1/4 cup olive oil over low heat, covered, until golden, 30 minutes. Stir in 3 tablespoons cider vinegar, 2 tablespoons brown sugar and 1 teaspoon grated peeled ginger; season with salt. Cook until thick, about 20 more minutes.

Muffuletta Relish

Pulse 1/2 cup each pimiento-stuffed olives and pitted Kalamata olives in a food processor with 1/2 cup pickled vegetables (giardiniera), 2 tablespoons each capers, minced onion and olive oil, 1 tablespoon lemon juice and a pinch of dried oregano.

Corn-Tomato Relish

Mix 2 chopped green tomatoes, 1/2 cup each cooked corn, chopped onion and seeded chopped cucumber, and 2 tablespoons each chopped parsley, yellow mustard and cider vinegar.

Olive Relish

Cook 2 chopped onions in a skillet with 2 tablespoons olive oil and 1/2 teaspoon salt over low heat, covered, 10 minutes. Uncover and cook until golden, 30 more minutes. Add 1 minced garlic clove, 1 tablespoon tomato paste, 1/2 cup pitted kalamata olives and 1/4 cup white wine; cook 10 more minutes.

Bacon-Onion Relish

Cook 3 slices diced bacon until crisp; remove and reserve. Add 2 sliced onions to the pan. Season with salt and pepper and cook over low heat, covered, 10 minutes. Uncover and cook until golden, 30 more minutes. Stir in 2 tablespoons chopped parsley and the bacon.

Bacon-Swiss Relish

Make Bacon-Onion Relish (No. 30). Stir in 1/4 cup each mayonnaise and grated Swiss cheese.

Old Bay Mayo

Mix 3/4 cup mayonnaise, the zest and juice of 1 lemon, 1 teaspoon Old Bay Seasoning, 1 minced scallion and a few drops of hot sauce. Look at the end of this section for making Old Bay Seasoning

Buffalo Relish

Mix 1 cup each crumbled blue cheese and diced celery, 1/4 cup diced red onion, 2 tablespoons each chopped celery leaves and mayonnaise, and 2 teaspoons hot sauce.

Peppercorn-Shallot Mayo

Mix 3/4 cup mayonnaise, 1 chopped shallot, 1 tablespoon each cracked mixed peppercorns and chopped tarragon, the juice of 1/2 lemon, and salt to taste.

Walnut-Pepper Mayo

Mix 1 cup mayonnaise, 1/2 cup chopped toasted walnuts, 1/4 cup chopped roasted red pepper, 2 tablespoons chopped parsley and 2 teaspoons lemon juice. Season with salt and pepper.

Ancho Mayo

Toast 2 seeded dried ancho chiles in a skillet, 1 minute; soak in 1/2 cup hot water until soft, 20 minutes. Puree the chiles and liquid with 2 tablespoons toasted almonds, the juice of 1 orange, 1 tablespoon honey and 3 tablespoons mayonnaise until smooth.

Olive-Anchovy Mayo

Mix 3/4 cup mayonnaise, 1/2 cup chopped pitted Kalamata olives, 4 chopped anchovies, 1 tablespoon chopped parsley and 2 teaspoons Dijon mustard.

Ginger-Miso Mayo

Mix 2 tablespoons white miso, 3/4 cup mayonnaise, 1 tablespoon grated peeled ginger and 2 teaspoons honey.

Thai Curry Mayo

Mix 1/2 cup mayonnaise, 1 tablespoon ketchup, 2 teaspoons red curry paste, 1/2 teaspoon fish sauce and the juice of 1 lime. Season with salt.

Avocado-Chile Spread

Puree 1 avocado, 1/2 cup sour cream or crema, 1/4 cup canned chopped green chiles, the juice of 1 lime and 1/2 clove garlic until smooth. Season with salt.

Chile-Cheese Mayo

Mix 1/4 cup each mayonnaise, grated cheddar, canned chopped green chiles and chopped scallions.

Sriracha Mayo

Stir together 1/2 cup mayonnaise and 1/4 cup each Sriracha and sweet pickle relish.

Jalapeno Tartar Sauce

Mix 1 cup each mayonnaise and chopped pickled jalapenos, 1 chopped scallion, 1 tablespoon each lime juice and chopped cilantro and 1/2 teaspoon Worcestershire sauce.

Pickle Sauce

Mix 1/2 cup mayonnaise, 2 tablespoons each chopped dill and minced onion, 2 tablespoons chopped sweet pickles or relish, 1 tablespoon ketchup and 1 teaspoon each apple cider vinegar and sugar.

Wasabi Ranch Sauce

Mix 3/4 cup ranch dressing, 1/2 cup grated cucumber, the juice of 1/2 lemon and 1 tablespoon wasabi paste. Season with salt.

Spicy Duck Sauce

Mix 1/2 cup duck sauce, 3 tablespoons horseradish, 1 tablespoon apricot preserves, 2 teaspoons rice vinegar, 1/2 teaspoon sesame oil, and salt to taste.

Kimchi Salsa

Mix 1 1/2 cups diced tomatoes, 3/4 cup chopped kimchi, 1/3 cup chopped cilantro and the juice of 1 lemon. Season with salt.

Saffron-Pepper

Sauce Cook a pinch each of saffron and red pepper flakes in a skillet with 2 tablespoons olive oil over medium heat, 1 minute. Add 1/3 cup piquillo peppers and cook 3 minutes. Puree with 1 tablespoon lemon juice. Season with salt.

Carrot-Chile Slaw

Mix 1/2 pound grated carrots, 1/4 cup each sweet Thai chile sauce, lime juice and chopped cilantro, 2 teaspoons fish sauce and 2 chopped scallions.

Chipotle Sauce

Puree 2 chipotles in adobo sauce with 1/2 cup sour cream or crema and 1/2 clove garlic. Season with salt.

Old Bay Seasoning 2 tablespoons bay leaf powder, 2 tablespoons celery salt (or 1 tbs. ground celery seed and 1 tbsp. salt), 1 tablespoon dry mustard, 2 teaspoons ground black pepper, 2 teaspoons ground ginger, 2 teaspoons sweet paprika (smoked paprika is even better if you can find it), 1 teaspoon white pepper, 1 teaspoon ground nutmeg, 1 teaspoon ground cloves, 1 teaspoon ground allspice, 1/2 teaspoon crushed red pepper flakes, 1/2 teaspoon ground mace, 1/2 teaspoon ground cardamom, 1/4 teaspoon ground cinnamon. Combine all ingredients in an airtight jar, mix thoroughly



Q: What is black; white; green and bumpy?

A: A pickle wearing a tuxedo.

Produced and compiled from various sources of public domain from the Internet to illustrate the vast styles of food types from all the countries of USMCA and their States, Provinces, and Territories

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Printed in Canada

Available in pdf format