



Curried Drumsticks with Cauliflower and Sweet Potatoes

2 tablespoons vegetable oil
8 chicken legs
1 teaspoon kosher salt
1 cup medium diced onion
3 cloves sliced garlic
2 raw sweet potatoes peeled and cut into 1 inch diced cubes
1 tablespoon turmeric
2 tablespoons curry powder
1 cup golden raisins
1 cup dry white wine
Juice of 1 lemon about 3 tablespoons
2 cups chicken broth (we like Kitchen Basics brand)
4 tablespoons honey
1 head of cauliflower cut into 1 inch pieces
2 tablespoons corn starch mixed with 2 tablespoons of cold water
3 tablespoons chopped cilantro

Pre-heat the oven to 325 degrees. Heat the oil in a large Dutch oven on medium high heat. Season the chicken legs with salt then sear to brown on each side. Remove the chicken legs from the pan and set aside. Add the onion to the pan and turn the heat down to medium. Cook for 2 minutes then add the garlic. Incorporate the sweet potatoes, turmeric, curry powder, and raisins and cook for 1 minute. Deglaze with white wine and reduce the liquid by half. Add the lemon juice, chicken broth, honey, and cut cauliflower then return to a simmer. Cover and place in the preheated oven. Braise for about 1 hour and 25 minutes or until the meat is so tender it could fall off the bone. Take the pan out of oven and place it back on the stove over medium heat. Slowly stir in the cornstarch slurry mixture to thicken. Mix in the chopped cilantro. Serve over steamed rice.

Makes 6-8 portions.



Black Bean Chili with Butternut Squash

1 tablespoon oil
4 cups chopped onion
2 ½ pound butternut squash (peeled seeded and chopped into ¾ inch cubes)
2 tablespoon chili powder
1 tablespoon cumin
1 tablespoon granulated onion
1 tablespoon granulated garlic
2-28 ounce cans chopped tomato
1-12 ounce beer
2 cups low sodium vegetable stock (we used Kitchen Basics brand)
2-1pound 3ounce cans black beans (drained and rinsed well)
½ cup chopped cilantro
2 teaspoon kosher salt
Sour cream and chopped red onion for additional garnish

Heat the oil in a medium to large pot over high heat and stir in the chopped onion. Sauté for three minutes. Add the cubed butternut squash and cook for an additional two minutes. Toss in the chili powder, cumin, granulated onion, and garlic then stir well. Incorporate the two cans of chopped tomatoes, bring back to a simmer, and cook for three minutes. Pour in the beer, return to a simmer, and continuing cooking for five minutes. Then add the low sodium chicken broth and cook until the squash is soft for approximately 15-20 minutes. Stir in the drained and rinsed black beans and continue to simmer for two minutes. Add the chopped cilantro and season with salt. Serve with a dollop of sour cream and chopped red onion

Makes approximately 4 quarts.



No matter how many times I make this braised pork it never lets me down. It is the perfect combination of sweet and salty. It is amazing that an inexpensive cut of pork can be elevated to such greatness with some soy, a little brown sugar and chicken broth. Slow cooking melds the flavors and the crock pot is the perfect tool for this method. Make sure you use a chicken broth with low sodium. Ours contained 580 mg. Be sure to use a regular soy sauce instead of a light one for the best flavor and keep on cooking the pork until it just about falls apart. The cooking time can range depending on your crock pot or the pork shoulder itself. So check it at the 5 hour point and don't be surprised if it takes 7 and half hours. Try this easy recipe to see what that crock pot can really do.

Soy Braised Pork and Carrots

1 – 4 pound piece of bone-in fresh pork shoulder – sometimes called a picnic cut
2 cups low sodium chicken broth
½ cup soy sauce
½ cup light brown sugar – packed
1/8 teaspoon black pepper
1 ½ pounds carrots cut into 1 inch pieces
5 tablespoons soy sauce mixed with 5 tablespoons cold water to make a slurry

Place the pork in the pot with the fat side down. Pour in the chicken broth, soy sauce, sugar and black pepper. Turn the pot to high and cook for 1 hour. Then turn the pork over and cook on low for 4-5 hours or until the meat is fork tender. Carefully flip the pork over again and add the carrots. Turn the pot to high then continue cooking for 1 hour or until the carrots are soft. Then remove the pork carefully (we use tongs and a spatula) to a cutting board and let cool slightly. Skim the fat from the top of the crock pot. Stir the corn starch slurry into the braising liquid to thicken. Cut the pork into serving portions then return to the pot. Serve this dish out of the crock pot with steamed rice on the side. Makes 6 portions.