Seattle Times Pantry Kitchen Challenge: CHAMPIONS ROUND RECIPES

<u>Alea Abrams – Shrimp and popcorn grits with spicy peach sauce</u>

INGREDIENTS
Popped popcorn (mix of plain and cheese flavored)
Butter
Sharp cheddar
Shallot
Garlic
Paprika
Chili powder
Cinnamon
Cayenne pepper
Peach
Zucchini
Green pepper
Roma tomato
Shrimp
Green onion

RECIPE

Popcorn Grits

About 6 cups of popped popcorn (I used 4 snack bags of skinny pop and a couple of handfuls of cheesy popcorn)
2 tbs butter
¼ cup sharp cheddar
Salt and pepper

Bring water to boil. Add the butter to the water. Add popcorn in batches (all the popcorn needs to be submerged) and cook, stirring, for 1 minute. Drain over a bowl so you save the liquid.

Put the liquid back in the pot. Add the next batch of popcorn. Repeat until all of the popcorn is cooked. The liquid should get thicker each time.

Press the popcorn through the sieve into a bowl. At the end you should just have the hard parts of the kernel, which you can toss.

Add the cheese and salt and pepper to the popcorn grits. If they are looking a bit thick (like mine did) add some of the cooking liquid to thin the consistency.

Spicy Peach Sauce
Olive oil
1 shallot, diced
1 garlic clove, crushed
3 tsp paprika
1 tsp cinnamon
½ tsp chili powder
¼ tsp cayenne pepper
1 peach, pitted
Water

Heat the oil in a skillet over medium. Add the shallot and cook until softened. Add the garlic and cook for a few minutes.

Add the spices (paprika, cinnamon, chili powder, and cayenne) and toast with the shallot/garlic for a few minutes.

Put all of the cooked ingredients into a blender with the peach and a little water (about ¼ cup). Blend until smooth. Season with salt and pepper.

Shrimp and Veggies
1 zucchini, chopped into small cubes
½ green bell pepper, chopped
1 Roma tomato, chopped
14 shrimp

Add more oil to the skillet you used to make the sauce (there should still be some spices and seasoning in the pan and heat to medium. Add the zucchini and pepper and cook until softened (about 5 minutes). Add the tomato and cook for another 2 minutes.

Add the shrimp and cook until they are just pink.

Plating
Put a scoop of the cheesy popcorn grits on the plate. Place half of the shrimp and veggie mixture over the grits. Top with the peach sauce and finely sliced green onion. Add some flaky sea salt and freshly ground pepper, if you have it. Bon Appetit!

Darci Rogojin — popcorn sugar cookie ice cream sandwiches

Popcorn Sugar Cookie Ice Cream Sandwiches
(with Peach-Zucchini Bread Ice Cream and Cinnamon Peanuts)

"Popcorn is the king of this recipe and it's an ingredient to the cookies as well as the ice cream. A few steps are involved but in the end, you have a PKC Champions-worthy ice cream sandwich!"

Makes 9 ice cream sandwiches

Make ahead tips:

- Main ingredient: 6 c. popped popcorn, divided (about ¼ c kernels)
  - I used Fireworks Savanna Gold Popcorn for this recipe
  - Pop ahead and set aside as this will be used in making the cookies and ice cream
- Popcorn sugar cookie dough needs to chill for at least 3 hours
- The ice cream base needs to chill for at least 2 hours or overnight

Making the Popcorn Sugar Cookies

¾ c. powdered sugar
1 stick unsalted butter, softened
½ t vanilla
¼ t almond extract
1 egg
¾ c. flour
1 c. popped popcorn
½ t baking soda
½ t cream of tartar
Sparkling sugar for decoration

1. Pulverize 1 cup of popcorn in a blender until it is a fine powder, then sift. Set aside.
2. With a mixer, beat together powdered sugar, butter, vanilla, almond extract and egg until incorporated. Stir in flour, popcorn flour, baking soda and cream of tartar. Cover and refrigerate for at least 3 hours.
3. Heat oven to 375. Roll dough ¼ inch thick on floured surface. Using a biscuit or cookie cutter, cut into 2.5-inch circles (or your preferred size). Sprinkle with sparkling sugar and place on a cookie sheet lined with parchment paper.
4. Bake for 7-8 minutes or until edges are light brown. Cool on a wire rack.

Making the Zucchini Bread Crumbles

1 ½ c. flour
1 t ground cinnamon
½ t baking soda
¼ t baking powder
¼ t kosher salt
¼ t ground nutmeg
1 c. sugar
1 c. finely shredded, unpeeled zucchini (about a medium zucchini)
¼ c. canola oil
1 egg

1. Preheat oven to 350 degrees. Grease bottom and sides of an 8x4x2-inch loaf pan and set aside.
2. In medium mixing bowl combine the flour, cinnamon, baking soda, baking powder, salt, and nutmeg. Set aside.
3. In another medium mixing bowl, combine sugar, zucchini, oil, and egg. Mix well. Add dry mixture to wet and stir just until moistened.
4. Spoon batter into loaf pan and bake at 350 for 55-60 minutes or until toothpick comes out clean. Cool in pan for 10 minutes, remove from pan and cool completely on a wire rack.
5. Cut slices and crumble into small, bitesize pieces until you get 2 cups. Store in a container until ready to mix with ice cream.

Making the Peach-Zucchini Bread Ice Cream

1 c. whole milk
1 c. sugar
Pinch of Kosher salt
*3 c. Popcorn Cream *(see recipe below)*
1 T vanilla extract
2 c. Zucchini Bread Crumbles
1 c. fresh peaches, peeled and small diced (about 2 medium peaches)

1. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the Popcorn Cream and vanilla. Cover and refrigerate at least 2 hours or overnight.
2. Using your ice cream machine and per the directions, begin the churning process. When the ice cream is almost fully churned, add the Zucchini Bread Crumbles and peaches and let the machine mix until combined. The ice cream should have a soft, creamy texture.
3. Put into a freezer-safe container and store in the freezer until ready to assemble ice cream sandwiches.

**Popcorn Cream:*
3 cups cream
5 cups popcorn, popped

1. *Put the cream and popcorn into a medium size bowl and stir together. Let the mixture steep for 15 minutes, then pour into a blender and blend for 30 seconds.*
2. *Strain the popcorn cream through a fine-mesh sieve into a medium bowl, working about 1/3 of the mixture at a time. Dump out the residuals in-between and then store in the fridge until ready to use.*

Making the Cinnamon Peanuts

1 egg white
¼ c. sugar
2 T brown sugar, packed
1 t cinnamon
3 c. peanuts, chopped (can be any type; unsalted, roasted, raw)

1. Preheat oven to 300 degrees F. Line a baking sheet with parchment paper and spray with cooking spray; set aside.
2. In a small bowl, whisk together egg white and 1 tablespoon water until frothy, about 2 minutes; set aside.
3. In another small bowl, combine sugars and cinnamon; set aside.
4. In medium bowl, combine peanuts and egg white mixture until well combined. Stir in brown sugar mixture until evenly coated.
5. Spread mixture onto prepared baking sheet in an even layer. Place into oven and bake for 25-30 minutes, stirring halfway through.
6. Cool completely and set aside for when you're ready to assemble the ice cream sandwiches.

Assembling the Popcorn Sugar Cookie Ice Cream Sandwiches

1. Pour the Cinnamon Peanuts onto a large plate or rimmed baking sheet.
2. Scoop about ½ c of ice cream onto one of the sugar cookies. Top with a second sugar cookie and gently press together.
3. Roll the ice cream sandwich into the chopped peanuts so that you coat all sides of the ice cream.
4. Eat immediately or store in the freezer.

Carrol Harris: Salmon Crepes

Salmon Crepes

Crepes:

2 cups popped and salted popcorn
1 Egg
½ cup flour
2 tsp vegetable oil
Milk
Peels from 2 zucchinis, chopped and boiled
Vegetable oil

Boil the popcorn in a cup of water, adding more as needed, until very soft.
Push through a sieve, adding water to make ½ cup of liquid.
Mix with egg, flour and oil, adding milk as needed to make runny batter.
Beat 1/3 of batter with zucchini peels until green batter results.
Heat oil in 7" pan, swirl in some green batter, cover with corn batter, and tilt to make crepe.
Cook lightly on both sides and stack between sheets of waxed paper to cool.

Filling:

¾ # salmon fillet
¼ tsp chili powder
½ tsp cinnamon
Vegetable oil
2 green onions, chopped
½ c peeled zucchini, chopped
1 fresh peach, diced

Coat salmon fillet with chili powder and cinnamon and cook in very hot oil, about 3-4 minutes a side; cool, remove skin and cut up.
Sauté green onion and zucchini, and then add salmon and peach dice.
Fill crepes with filling and roll. Keep warm.

Topping: (make ahead)

½ c popped and salted popcorn
1/8 tsp chili powder
¼ tsp cinnamon
1 tsp olive oil

Crush popcorn with rolling pin.
Mix with olive oil, chili powder and cinnamon.
Spread on parchment lined baking sheet and bake at 400 degrees until about half pieces are blackened. Cool and sprinkle on crepes when served.

Sauce: (make ahead)

1 container plain Greek yogurt

½ cup grated peeled zucchini
½ tsp coriander
Salt & pepper to taste

Mix all ingredients and serve with salmon crepes.

<u>Lyra Young: Stuffed Peaches</u>

Recipe

Carael Corn Recipe:

Make this part first, so then it can cool while you prepare the peaches and filling.

Ingredients:
5 cups popped corn (preferable of high quality with few kernels leftover) Salt
1⁄2 cup butter (unsalted sweet cream)
1⁄2 cup light brown sugar
1 teaspoon vanilla
1⁄4 teaspoon baking soda

Directions:

1. Make popcorn, and salt it.
2. Take popcorn and chop into smaller pieces (ex: imagine chopped walnuts), then put in a large bowl. Set aside.
3. Melt butter in a medium pot over medium heat.
4. Add brown sugar, and stir until incorporated.
5. Stirring continuously, bring the butter sugar mixture up to a boil on medium heat.
6. When it reaches a boil, allow it to cook undisturbed for 4 minutes.
7. Add the vanilla at the 4 minute mark, stir to combine, then let boil for another minute.
8. Add baking soda and combine.
9. Drizzle caramel mixture over popped corn. Use a soon to fold the popcorn with the mixture until all the small kernels are covered.
10. Pour out popcorn onto a baking sheet covered in parchment paper to cool.

Peach Preparation Instructions:

Ingredients:
4 yellow-flesh peaches Cinnamon

Directions:

1. Take 4 yellow-fleshed peaches (ripe, but not overly soft), wash and dry.
2. Slice 1⁄4 inch off the top of the peaches.
3. Hollow out peaches, leaving a 1⁄4 inch of flesh. Use a sharp paring knife to cut around the pit, then use a smaller spoon to scoop out the rest of the flesh.
4. The peach should now look like a small cup.
5. Place peaches in a muffin tin, lining the whole area with parchment paper. (Cover tray with a sheet, and just set peaches in cups on top of the paper. It will work this way to hold the juices).
6. Sprinkle a light coating of cinnamon over the inside of the peaches.

Peach Filling Recipe:

*NOTE: you will have extra zucchini bread filling. I recommend saving this and making yourself some muffins.

Ingredients:
1-1⁄2 lbs Zucchini, shredded
1-1.4 cups packed brown sugar
1⁄4 cup vegetable oil (I used canola) 2 large eggs
1 teaspoon vanilla extract
1-1⁄2 cups all purpose flour
1⁄2 cup whole-wheat flour
1 tablespoon ground cinnamon 1-1⁄2 teaspoons salt
1 teaspoon baking soda
1 teaspoon baking powder
1⁄2 teaspoon ground nutmeg Caramel Corn (recipe below)

Directions:

1. Set oven temp to 410 degrees fahrenheit.
2. Place shredded zucchini in the center of a dish towel. Gather ends together and twist

   tightly to drain as much liquid as you can, discarding liquid (should have 1/ to 2⁄3 cups of

   this liquid). Whisk brown sugar, oil, eggs, and vanilla together in a bowl.

3. Whisk all purpose flour, whole-wheat flour, cinnamon, salt, baking powder, baking soda,

and nutmeg together in a large bowl. Foil in zucchini mixture until just incorporated.

4. Portion out about 2 cups of batter into a small bowl or liquid measuring cup.

Final instructions on how to combine all elements:

1. Take 2 cups of zucchini batter, and add 3⁄4 cup of the caramel corn made earlier. Stir until just combined.
2. Take the tray of peaches and add a thin layer of caramel corn at the bottom of each peach. Then fill with batter to about the 3⁄4 mark, there should be a bit of room at the top of the peach.
3. Take filled peaches and sprinkle the top with caramel corn, making sure each top is covered with the corn.
4. Place peaches in the oven, cook for 40-45 or until the inner temperature of the batter reaches 195 degrees.
5. Remove from the oven and let cool for 20-30 minutes.
6. Garnish with whipped cream, and serve. (Optional: create peach "leaves" from the skin of the zucchini, stab with toothpicks, and place on the peaches to create a fun garnish).

<u>Steve Venard and Cathy Martin: Peach Gazpacho with Parmesan Pickle Popcorn Croutons</u>

The State Fairs are all canceled, but nevertheless, these ingredients took us on a wild ride. We were a bit dizzy thinking of where to go first. Should we taste the Zucchini Elephant Ear with Peach Syrup? Try our hand in the Expo Tent where we could grind the popcorn and make Porky Peach Tacos with Zucchini Salsa? Or do we veer towards the multicultural booth, testing out the Zucchini Dosa with Peach Chutney, before riding the roller coaster? Not wanting to lose our lunch, we instead wandered to the Future Farmers of America Exhibit and went with the summer's explosion of fresh ripe vegetables and fruit.

Gazpacho can go in many directions. If you have more of one ingredient, add it. If you like it spicy, don't remove the seeds from the jalapeño (or add another!) If you don't have peaches, use more tomatoes. Note: If you use more tomatoes, you might want to blend in a slice of bread to soak up the juice. If you need to extend it for surprise guests, add V8 or tomato juice. We'd never made it with peaches before and it turned out luscious. The cinnamon added a "Wow! What is it that flavor I'm tasting? It is delicious!" Our neighbors taste tested and gave it many thumbs up.

And you know how there are always weird foodstuffs at State Fairs? We found a bag of Pickle Popcorn, not at the fair, but at Trader Joe's, and knew it would become the Ecuadorian crouton equivalent – popcorn on soup. Peach Gazpacho with Parmesan Pickle Popcorn will be on our regular summer recipe rotation!

Gazpacho

3 ripe peaches

1 medium zucchini

1 vine ripe tomato

3 mini sweet peppers (any combo of red, yellow, orange)

1 medium cucumber

½ small red onion

1 jalapeño

2 cloves garlic

1 lime, juiced

2 Tbsp olive oil

3 Tbsp balsamic vinegar (we used dark, but white would be good too)

1/4 tsp cinnamon

2 tsp salt, divided

1 Tbsp chopped basil (for garnish)

¼ cup olive oil (for garnish)

cherry tomatoes (for garnish)

Pepper to taste

Put large pot of water on to boil. Slice X's through the bottom skin of the tomato and peaches. When water boils, dip tomato and peaches in for 30 seconds and set in bowl of ice water. Peel tomato and peaches. Remove stems and any hard center bits from the tomato.

Rough chop garlic and divide in half, placing half in blender, and set half aside. Peel skin off of one half of zucchini and rough chop the peel and add to blender. Add chopped basil, ¼ cup olive oil, and 1 tsp salt to blender. Process until smooth. Remove puree and place in zip lock bag (will be used to garnish the gazpacho). No need to wash blender.

Pit and dice 2 peaches and set in large bowl. Dice remaining zucchini, discarding any large seeds, and place in bowl with peaches. Peel cucumber (if thick skin) and dice, discarding any large seeds, add to bowl. Finely dice onion and add to bowl. Remove stem, seeds, and veins from jalapeño, finely dice, adding half the jalapeño to bowl and half to blender. Gently stir contents of bowl.

Rough chop tomato and remaining peach (removing pit) and set in blender with the jalapeño, add garlic, lime juice, 2 Tbsp olive oil, balsamic vinegar, cinnamon, and 1 tsp salt. Blend until smooth. Add ½ of the contents of bowl to blender and puree until smooth. Pour pureed liquid over remaining diced produce and stir. Adjust salt and add pepper to taste.

Parmesan Pickle Popcorn Croutons

2 cups Pickle Popcorn (we used Trader Joe's)

2 tsp melted butter

2 oz finely grated parmesan (we used a microplane)

Toss popcorn with melted butter and parmesan. Set on parchment paper in clumps. Toast in oven at 45O^{o} for 5 min, stir, return to oven until parmesan is crisp, about 5 more minutes.

To serve gazpacho, divide soup into 4 bowls. Chop and sprinkle cherry tomatoes over soup. Cut small corner off bag containing zucchini basil oil and drizzle over the soup. Top with Parmesan Pickle Popcorn Croutons. Enjoy!

<u>Sarah Holt: Happy Hour Cracker Jack</u>

<u>Hour Hour Cracker Jack</u>

Ingredients
3 medium zucchini
red food coloring (optional)
1/2 lemon
4 cups peach juice (the thick kind that looks like puree. I bought mine at TJ's)
1 cup chopped peaches (no skin, chopped fine)
1 c sugar
2 T Cinnamon

2 t salt
1 t cayenne pepper
1/2 c butter
3 T coconut oil
1/2 c popcorn
1/2 c non-sweet shredded coconut
1 cup unsalted peanuts

Zucchini Fruits
1. peel and dice zucchini into 1 inch pieces. Simmer in a cup of peach juice and juice from lemon until translucent. Should be 10-15 minutes. Can add food coloring right at the end of this step if you want them to look prettier. Drain. Spread on silpat sheet on baking sheet. Make sure no pieces touch. Bake at 200 for 6-8 hours. The time really depends on your oven. They are done when they look like dried fruit and are kinda chewy. Don't over bake because they get hard. You can leave, turn off oven, then when you come back home just turn oven back on. After they cool set aside in a bowl. Should have about a cup of "fruit".

Peach Syrup
1. Add 3 cups peach juice, the chopped peaches, the juice from peaches and sugar to pot. Simmer to reduce by half. Syrup should be thick like honey or maple syrup. Mash out any big peach chucks if you have them.

Popcorn
1. While the syrup is reducing, pop the popcorn w the coconut oil in a big pot.
2. Add butter and spices to syrup . Bring to boil. Stir often with a whisk because you don't want scorched sugar taste. You are essentially making candy here, so a candy thermometer would be nice. I don't have one, so kept testing by dropping blobs into ice water to get to the "hard ball" stage. I also would test by dunking popcorn into the syrup and then putting it in fridge. You can also taste test your salty/spicy ratio here.
3. Once the candy syrup is ready you can assemble everything. I used the greasy pot I made the popcorn into to mix it all. Added maybe 4ish cups of popcorn, the "fruit", the coconut and the peanuts. Poured half the syrup on top. Mixed. Then added more popcorn and more syrup and mixed some more. Only add enough popcorn that it all gets coated with candy syrup. You might have leftover popped corn. Then spread it out on SIlpat/baking sheet again. I let it set out overnight and then broke up into pieces. I ate it for breakfast. It was yummy with coffee.

Jeff Abrams: Chocolate Zucchini Roulade with Peach cream cheese filling, peach glaze, and chili popcorn crumble

Cake

½ Cup granulated sugar

¼ Cup brown sugar
3 medium eggs
1 Tbs vegetable oil
½ tsp vanilla
¾ Cup flour
1 tsp baking powder
½ tsp salt
1/4 tsp nutmeg
1/4 tsp allspice
1 tsp cinnamon
1 Tbs quality dark cocoa powder
1 cup grated zucchini, well drained (use paper towel to Absorb excess moisture)
Powdered sugar for dusting while rolling
A clean kitchen towel large enough to cover pan.

Line 15x10 inch jelly roll pan with parchment paper then butter sides of pan.
Preheat oven to 350F.
On medium speed, beat eggs, sugar, vanilla, and oil in mixer for about 1minute.
In separate bowl, mix dry ingredients.
Slowly stir dry ingredients into liquid mixture.
Fold in grated zucchini
Spread batter evenly in prepared pan and bake for 13 - 15 minutes. When done, toothpick should come out cleanly.
Remove from oven and dust top with powdered sugar.
Cool for 5 minutes.
Lay kitchen towel over pan and carefully flip over, releasing cake from pan.
Peel away the parchment paper from the cake's new top.
Beginning at one of the ten inch ends, loosely roll the combined towel and cake into a log. Set aside to cool. Note: this imparts a rolled memory into the cake and makes it much easier to fill later.

<u>Peach Filling</u>
2 ripe medium peaches, peeled, pitted, and chopped. Set aside 2 tablespoons for later use in glaze

4 oz. peach jam, preserves or compote

4 oz. cream cheese

½ cup whipping cream

1 Tbs butter

¼ tsp ground cinnamon

Balsamic vinegar to taste

Place butter in skillet over medium high heat.

When butter starts to bubble, add peach pieces, and stir to coat.

Turn heat to low, stir in cinnamon, and simmer mixture for a few minutes, all the while savoring the beautiful aroma.

Remove from burner and cool. When the mixture has reached room temperature, add balsamic vinegar, a few drops at a time, tasting between each addition until the peach sweetness is just offset by the vinegar.

Blend peach jam and cream cheese in blender until smooth.

Fold in sautéed peaches.

In another bowl, whip cream until it forms stiff peaks.

Gently fold whipped cream into peach mixture.

Candied Zucchini Blossoms

4 zucchini or other summer squash blossoms

½ tsp vegetable oil

1 tbs sugar

¼ tsp ground Cinnamon

Preheat oven to 275 degrees F.
Halve blossoms lengthwise removing stamens.
Gently toss with oil, cinnamon, and sugar.
Place on rimmed baking sheet lined with parchment paper
Bake 10 minutes.
Using a spatula, gently flip blossoms then bake for 5 more minutes. Repeat this step until blossoms are dry to the touch, checking frequently to avoid burning. (about 20 minutes)

Transfer to a wire rack and cool completely. Blossoms can be stored in an airtight container in a cool, dry place up to 3 days. Recrisp in a 275-degree oven before using.

Peach Glaze

2 Tbs fresh peach (saved from filling) pureed.

1 cup powdered Sugar

Mix until smooth consistency. If too thick add a teaspoon of water or purée if too thin add more sugar.

Chili popcorn

¼ cup popcorn

¼ tsp chili powder

¼ tsp cayenne pepper

2 Tbs brown sugar

Oil for popping

Heat oil in large covered saucepan.

Add sugar, chili, and cayenne powders.

Once oil is hot, add popcorn, and quickly cover lid.

Shake pan to pop. When popping stops, remove lid and sprinkle with salt.

When cool, place a few handfuls in a blender and process to dip-n-dot or finer consistency

Eat the rest, it's good.

Assembly

1. Unroll the cooled cake and remove from towel.

2. Spread ½ inch thick layer of filling over the cake's surface, leaving one inch around sides to allow for filling spread.
3. Place in refrigerator for 10 minutes. This helps prevent the filling from oozing out during rolling.
4. Using very light pressure, gently roll the cake into a log.
5. Paint glaze over top and sides of roulade.
6. Sprinkle chili-popcorn bits over glaze.
7. Artfully arrange candied zucchini blossoms across length of roulade.

Paul Shapiro: Zucchini, Popcorn and Peach Trifle Recipe

Swiss Roll

Ingredients:

- 1 Box of Betty Crocker Vanilla Cake Mix plus 1 extra egg (due to adding grated zucchini)
    - Use only ½ cup of water
- 1 Can of Betty Crocker Whip Cream Frosting
- 8 0z. Jar of Plum Jelly (because that's what was in the Fridge)
- 1 Cup of Honey Butter popcorn Dust
    - To make popcorn dust, place 4 OZ of the bag of Honey Butter Popcorn in a Cuisinart, grind the "living daylights" out of the popcorn. Place the ground popcorn in a sieve and save dust in a bowl. Put what remains in the sieve back into the processor and process again. Continue until you have captured 1 Cup of Popcorn Dust.
- 9-inch zucchini grated
- 1 Tbl. Cinnamon

Instructions:
Bake cake mix according to the recipe adding one extra egg, popcorn dust and only ½ Cup of water. To the mix, add 9-inch zucchini grated, and cinnamon. Cut out a sheet of parchment paper to fit snuggly on an 18x13 sheet pan. Spread Batter evenly over the pan. Bake at 350 degrees and remove when sheet is golden brown. Cool completely. Once cooled, use a knife to loosen the sides. Place a large kitchen towel over the cake and flip onto a flat surface. Spread whip cream frosting over the cake. Heat the plum jam gently to soften slightly and spread over the whip cream frosting. Make two diagonal cuts in the cake at the end you will begin to roll. (That will help make the first roll easier). Roll the cake completely. Cover with parchment paper, and secure it. Place in the freezer for 4 hours (or until it is firm enough to cut into slices.)

OR YOU COULD GO TO YOUR LOCAL THRIFTWAY AND Buy A SWISS ROLL!!! (But it wouldn't have zucchini, popcorn and cinnamon in it)

Once the Swiss roll is firm, cut into ½ inch rounds and place at the bottom and sides of a large glass bowl.
Strawberry Jelly

Ingredients:

- 20 OZ frozen strawberries
- 2 packets Knox gelatin
- ½ Cup sugar
- ¼ Cup water

Instructions:
Place frozen strawberries in a pan and heat to release water. Add ½ Cup sugar. Continue cooking on medium heat till strawberries are softened. Put strawberry mixture into a blender and blend. Put the cold water and gelatin in a bowl for a few minutes to soften, then add to the strawberry mixture. Stir thoroughly. Ladle the warm mixture into the glass bowl. Be sure to soak the cake while ladling. Allow to completely cool in the refrigerator.

Poached Peaches

Ingredients

- 3 peaches halved and pitted
- 3 Cups water
- ½ Cup Sugar
- ¼ Cup peach brandy

Instructions:
Heat water and sugar in pot, add brandy. Place peaches in the pot, pit side up. Simmer on medium heat till skin begins to curl. Remove from pot and cool. Remove skin. (Save the peach water, you might need it later)

Peach and Cinnamon Custard

Ingredients

- 6 pints of milk
- 8 Tbl Bird's custard powder
- 8 Tbl. Sugar
- ¼ Cup peach poaching liquid

- 1 tsp. cinnamon

Instructions:
Place custard powder, sugar and cinnamon in a pot, on medium heat. Add poaching liquid, and mix into paste. Slowly add milk. Continue cooking until it begins to boil, stirring constantly. When the mixture begins to thicken, remove and cool slightly in the refrigerator. When cool to touch, pour over strawberry jelly mixture and use to insure placement of the peach halves. Decorate this layer with fresh frozen raspberries interspersed with the peach halves.

Carmel Corn topping

Ingredients

- Take the remaining Popcorn from making popcorn dust
- 2 Tbl. Butter
- 2 Tbl. Brown Sugar
- 1 Tbl. Maple Syrup
- ½ tsp. Vanilla
- ¼ tsp. Cinnamon

Instructions
Melt butter, the add brown sugar, maple syrup, Vanilla, cinnamon. Bring mixture to 240 degrees, remove from heat and pour over popcorn. Mix thoroughly and let cool.

Zucchini Candy

Ingredients

- Zucchini
- 1 Cup Reserved Peach pouching liquid
- ¼ Cup sugar
- Red food coloring (OK….so it has to at least appear like Candy)

Instructions

In a mandolin, slice Zucchini into 1-inch threads. Mix liquid, and sugar and heat to boiling. Add zucchini, and food coloring. Boil for 3 minutes. Remove Zucchini and place on a parchment paper lined tray, and put in the oven at 200 degrees until the zucchini becomes firm.

Whipped Cream

Ingredients:

- 16 oz. Whipping cream
- 1 Tsps. Vanilla
- ¼ Cup sugar

Instructions:

In a standing mixture put it all in and Whip the heck out of it, till it reaches peaks.

Finally:

The Swiss Rolls are in place, jelly is set, peaches are standing tall, and raspberries are interspersed. Custard is foundational. Finally, cover with Whipped Cream, place Zucchini Candy, Carmel Popcorn on top, maybe a few raspberries for color, and dust with cinnamon.

Lastly, find 22 of your best friends, give them each a spoon, and dig in. Let no one leave until the Trifle is completely consumed. Then take a nap.

Micaela Ellison: Chicha Flower Pie

The inspiration for this dish comes from a joke and a food memory I don't have. When the Champions Round was announced, my husband suggested I make a cocktail. I jokingly said I could make chicha. It's a fermented Peruvian drink based on corn, squash and fruit (usually something tart). It's made in homes throughout Peru. A red flag is placed outside the door when the chicha is ready for consumption. We have been to Peru once. And though we did our fair share of sampling the Pisco Sours, we were strongly cautioned to not drink the chicha. That was long ago—we have since learned to ignore this kind of travel advice. But in this case we listened. I have still never tasted chicha. But I ran with the inspiration and specifically, the idea to incorporate beer into the pie.

Overall, I was happy with this first attempt but I would make some adjustments in the future. I would serve the popcorn mix with beer and other appetizers. Then I'd serve salad and the pie with only the bacon and pink peppercorn garnish. But maybe that's my strong bias that popcorn should be eaten as popcorn. With butter and truffle salt, you really can't improve on that combo. This whole pie recipe is also a lot of work. Realistically I would never do all this in the way I wrote the recipe. I would only make this with leftover ingredients as part of a larger meal plan that looks something like this:

Day 1 - Pot beans from scratch with tortillas and toppings; mix up pie dough after dinner
Day 2 - Bacon and eggs for breakfast, reserving bacon fat; roast zucchini and/or other vegetables for dinner; reserve some zuuchini in bowl and add Saison beer; drink the rest of the beer with dinner

Day 3 - Oatmeal w/ roasted peaches for breakfast; reserve some peaches & concentrate juices, pre-bake pie crust and refrigerate; puree zucchini-peach mixture without eggs and refrigerate
Day 4 - Stuff squash blossoms; add eggs to filling; assemble and bake pie; make popcorn while tart is baking; open fresh bottle of Saison to drink with dinner :)

In any case, the very long recipe for Chicha Flower Pie is below.

Thanks,
Micaela

<u>100% Whole Grain Pie Crust:</u>

I've been making pie crusts since high school. In fact, pie was one of the first things I learned how to make. I learned using Rosy Levy Beranbaum's methods. Although I don't follow her recipes anymore because I've been experimenting with 100% whole grain crusts, I still use her techniques. This is the first time I've used cornmeal. I love the flavor with the butter! This recipe will make enough for two pie shells. It takes almost no effort to make an extra crust and the dough freezes well. It's nice to have the dough ready when the mood for pie hits. The dough works for sweet or savory pie. A note about the flours—I would recommend corn flour over cornmeal for those who are not used to a whole grain diet. The white whole wheat flour can be substituted with national brands. But einkorn flour is an ancient form of wheat that performs differently than conventional wheat. If you use conventional whole wheat instead, the crust will be tough.

180 g Butter
150 g Fine grind cornmeal, or corn flour if you prefer a finer texture (either way, I use Bob's Red Mill brand)
125 g Einkorn "Einka" flour (available from Bluebird Grains Farms in Winthrop, WA)
75 g Hard white wheat flour (I also use Bluebird Grains Farms for this)
1 tsp Sea salt, or Kosher Salt
0.5 cup buttermilk or yogurt (I used half of each), or 0.5 cup of water and 1.5 tsp of apple cider vinegar

Most important: keep all ingredients cold throughout the process. If needed, stop at any point and place dough in the refrigerator to chill before proceeding. Start with cold ingredients, including the flours. (Whole grain flours should be kept in the fridge or freezer anyway, so this should be easy.) Cut butter into 1/2" cubes and refrigerate for 30 minutes. Mix dry ingredients together, then cut butter into flour using your hands or a pastry blender. Add half the amount of buttermilk or yogurt and stir dough with a fork. The dough should remain crumbly the whole time. If you cannot pinch the dough together add additional liquid. Again, stir and try to pinch together. If the dough holds together without pinching it, you've added too much liquid. If using the vinegar, add that first and then proceed with adding the water as described for the buttermilk. Turn the dough out onto a lightly-floured board or counter and press into a ball. Divide in half and flatten each half into a disk. Wrap each disk in plastic wrap and refrigerate for

at least an hour, preferably overnight. After chilling the dough, roll out one disk and fit into an 8”-inch diameter deep dish pie pan. I roll my crust between two sheets of plastic wrap. This means I never have to add additional flour to prevent sticking, and I can easily move the crust to the fridge if needed for chilling. Refrigerate pie crust for 1-24 hours. If not using the second crust in the next day or two, wrap in foil and freeze. I also keep a bag of plastic wrap in the freezer that I reuse just for pie dough.

I pre-bake pie crusts for a crisper crust, but you don’t have to. If skipping this step, just fill the pie shell and bake as described in the filling recipe below. Preheat the oven to 425 degrees at least 20 minutes before baking. Place a baking sheet (not insulated!) on the lowest rack. Once the oven is preheated, blind bake the pie shell for 20 minutes by lining the pie with parchment paper and filling with pie weights. I protect the edges from over-browning with a pie shield right from the start, but this will depend on your oven. Remove the parchment and weights, prick dough lightly with a fork and return to the oven for up to five minutes. Watch carefully during this time. After removing from the oven, let the pie shell cool for 5 minutes before applying an egg white wash to the bottom and sides. (You will only need a little so you can use part of the egg white called for in the recipe below.) This is optional, but will help the crust keep from absorbing moisture from the filling.

Chicha Flower Pie:

My goal with this pie was to see if I could successfully make a filling that seemed rich but didn’t need dairy. Most quiches and custards call for milk or heavy cream, neither of which I keep around all that often. But after tasting the pie, I’m tempted to try a version that uses a high-quality buttermilk because I think the flavors could work well. Since this was the first time making this recipe, I would make some adjustments next time. Specifically, I would use more squash blossoms (I used what I had) and add an extra egg to the filling. These changes are reflected in the recipe below, which I’ve broken into separate parts.

For filling:
1 lb of zucchini, chopped into 3/4” dice
8 oz of peaches, fresh or frozen (thawed and drained if frozen), unpeeled and sliced
2 tbsp olive oil
2 tsp sumac, or other spice or dried herb of your choice
1.5 tsp Kosher salt, or to taste
Freshly ground black pepper, to taste
1 tbsp + 1 tsp cinnamon, or to taste
~3/4 cup Saison-style Ale, plus more for serving (I highly recommend Holy Mountain’s The Ox which has the brightness of a saison with a little funkiness)
Zest and juice of 1 lemon, or 2 limes
3 eggs

The zucchini and peaches can be roasted at the same time on separate sheet pans. Or use one pan by roasting the zucchini, followed by the peaches. Toss the zucchini in olive oil, sumac, 1

tsp salt, and pepper. Place on sheet pan and roast at 400 degrees for 30-40 minutes until vegetables have browned, stirring a few times throughout cooking. Zucchini will get soft before it browns so do not remove too early! Once done, scrape zucchini and oil/juices in the pan into a small bowl. Pour in enough Saison to just cover the zucchini. Cover with a lid and refrigerate for at least 2 hours. Toss the peaches with 0.5 tsp salt and 1 tsp cinnamon and place on the sheet pan. Roast at 400 degrees for 25 minutes, or until juices are running. You may get some browning with fresh peaches (not with frozen), but the point is to concentrate the flavors. Remove the peaches to a bowl, and pour off all the juices into a small saucepan. Add a small amount of boiling water to the sheet pan to remove any stuck-on bits and add to the saucepan. Bring liquid to a boil and reduce by half, or until the sauce is flavorful. Pour over peaches, cover and refrigerate. For a smokier flavor, you could also grill the zucchini and peaches (if using fresh) instead of roasting.

Blend zucchini and peaches with their liquids until pureed. Add lemon zest and juice along with 1 tbsp of cinnamon. You should have about 2.5 cups of liquid. If not, add in additional beer or other liquid of your choice. In my case, I poured off the fat into a jar from baking the bacon strips (see below), and de-glazed the pan with boiling water. I added that liquid to my zucchini-peach mixture. Taste for salt. Separate whites from yokes for 2 of the 3 eggs, adding the third egg to the yolks. You should have one bowl with 2 egg whites (you can use a little of this for the pie shell as noted above), and a large bowl with 2 egg yolks and 1 whole egg. Beat the egg yolks and whole egg with a whisk, then whisk in the pureed zucchini and squash mixture. Beat the egg whites until soft peaks form and fold into the rest of the ingredients. Pour filling into the pie shell. Place filled squash blossoms in a circle with tips pointed in. Press them into the filling, especially at the base. You want them mostly submerged but still visible. Bake on the bottom rack of a 350 degree oven for 40-50 minutes until filling looks set in the center. Check after 30 minutes to make sure the crust is not over-browning, and protect with pie shield or foil if needed. For long-cooking pies like this, I use pie shields the entire time in my small convection oven, but not at all in my regular oven.

<u>For stuffed squash blossoms:</u>
12 squash blossoms
1 cup of beans, cooked from scratch, with or without other vegetables (I used Good Mother Stallard beans from Rancho Gordo, but any of their beans would be delicious. They also carry different varieties of popcorn kernels. For a local bean option, I recommend Alvarez Farms who is at every Seattle-area farmers market. I especially love their mayocoba and pinto beans.)
1/2 cup grated cheddar cheese, or other variety of your choice (I used Beecher's flagship cheese.)

Open each squash blossom, inspecting for bugs, but do not wash. Stuff with beans and cheese, then twist the end of the blossom to close. Set aside until ready to assemble pie.

<u>For popcorn topping:</u>
3 slices of thick-cut bacon (I used Hazelnut Smoked bacon from Rainshadow Meats)
1/4 cup of popcorn kernels

1 tbsp butter, melted
A pinch of Kosher salt
1.5 tsp ground star anise, or other spice (optional)
1.5 tsp ground cinnamon (double if not using star anise or other spices)
1 tbsp pink peppercorns, or to taste

Cook bacon and reserve bacon fat. You can make the bacon ahead and reheat while preheating your pan for popcorn. The goal is to get it oily enough for the spices to stick. (I don't drain my bacon when I cook it so that helps too.) Slice into small pieces and toss with a little of the star anise and cinnamon. Place 2 tsp of bacon fat into the skillet over medium heat and cover. This is easiest if you have a see-through lid. Once melted, add four kernels and cover. Watch carefully. Add remaining kernels after the first four have popped. Shake pan periodically to move kernels around. Popcorn is done when there are no pops for more than 5 seconds. This should take less than 10 minutes in all. Place popcorn in a bowl and stir in butter. Add salt and spices. Garnish pie with popcorn, bacon and pink peppercorns. Be careful to not cover up all the squash blossoms. Serve pie slightly warm or at room temperature with Saison-style ale and extra popcorn garnish for the table.

Maria Galvao: Zucchini Dreams with cinnamon kettle corn
Challenge: Zucchini, peaches, cinnamon, and popcorn
July 17, 2020

I decided to puree the zucchini and recreate 'sonhos' (dreams), Portuguese raised pumpkin doughnuts/fritters sprinkled with cinnamon sugar, traditionally served during the Holidays. Developing a recipe for these 'dreams' incorporating the peaches was not hard. The challenge was the popcorn!
These fried treats could be more like fritters using baking powder or more like raised/airy doughnuts using yeast and allowing the dough to rise. The appeal of no wait time to rise the dough and the slightly denser consistency of the fritters might have a wider appeal so I decided to write the recipe for the fritters and note the yeasted dough as a variation.
After several failed experiments trying to incorporate the popcorn, the solution presented itself. The fritters were dusted with ground cinnamon kettle corn.

Gluten Free Zucchini Dreams
Makes 10-12
Time: 1 hour

3 cups grapeseed oil

1 small zucchini, cut into to fit blender
¼ cup brown sugar
1 egg
1 teaspoon vanilla

¼ teaspoon baking powder
1 pinch salt
¾ cup gluten free flour (Mama's Almond blend)
1 small peach, cut into small bite pieces

¼ cup popcorn
1 tablespoon butter
2 tablespoons brown sugar
1 tablespoon cinnamon

Dreams:
Heat oil in a cast iron deep frying pan on medium heat.
In a small blender, puree zucchini, sugar, egg, vanilla, baking powder, salt until uniformly blended, no chunks.
Add flour and blend until well mixed.
Pour the batter into a bowl and carefully mix in the peach.
Drop spoonfulls of batter into the hot oil. Fry until golden, turning to brown both sides. Take the Dreams out of the oil on to a plate with a paper towel to absorb the extra oil. Dust them with the kettle corn while still hot.
Note: If you desire more light, airy Dreams, omit the baking powder and add 1 teaspoon of yeast. Let the dough rise for about 90 minutes before frying.

Kettle corn:
Melt butter in a pan. Mix 2 tablespoons of brown sugar and 1 tablespoon of cinnamon. Add the sugar cinnamon mix to the pan. Add ¼ cup popcorn to the pan and pop the corn. Keep shaking the pan while the popcorn is popping. Take the pan off the heat when the popping slows down. You do not want to burn the sugar. Make sure the popped corn is well coated with the cinnamon sugar.
Note: Alternately, you can pop the popcorn using your own method and blended it already popped with the melted butter, sugar and cinnamon.

Serve warm or room temperature.

LAURA JONES: Peach gazpacho with zucchini cornmeal croutons, goat cheese gelato, candied zucchini ribbons and cinnamon-infused honey and olive oil

Olive Oil Zucchini CornBread

YIELD: Makes 8 to 10 servings

INGREDIENTS
- 6 tablespoons cinnamon infused olive oil
- 2 large eggs, lightly beaten

- 1/2 cup buttermilk
- 2 small or 1 large zucchini (about 12 ounces)
- 1 cup all-purpose flour (5 ounces)
- 1/4 cup whole wheat flour (1.2 ounces)
- 2 tablespoons sugar
- 2 tablespoons cinnamon infused honey
- 1 teaspoon baking powder
- 3/4 teaspoon fine sea salt
- 3/4 teaspoon baking soda
- 1 teaspoon finely grated lemon zest
- 1 cup medium-grind cornmeal (5 ounces)

PREPARATION

- Position a rack in the middle of oven and preheat to 350°F. Butter and flour an 8" square pan.
- Trim zucchini ends. Coarsely grate zucchini and mix with 2 tablespoons of sugar. Transfer to a fine-mesh strainer set at least 2 inches over the bottom of a bowl and allow to drain for 30 minutes. After the zucchini has drained, squeeze the zucchini with several layers of paper towels to absorb the extra moisture.
- While the zucchini is draining, whisk eggs, buttermilk, honey and olive oil together. Add zucchini to bowl and stir until well blended.
- Sift both flours, lemon zest, baking powder, salt, and baking soda into a large bowl. Whisk in cornmeal. Add zucchini mixture; fold just to blend (mixture will be very thick). Transfer batter to prepared pan and smooth top.
- Bake bread until golden and a tester inserted into center comes out clean, about 40 minutes. Let cool in pan 10 minutes. Remove from pan; let cool completely on a wire rack. DO AHEAD: Can be made 1 day ahead. Store airtight at room temperature.

Note: To grind popcorn kernels: 3/4 cup unpopped kernels will yield almost 1 cup of medium-grind cornmeal. You can grind it in a mortar and pestle, a spice grinder, coffee grinder or blender. I used my spice grinder, sieved it through a strainer and then reground the big bits. This worked very well for such a small amount.

I found this YouTube video and the Serious Eats blog post helpful and interesting:

https://www.seriouseats.com/2013/03/diy-cornmeal-from-popcorn.html
https://www.youtube.com/watch?v=f7OscF5CtQY

Goat Cheese Gelato

Ingredients

- 1 cup (8 ounces) soft goat cheese, room temperature

- 1 1/2 cups whole milk
- 1/4 cup (2 ounces) créme fraiche
- 1/3 cup sugar
- 1/3 cup cinnamon infused honey
- 6 large egg yolks, room temperature
- Pinch sea salt
- Garnish with pinch of large flake sea salt
- cinnamon infused olive oil, for garnish

Directions

Pour ice water into a large bowl that will fit the medium bowl with the goat cheese without the ice water pouring into the medium bowl.

- Mix goat cheese and creme fraiche in a medium bowl; set aside.
- Whisk yolks with the sugar and pinch of salt in a heatproof bowl; set aside.
- In a medium saucepan over medium heat, warm the milk, stir in the honey, and bring to a simmer - turn burner off when bubbles begin to appear along the edge.
- Begin to temper your eggs by slowly ladling 1/2 cup of the warm milk mixture over the yolk mixture while whisking vigorously. When you have added about 1/2 the milk into the eggs slowly pour the egg-milk mixture back into the saucepan, whisking vigorously. Heat mixture until it coats the back of a spoon and the temperature reaches about 175°F on a candy thermometer.
- Slowly pour mixture through a fine mesh sieve over goat cheese, whisking to fully dissolve and incorporate it. Set the bowl into the ice water and cool to room temperature, stirring occasionally. Remove from the ice bath, cover and refrigerate the mixture for at least 4 hours to overnight.

Freeze in an ice-cream maker according to manufacturer's instructions.

Peach Gazpacho Dessert

Yield: Serves 4 - 6

Ingredients:

- 3 cups sliced peeled peaches (about 4 peaches)
- 1/4 cup finely diced peeled seedless cucumber - lemon if possible
- 1/3 cup chopped yellow tomatoes - such as Sungold
- 1/3 cup diced dried apricots
- 2-3 tablespoons cinnamon infused honey*
- 3 tablespoons mild fresh goat cheese
- 1/4 cup white balsamic vinegar
- 2 tablespoons cinnamon infused extra-virgin olive oil, plus 1/4 cup for croutons
- Kosher salt
- 1/4 teaspoon white pepper

- 2 cups 1” zucchini cornbread squares
- Goat cheese gelato
- Candied zucchini ribbons, for garnish
- Salted, Popped popcorn, for garnish
- Basil leaves and edible flowers for garnish
- Pinch of large flake sea salt, for garnish

Preparation:

Step 1

In a bowl, whisk 1/4 cup of balsamic vinegar, cinnamon honey and 2 tablespoons of the olive oil. Stir in 1/2 teaspoon of salt. Toss the peaches, diced cucumber, yellow pepper and apricots with the marinade. Cover and refrigerate overnight.

Step 2

Transfer the contents of the bowl to a food processor or blender and puree. Add 1/4 cup of water and puree until very smooth and creamy; add more water if the soup seems too thick. Refrigerate the soup until very cold, about 1 hour.

Step 3

Meanwhile, in a medium skillet, heat the remaining 1/4 cup of olive oil. Add the corn bread and cook over moderate heat, stirring, until golden and crisp, about 2 minutes. Using a slotted spoon, transfer the croutons to paper towels and season with cinnamon sugar. **

Step 4

Pour the peach soup into shallow bowls and garnish with the zucchini cornbread croutons, goat cheese gelato, candied zucchini, popcorn, sea salt and basil (if desired).

* Determine the amount of honey based on the ripeness/sweetness of your peaches and the balsamic vinegar. The goat cheese gelato and ‘zucchandy’ are quite sweet.

** I shaped my cornbread garnish into 1 large “cookie” and using 2 tablespoons of oil in a small skillet, sautéed 2 at a time and sprinkled the cinnamon sugar on as I was browning each side. This could also be done in a 375 oven on a baking sheet for 8 - 10 minutes.

Adapted from Jason Franey’s *Chilled Peach Soup with Goat Cheese* recipe.

Candied Zucchini Ribbons

Ingredients:

- 1 1/2 cups sugar
- 1 cups water
- 1 long zucchini, very thinly sliced lengthwise, preferably on a mandoline

Preparation:

- **Step 1** Bring sugar and water to a boil in a saucepan, stirring until sugar dissolves. Add zucchini. Reduce heat to medium. Simmer, with a round of parchment placed directly on the surface, until zucchini are translucent, 15 to 20 minutes. Let zucchini cool in syrup.

- **Step 2** Arrange zucchini in a single layer on a greased wire rack set over a baking sheet. Let dry in 200 degree oven for about 1 hour - possibly longer. You can begin to shape the ribbons into curls before you put them in the oven or wait until they are dry. I waited about 20 minutes after I put them in the oven and it worked really well. As the ribbons cool, they will become stiffer.

Cook's Notes:
Use a mandoline to slice the zucchini into thin, even strips that are less than 1/8 inch thick but not paper thin (or they'll fall apart). The syrup infuses the ribbons, making them translucent and shiny. Have a piece of parchment ready to place directly on the surface of the syrup -- it will keep the zucchini submerged.
The slices near the outer part of the zucchini (where there are no seeds) are firmer and more pliable.

Cinnamon Infused Olive Oil

Ingredients:
1 cup extra virgin olive oil
8 cinnamon sticks

Preparation:
Heat gently on low heat and barely simmer for 10 minutes.When cool put cinnamon sticks and olive oil in a glass jar.

Cinnamon Infused Honey

Ingredients:
1 cup honey
5 cinnamon sticks
pinch of powdered cinnamon

Let mixture warm to a simmer on low heat. Turn off heat, cool and put honey and cinnamon sticks into glass jar. Flavor increases with time!

Connor Simpson: Steak with peach glaze and popcorn-crusted zucchini

For the zucchini, I cut them in eighths lengthwise, and then into quarters over the width of them. Next, generously sprinkle them with salt and pepper, or to your liking. To bread them, you first coat them in flour, then in eggs, then in blended popcorn whites (I de-cornel them due to my braces). You pan fry them in canola/vegetable oil (approx. 2 tbs) on medium heat until the outside is golden brown.

For the peach sauce I used canned peaches, and blended ½ cup of peach nectar, ½ a peach, ½ tsp ground cinnamon and 1/8 tsp each of ground nutmeg and ground clove. Then I simmered the mixture for 10 minutes on medium heat until thickened, stirring frequently.

For the spices on the steak, blend 1 teaspoon each of salt, pepper, garlic powder and chili powder, then crust the steak with them (1 teaspoon of each per steak). For cooking the steak, you melt 1 tbsp of butter for each steak, then sear. After it is seared put it in the oven at 350 degrees for around 15 mins, or until it is done as you prefer. Remove from the oven and let rest before enjoying.

Ingredients:

1 zucchini

Pepper for zucchini

Salt for zucchini

Flour

Eggs

Popcorn whites

Canola/Vegetable Oil (approx. 2 tbs)

½ cup of peach nectar

½ a peach

½ tsp ground cinnamon

1/8 tsp ground nutmeg

1/8 tsp ground clove

1 tsp salt

1 tsp black pepper

1 tsp garlic powder

1 tsp chili powder

1 tbsp butter

Steak (your preferred size and cut) I used sirloin