

Chef Demonstration Recipes

2023



The Garlic Festival's Chef Stage is presented by:



minnesota cooks™

Buddy's Burnt End Potato Salad

Chef Joe & Jennifer Cox

Buddy Boy Fine Barbeque

buddyboybarbeque.com

4. Add diced burnt ends to the mixture.
5. Mix well and let it cool.
6. Enjoy!

Ingredients:

- 18-hour smoked prime brisket (or substitute with smoky bacon, thick chunked), medium diced burnt ends
- 6 medium-sized russet potatoes
- 1/2 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 cup finely chopped parsley
- Entire bulb of garlic cloves, finely chopped or minced
- 2 small red chilies, or 1 red chili, deseeded and finely chopped (1 tablespoon finely chopped)
- 3/4 teaspoon dried oregano
- 1 level teaspoon coarse salt
- Pepper, to taste

Instructions:

1. Start the potatoes in a large pot of cold water and bring them to a boil to ensure even cooking. Make sure to salt the boiling water so the salty flavor gets deep down in the potatoes.
2. Once the potatoes are soft, drain off the water and peel off the skins. You can leave some of the skins on if you like the added texture. When cool to the touch, dice potatoes.
3. Combine olive oil, red wine vinegar, chopped parsley, garlic, red chilies, dried oregano, salt, and pepper.

Toum (whipped garlic spread)

Chef Beth Dooley

Beth Dooley's Kitchen

bethdooleyskitchen.com

Makes about 4 cups

Ingredients:

- 1 cup peeled garlic cloves (about 35 cloves from 3 whole heads)
- 2 1/2 teaspoons salt
- 1/2 cup fresh lemon juice
- 3 1/2 cups American Hazelnut Oil
- 2 tablespoons ice water (or more if needed)

Instructions:

1. Process garlic and salt in a food processor pulsing for 30 seconds and scraping down the sides of the bowl until finely chopped.
2. Add 2 tablespoons of the lemon juice and process until a smooth paste forms scraping down the sides of the bowl every 45 seconds. It should look like mashed potatoes and not feel gritty.
3. Slowly add 1 cup of oil in a steady stream while the food processor is running.
4. Add another 2 tablespoons of lemon juice.
5. Repeat with another cup of oil, then 2 tablespoons of lemon juice. Continue this pattern until all oil and lemon juice has been used. The mixture should appear fluffy.
6. Slowly drizzle in the ice water.

7. Transfer to a container and chill before serving. It will keep for up to 3 weeks.

Everything Potatoes

Chef Morgan Baum

Clay Coyote Gallery and Pottery

claycoyote.com

Everything But the Bagel Seasoning

Ingredients:

- 2 heads garlic
- 1 medium yellow onion
- 2 tablespoons sesame seeds
- 2 tablespoons poppy seeds

Instructions:

1. Peel and thinly slice garlic cloves.
2. Peel and thinly slice the onion (1/8 inch thick), using a mandoline if possible.
3. Spread the sliced garlic and onions on a dehydrator* tray and run for 3-4 hours.
4. Once fully dried, chop garlic and onion into small pieces, either pulsing in a food processor or with a knife.
5. Combine all the ingredients together in an airtight container.
6. Store in an airtight container in a cool, dark place for up to 60 days.

*If you do not have a dehydrator you can use a baking sheet with parchment paper and bake until completely dried and lightly browned, at 200F about 4-5 hours.

Seasoned Sour Cream Ingredients:

- 1 cup sour cream (or plain Greek yogurt)
- 1 tablespoon crushed/minced garlic

- 2 tablespoons finely chopped chives

Instructions:

1. Combine sour cream (or yogurt) with garlic and chives.
2. Store in an airtight container for up to 1 week.

Everything Potatoes

Ingredients:

- 3 lbs potatoes (e.g., red little potatoes)
- 2 tablespoons olive oil (or other vegetable oil)
- 2 tablespoons Everything But the Bagel Seasoning
- Seasoned sour cream for serving

Instructions:

1. Cut potatoes into 1/2 inch cubes.
2. Toss potatoes in olive oil and seasoning.
3. Using a grill basket* grill over medium heat or coals for 25 minutes, tossing once or twice.
4. Serve warm with seasoned sour cream.

*If you do not have a grill basket you can use a foil packet or cast iron skillet.

Pro Tip: Make extras and the next day use the leftover potatoes as hash and eggs for breakfast. Sauté whatever you have on hand like peppers, onions, or breakfast meat, add in the potatoes to reheat for 2-3 minutes, crack eggs over the top, and serve hot.

Middle Eastern Garlic-Shawarma Chicken Bites

Chef Zehorit Heilicher

Mideast to Midwest

mideasttomidwest.com

Serves 8

Ingredients:

- 2 Pounds boneless skinless chicken thighs, sliced 1" thick pieces
- 2 tablespoons chopped garlic
- 3 tablespoons shawarma spice
- 1 large onion, chopped
- 4 tablespoons olive oil
- 1 tablespoon kosher salt
- 1 teaspoon ground black pepper

DIY Shawarma spice:

- 1 tablespoon ground coriander
- 3 tablespoons ground turmeric
- 1 tablespoon ground cumin
- 1 teaspoon ground cardamom
- 1 teaspoon ginger

Instructions:

1. Combine Shawarma spices in a small mixing bowl. Spice mix will keep for 3 months in a cool dry spot.
2. Place onion and garlic in food processor and pulse to create a smooth mixture. Add Shawarma spice and olive oil, pulse to combine.
3. In a large bowl combine chicken and onion-spice mixture. Toss well to combine. Season with salt and

pepper. Can be prepared up to 1 day in advance. Store in the refrigerator.

4. Using wooden skewers thread chicken pieces through and place on a large baking sheet. Do not over crowd skewers or chicken will not cook evenly. Broil or grill on high for about 10-15 minutes, rotating skewers to achieve even browning.
5. Serve as an appetizer with a tehinah dip, or with an herbal drizzle (recipe below). Alternately, serve as an entree with rice or in a pita pocket with Israeli tossed salad, tahini, and pickles.

Drizzle for Shawarma Chicken

Yield: 1 cup

Ingredients:

- 1/2 cup roughly chopped Italian parsley, (or cilantro)
- 1-2 teaspoons diced jalapeno, (optional)
- 1 teaspoon minced garlic
- 1/4 cup freshly squeezed lime juice, (or more, to taste)
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

Instructions:

1. Chop Ingredients: Combine parsley, jalapeño, and minced garlic in a bowl of food processor (could be a mini one) and pulse until finely chopped and fully combined. Add lime juice, olive oil

and salt and pepper and then pulse again 7-10 times until fully combined. Taste the sauce and adjust seasoning as needed.

2. Serving: Drizzle some of the sauce over Shawarma chicken and serve the rest in a bowl alongside.

Garlic Sofrito

Chef Nettie Colón

Red Hen Gastrolab

redhengastrolab.com

Ingredients:

- 681 grams sweet bell peppers or any other pepper of your choice that is not spicy
- 171 grams raw garlic cloves
- 171 grams roasted garlic cloves
- 86 grams yellow onion, diced
- 142 grams cilantro or parsley
- 43 grams sea salt or kosher salt (not table salt)

Instructions:

Sauté ingredients in oil and adjust salt to taste.

Sofrito Note:

Sofrito is our secret to delicious stews, beans, rice, soups, and whatever else. The amount of salt is what helps preserve it and starts the seasoning process.

You can cook some sofrito to eat as a stew or use it as a richly seasoned base for soups and sauces. It can be made in large batches and then divvied up and frozen for future use.

Buen Provecho!

