



Slow Cooker Bouja (Harvest Stew)

Brittany Allyn

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Serves 10

Ingredients:

- 1 tsp Olive Oil
- 2 lb. Pork Boston Butt
- 1 ½ lb. Beef Short Ribs (bone in)
- 1 lb. Boneless Skinless Chicken Thighs
- 1 large Onion diced
- 2 cups Chicken Broth (divided)
- 1 cup strong brewed Coffee
- 1 ½ TBSP Molasses
- 2 TBSP Balsamic Vinegar
- 2 TBSP Tomato Paste
- 2 Bay Leaves
- 1 cup diced Carrots (½ in.)
- ½ cup diced Celery (½ in)
- 1 ½ cup diced Potatoes (½ in)
- 1 cup Fresh or Frozen Cut Green Beans (thawed)
- 1 cup diced Rutabagas
(Rutabaga is very dense and requires a longer cooking time. To allow for this, dice the rutabaga at about ½ in. – smaller than the other vegetables.)
- 2 ½ tsp Sea Salt (divided)
- 2 tsp Black Pepper (divided)
- ½ cup Quick Cooking Barley
- Chopped Flat Leaf Parsley for garnish.



Directions:

Trim excess fat from the Boston butt and cut into large chunks. Sprinkle all the meat (chicken, beef and pork) with one teaspoon of the salt and one teaspoon of the pepper. Heat the olive oil in a large skillet, brown the short ribs making sure to brown each side and then place in a 5 qt. slow cooker. In the rendered fat from the short ribs, brown the chicken thighs and Boston butt. Place the remaining meat in the slow cooker. Remove almost all of the rendered fat from the skillet. Add the onion to the skillet and sauté for about 5 minutes. Deglaze the pan with ¼ cup chicken broth and pour the onion mixture over the meat. In a large measuring cup whisk together the remaining broth, coffee, molasses, vinegar and tomato paste. Pour over the beef mixture; add the bay leaves and cover. Set the slow cooker on low for 8 hours.

After 5 hours, remove the meat to a cutting board. Remove the bay leaves. Add the vegetables and remaining salt and pepper to the slow cooker and cover. Shred the meat discarding any bones or sinew. Add the shredded meat back to the slow cooker. Cover and cook for 2 ½ more hours. Then, add the barley and cook for an additional 30 minutes. Serve in a bread bowl or with bread. Garnish with flat leaf parsley.

Maple Nut Caramel Apple Waffles

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Makes 10 – 12 waffles (squares)

Ingredients:

1 ½ tsp Active Dry Yeast
¼ plus 1 ¾ cups warm Milk (110° F) divided
2 Eggs separated
½ stick Unsalted Butter melted
6 TBSP Sugar
3 cups All-Purpose Flour
1 tsp Salt
½ tsp Cinnamon
½ tsp Vanilla Extract
1 tsp Maple Flavoring
1 jar Caramel Ice Cream Topping warmed
1 to 2 cans (21 oz.) Apple Pie filling
(1 can of pie filling = 6 servings or squares)
¼ fresh squeezed Orange Juice (½ cup for 2 cans of apple pie filling)
Maple Cream – recipe follows
Candied Walnuts – recipe follows



Directions:

In a small bowl, combine yeast, 1 tsp sugar (from the 6 TBSP) and ¼ cup of warm milk and stir or whisk to dissolve the yeast. Let sit for 15-20 minutes so the yeast can bloom.

Combine the flour and salt stirring to mix thoroughly. Combine remaining sugar and cinnamon.

Whisk the egg yolks, ¼ cup warm milk and melted butter together. Stir in yeast mixture, sugar and cinnamon mixture, vanilla and maple flavoring. Stir in the remaining milk alternating with the flour and ending with the flour. Beat the egg whites until stiff peaks form and gently fold them into the batter. Cover the bowl tightly with plastic wrap and set the bowl in a warm draft free place for 1 hour – mixture will rise.

Make maple cream and candied nuts. (recipes below)

Heat a waffle iron and lightly spray with non-stick spray or lightly brush with vegetable oil. Add the batter to the iron as per the manufacturer's instructions. Cook for 3 to 3 ½ minutes. Keep warm in an oven heated to 200° F until ready to serve. Batter can be refrigerated overnight.

Combine the pie filling and orange juice in a small saucepan and heat through.

To assemble: On each waffle square, spoon some of the apples, drizzle with some of the caramel, top with a dollop of the maple cream and sprinkle with candied nuts.

Maple Cream: (double for 10-12 servings)

1 cup Heavy Whipping Cream chilled

¼ cup Confectioner's Sugar

¼ cup Maple Syrup

Whip the cream until soft peaks form then add sugar and whip until desired consistency. Gently fold in the maple syrup. Chill until ready to serve.

Candied Walnuts

1 TBSP Unsalted Butter

1 ½ cups Walnut pieces

1 TBSP Maple Syrup

½ tsp Sea Salt

Melt the butter in a small skillet. Add the nuts and toast for 5 minutes. Add the salt and syrup and toast for one more minute. Spoon nuts onto parchment paper to cool.