



# COOKING WITH JAN ~ MARCH 22, 2017

WEEKLY RECIPES AT COBORNS & [kokk.com](http://kokk.com) ~ EASY & HEALTHY MEALS

## SLOW-COOKER PORK TACOS

3 WHOLE ANCHO CHILES	3 WHOLE PASILLA CHILES
4 CLOVES GARLIC, UNPEELED	2-3 CHIPOTLES IN ADOBO SAUCE
1/2 MEDIUM WHITE ONION, CHOPPED	3 TBLS EXTRA VIRGIN OLIVE OIL
2 TBLS HONEY	1 TBLS CIDER VINEGAR
KOSHER SALT	2 TSPS DRIED OREGANO
3 3/4 CUPS CHICKEN BROTH	BLACK PEPPER
2 BAY LEAVES	1 CINNAMON STICK
CORN TORTILLAS, WARMED	ASSORTED TACO TOPPINGS FOR GARNISH
4 LBS BONELESS PORK SHOULDER, UNTRIMMED, CUT INTO CHUNKS	

PUT THE ANCHO & PASILLA CHILES AND THE GARLIC INTO A BOWL; ADD 2-3 TBLS WATER. MICROWAVE ON HIGH UNTIL SOFT & PLIABLE, 2-3 MINUTES. STEM & SEED THE CHILES; PEEL THE GARLIC, THEN TRANSFER THE CHILES AND GARLIC INTO A BLENDER. ADD THE CHIPOTLES, ONION, 2 TBLS OLIVE OIL, HONEY, VINEGAR, 1 TBLS SALT AND THE OREGANO TO THE BLENDER; PUREE UNTIL SMOOTH. HEAT THE REMAINING 1 TBLS OF OIL IN A LARGE SKILLET OVER HIGH HEAT; ADD THE CHILI SAUCE AND COOK, STIRRING, UNTIL THICK AND FRAGRANT, ABOUT 8 MINUTES. POUR IN THE BROTH AND REDUCE UNTIL SLIGHTLY THICKENED. SEASON THE PORK WELL WITH THE SALT & PEPPER; TRANSFER TO A LARGE SLOW-COOKER. ADD THE BAY LEAVES AND CINNAMON STICK AND THE SAUCE; COVER AND COOK ON HIGH UNTIL THE MEAT IS TENDER, ABOUT 5 HOURS. DISCARD THE BAY LEAVES AND CINNAMON STICK; SHRED THE PORK AND SEASON WITH SALT & PEPPER. SERVE THE PORK IN THE WARMED TORTILLAS, ALONG WITH DESIRED TOPPINGS. TOPPING SUGGESTIONS INCLUDE SHREDDED LETTUCE, DICED PICKLES AND/OR BLACK OLIVES, DICED PINAPPLE CHUNKS, DICED SWEET POTATOES, GREEN OR RED PEPPER STRIPS, DICED TOMATOES. MAKES ABOUT 8 SERVINGS!

## HASSELBACK SWEET POTATOES

4 MEDIUM SWEET POTATOES	1 TBLS UNSALTED BUTTER, MELTED
1 TSP OLIVE OIL	1 TSP FRESH THYME LEAVES, CHOPPED
1 GARLIC CLOVE, FINELY GRATED	KOSHER SALT & FRESH BLACK PEPPER
1/3 CUP NONFAT GREEK YOGURT	1 SCALLION, FINELY CHOPPED

PREHEAT OVEN TO 425 DEGREES; LINE A BAKING SHEET WITH FOIL. MAKE A SERIES OF 1/8" SLICES ALONG EACH POTATO, SLICING 2/3 OF THE WAY THROUGH. STIR TOGETHER THE BUTTER, OIL, THYME, GARLIC, 1/4 TSP SALT AND 1/4 TSP PEPPER IN A SMALL BOWL. RUB THE POTATOES ALL OVER WITH THE MIXTURE, GETTING IN BETWEEN THE SLICES. PLACE ON THE BAKING SHEET AND ROAST UNTIL THE CENTER OF THE POTATOES ARE TENDER AND THE OUTSIDE IS CRISP, ABOUT 50 MINUTES TO 1 HOUR. HALFWAY THROUGH ROASTING TIME, REMOVE THE POTATOES FROM THE OVEN AND RUN A FORK GENTLY ACROSS THE TOPS OF THE POTATOES, USING LIGHT PRESSURE, TO FAN THE SLICES AND SEPARATE THEM FROM ONE ANOTHER. MIX THE YOGURT AND THE SCALLIONS, ADDING A PINCH OF SALT & PEPPER. SERVE THE SAUCE ALONGSIDE THE POTATOES. MAKES 4 SERVINGS!

## ORANGE CHICKEN FINGERS

<b><u>SALAD</u></b>	2 TBLS RICE WINE VINEGAR	1 TSP HONEY
	1 TBLS TOASTED SESAME OIL	8 OZS SNOW PEAS, SLICED
	2 1/2 CUPS SHREDDED CARROTS	
<b><u>CHICKEN</u></b>	COOKING SPRAY	1 TBLS SESAME SEEDS
	4 CUPS RICE KRISPIES	1/2 TSP GRATED ORANGE ZEST
	KOSHER SALT & BLACK PEPPER	2 EGG WHITES
	1 TBLS LOW SODIUM TERIYAKI	1 1/2 LBS BONELESS, SKINLESS CHICKEN BREASTS
<b><u>SAUCE</u></b>	1/2 CUP ORANGE MARMALADE; 1 TBLS TERIYAKI SAUCE; 1 TSP GRATED GINGER	

FOR THE SALAD ~ WHISK TOGETHER THE VINEGAR & HONEY UNTIL WELL COMBINED; ADD THE SESAME OIL. ADD THE SNOW PEAS AND CARROTS, TOSS WELL TO COAT. SET ASIDE FOR THE FLAVORS TO BLEND WHILE THE CHICKEN AND SAUCE COOK. PREHEAT THE OVEN TO 425 DEGREES; PLACE A WIRE RACK ON A BAKING SHEET AND LIGHTLY MIST WITH NONSTICK COOKING SPRAY. PUT THE SESAME SEEDS INTO A SMALL NONSTICK SKILLET SET OVER MEDIUM HEAT. COOK, STIRRING OFTEN, UNTIL GOLDEN BROWN & FRAGRANT, ABOUT 5 MINUTES. SET ASIDE. PUT CEREAL IN A PLASTIC STORAGE BAG; CRUSH WITH ROLLING PIN. IN BOWL, COMBINE THE TOASTED SESAME SEEDS, THE CRUSHED CEREAL AND ORANGE ZEST; LIGHTLY SEASON WITH SALT & PEPPER. IN ANOTHER SHALLOW DISH, BEAT THE EGG WHITES WITH THE TERIYAKI SAUCE. CUT EACH CHICKEN BREAST INTO TENDERS, ABOUT 4X1 1/2", DIP EACH CHICKEN TENDER INTO THE EGG MIXTURE, THEN THE CEREAL MIXTURE, PRESSING TO COAT WELL. PLACE ON RACK; MIST THE CHICKEN WITH THE COOKING SPRAY. BAKE UNTIL CRUST IS GOLDEN & COOKED THROUGH, ABOUT 18-20 MINUTES. MIX THE SAUCE TOGETHER; SERVE AS DIPPING SAUCE FOR THE CHICKEN & DRESSING FOR THE SALAD.