

FOOD *for* THOUGHT

2015 Summer Edition



HARMONS
NEIGHBORHOOD GROCER®

HARMONS FOOD *for* THOUGHT

Summer is a season of sharing. Whether we're spending time in the great outdoors or out in the backyard, everything is better when we're in the company of others. And it's no different when it comes to food. Which is why these recipes are meant to bring out the best of your summer gatherings. So serve up some local, farm-fresh berries, some delicious Texas brisket or some freshly made Ironman salad—and enjoy those warm-weather moments with those you care about.

WATERMELON PARTY PUNCH

Recipe available online

HARMONS BERRY MELON PRODUCE TRAY

GRILLED PIZZA

DIFFICULTY



🕒 1:20

👤 6

PIZZA CRUST

1¾ c warm water
1½ T sugar
1 package dry active yeast
1 t salt
3-3¼ c unbleached all-purpose flour
¼ c olive oil
½ c corn meal
Cheese and toppings of your choice

Combine water, yeast and sugar in mixing bowl. Let sit a few minutes until yeast starts to foam. Add flour and salt, then stir with a wooden spoon until dough comes together. Transfer dough to a floured work surface and knead for a few minutes. Place dough in a large stainless bowl and coat with the oil. Cover with plastic wrap and allow to double in size, about 1 hour. Divide dough into 6 balls.

Heat grill to high. Sprinkle a small handful of cornmeal on a large pizza peel, then roll out dough on the pizza peel. Brush top with flavored oil or olive oil. Transfer dough, oiled-side down, onto grill.

With lid open, allow to cook just until grill marks start to appear, 1-2 min. While cooking, brush other side of dough with oil. Flip crust over with tongs or large spatula. Immediately add sauce and toppings to crust. Close lid and cook 2-4 more min until toppings are heated through. Adjust heat as necessary to avoid burning the bottom of the crust.

SPINACH, BACON & STRAWBERRY SALAD

DIFFICULTY



🕒 :15

👤 4

SALAD

8 oz baby spinach leaves
4 slices bacon, cooked and crumbled
1 small red onion, thinly sliced
¾ lb strawberries, stemmed and quartered
½ c candied pecans
3 oz feta or goat cheese crumbles

STRAWBERRY VINAIGRETTE

2 strawberries
1 T shallots, minced
1 T honey

1 T whole grain mustard
¼ c white balsamic vinegar
¼ c honey wine vinegar
1 c grape seed oil

Combine all dressing ingredients except oil in a blender or food processor. Pulse for 1 min until smooth. With the blender or food processor on low, carefully add oil in a slow, steady stream. Season with salt and pepper.

Add spinach to a large salad bowl. Add red onion, strawberries and bacon. Sprinkle with pecans and cheese. Drizzle with dressing and serve immediately.

FRESH BASIL PESTO SAUCE

Recipe available online

HARMONS TORTELLINI PASTA SALAD



HARMONS COOKIE TRAY & BROWNIE TRAY



HARMONS FRIED CHICKEN

CHIPOTLE RANCH RED POTATO SALAD

DIFFICULTY



2:30

6-8

- 3 lb small red potatoes, diced large, skin on
- 1 c ranch dressing
- 1 c sour cream
- 2 chipotle peppers, minced
- 1 T adobo sauce
- ½ c red onion, chopped fine
- 1 c shredded cheddar cheese
- 8 slices bacon, cooked and crumbled
- ¼ c parsley, chopped
- Salt and pepper to taste

Place potatoes in a large pan and cover with water by 1". Add a large pinch of salt. Bring to a boil over high heat, then reduce to a simmer. Cook just until potatoes can be pierced with a fork, 10-15 min, then drain.

Place remaining ingredients in a large bowl and stir to evenly mix. Add potatoes and toss to combine. Refrigerate for at least 2 hours prior to serving.



HARMONS BROWNIE TRIFLE

DIFFICULTY



1:45

6-8

- 24 count Harmons brownies
- 1 qt heavy whipping cream
- ¼ c sugar
- 1 T vanilla extract
- 8 egg yolks
- 2 t cornstarch
- 2 t cold milk
- ⅔ c white sugar
- ¼ c chocolate sauce
- ¼ c caramel sauce
- ¼ c chopped salted roasted peanuts

Cut brownies into ½" pieces and reserve. Whip 2 c of cream and ¼ c of sugar with 1 t of vanilla extract to stiff peaks. Reserve whipped cream in fridge until you are ready to assemble your trifle.

In a small bowl whisk cold milk and cornstarch. In a medium saucepan, heat 2 c cream and 2 t vanilla until bubbles form at edges. When the cream starts to steam whisk together egg yolks and sugar in a large bowl until smooth. Slowly pour ½ c of hot cream mixture into egg yolks, whisking constantly. Gradually add the rest of the cream mixture whisking constantly. Quickly rinse out the saucepan and add the cream and egg mixture back to the pan. Add the cold milk and starch slurry. Continue to cook, stirring constantly, until the mixture becomes thickened

to the consistency of pudding (you want it a bit runnier than pudding as it will continue to thicken in the fridge).

Place the pudding into a greased casserole pan and cover right against the surface with plastic wrap to prevent skin from forming. Refrigerate until cool, about 30 min.

To assemble trifle, place a layer of brownies on the bottom of a 10x6 trifle bowl, followed by a layer of pudding, and then a layer of whipped cream. Repeat until you come within an inch of the top of your bowl, making sure to end with a layer of brownie. Drizzle the caramel and chocolate syrup over the brownie layer alternately. Place remainder of the whipped cream into a piping bag with a star tip and pipe over top of trifle. Chill at least 1 hour, or ideally overnight.



HARMONS
MUSHROOM & SWISS
BURGER

HARMONS
BLACK & BLUE BURGER

HARMONS
JALAPEÑO BURGER

GRILLED BRATS TIP

For the best flavor, boil bratwursts in beer or water (8-10 min) then transfer to grill and cook until browned (8-10 min).

HARMONS
FINISHING TRAY

RED, WHITE & BLUE BURGER

DIFFICULTY



🕒 :45

6-8 👤

BURGERS

6 Harmons Black & Blue Burgers
2 c pickled red peppers sliced into strips
(To make your own pickled peppers
find our recipe online)
2 c blue cabbage slaw
12 slices Boars Head horseradish white
cheddar cheese
4 T mayonnaise
Spicy ketchup
6 Harmons Challah buns

BLUE CABBAGE SLAW

½ head red cabbage, washed
½ t baking soda
¼ t salt
¼ t sugar

BURGERS

Preheat grill on medium-high. Place the burgers
on grill. After 2 min, turn the burgers a quarter
turn. After another 2 min, flip burgers. After 2 min,
turn the burgers another quarter turn. Continue
cooking to an internal temp of 135° for medium or
slightly longer for well-done.

Spread mayo on the insides of both top and
bottom buns. Place burger on bun and top with
two slices of cheese, blue cabbage slaw, pickled
peppers, a dollop of ketchup and the top bun.

SLAW

Cut cabbage in half and remove core. Shred the
cabbage as thin as possible. Place in a large bowl
and sprinkle with baking soda. Toss gently and
allow to sit until cabbage has developed a deep
blue color along the cut edges. Sprinkle salt and
sugar over cabbage and toss to combine. Add
more sugar or salt to taste. Allow to sit for at least
30 min.

HARMONS TUSCAN PASTA SALAD

HARMONS SUPERFOOD VEGGIE TRAY

STUFFED GRILLED ZUCCHINI

DIFFICULTY



🕒 :25

👤 6

- 3 large zucchini
- ½ c cherry tomatoes, halved
- ½ c yellow cherry tomatoes, halved
- 1 mozzarella ball, diced small
- 2 T balsamic vinegar
- 4 mushrooms, diced small
- ¼ c fresh parsley, chopped
- 2 T olive oil
- Salt and pepper to taste

Cut the zucchini in half lengthwise. With a small spoon or melon baller, hollow out the zucchini halves, leaving a ¼” rim. Brush all over each zucchini half with a small amount of olive oil.

In a small bowl add the tomatoes, mozzarella, mushroom, parsley and balsamic vinegar and toss to combine. Heat the grill to low. Place the zucchini pieces cut-side down on the grill just long enough to create grill marks, 1-2 min. Remove from the grill and stuff each zucchini with the tomato mixture. Place the stuffed zucchini back on the grill, cover and cook for 6-8 min.

CAPRESE SALAD KABOBS

DIFFICULTY



🕒 :10

👤 6

- 1 small ball fresh mozzarella
- 18 cherry tomatoes
- 18 fresh basil leaves
- Balsamic glaze

Cut mozzarella into ½” cubes. On a small wooden skewer or large toothpick add a tomato, mozzarella cube, and a basil leaf. Place skewers on a serving platter and drizzle with balsamic glaze.



HARMONS
IRONMAN SALAD

HARMONS KABOBS

TEXAS STYLE BRISKET

DIFFICULTY



🕒 8:30

👤 12

- 4-6 lb beef brisket
- 2 T Worcestershire sauce
- 2 t onion powder
- 1 t mustard powder
- 1 T brown sugar
- 1 T garlic salt
- 1 t smoked paprika
- 4 oz bottle of Colgin liquid smoke

- 1 T canola oil
- 2 t salt
- 1 t coarse ground black pepper

Mix all of the ingredients except the meat together in a bowl to form a thick, oily paste. Rub all over the brisket evenly. Wrap in foil and refrigerate overnight. Preheat oven to 225°. Unwrap brisket and place in a 9x13 casserole pan, fat side up. Cover the pan with foil and cook for 6 hours.

Remove the foil for the last 2 hours of cooking. Check periodically; if the top looks like it is starting to burn, cover again with foil. Finish cooking until brisket is fall-apart tender. Once finished cooking, allow to rest for at least 30 min before slicing.

ZESTY FISH TACOS

DIFFICULTY



⌚:30

6-8 👤

SPICE SEASONING

2 lb halibut
3 t chili powder
2 T lime juice
2 T extra-virgin olive oil
1 t ground cumin
1 t garlic powder
1 t salt
½ t freshly ground pepper
16-24 corn tortillas

JICAMA SLAW

1 small jicama, peeled and finely shredded
½ head radicchio, finely shredded
2 carrots, shredded
¼ c freshly squeezed lime juice
1 T rice vinegar
2 T sugar
½ c olive oil
¼ c cilantro, finely chopped
Salt and pepper to taste

SEASONING

Combine all ingredients except fish and tortillas in a small bowl. Place fish in a shallow baking dish and sprinkle spice mixture over all sides of fish to coat. Allow to marinate for a few minutes (or up to 24 hours, covered and refrigerated). When ready to cook, heat one side of grill on high and leave the other side off. Seal fish in a foil packet, then place on cool side of grill and cover. Grill until the fish has cooked to 135°, about 10 min flipping once. Serve with cut limes, tortillas and jicama slaw.

SLAW

Place jicama, cabbage and carrots in a large bowl. Whisk together the lime juice, vinegar, sugar and oil in a medium bowl. Season with salt and pepper to taste. Pour the dressing over the jicama mixture and toss to coat well. Fold in the cilantro. Let stand at room temperature for 15 min before serving.

HARMONS BROCCOLI SALAD

HARMONS SALMON KABOBS

CEDAR PLANK SALMON

DIFFICULTY



⌚:20

6 👤

2 Harmons cedar planks
6 6 oz salmon portions
2 T grape seed, canola or avocado oil
Salt and pepper to taste

Soak cedar plank in water for about 1 hour. Heat one side of the grill to high, or the front and back burner if you are using gas. Place the plank on the indirect heat side of the grill.

Brush the salmon with oil and season with salt and pepper. When the plank begins to produce a small amount of smoke, place the fish on it and close the grill hood.

Grill on the board for about 15-20 min or until the salmon has reached an internal temp of 135°. While the salmon cooks prepare the chimichurri.

CHIMICHURRI

Recipe available online

HARMONS
ARTISAN BREAD

HARMONS
TWICE BAKED
POTATOES

HARMONS
BAKED BEANS

WRAPPED PORK RIBS

DIFFICULTY



🕒 5:00

6-8 👤

DRY RUB

- 1 c brown sugar
- ¼ c chili powder
- 2 T Worcestershire sauce
- 1 T cumin
- 1 T dry mustard
- Salt and pepper to taste

RIBS

- 2 full racks baby back pork ribs
- 1 sweet onion, sliced
- 6 garlic cloves, crushed
- 3 russet potatoes, peeled and sliced ½" thick
- ¼ tsp salt
- ¼ tsp pepper

In a medium bowl mix all rub ingredients well. Pat ribs dry with a paper towel. Remove rib membrane by peeling up a little corner, and with a clean dry kitchen towel grab the corner and pull membrane off. Coat cleaned ribs on both sides with rub.

Place one rack of ribs bone-side up on a triple-layer of foil, cut a few inches longer than ribs. Spread the onions, garlic, and potatoes on the bones and season with salt and pepper. Place second rack of ribs bone-side down on top of the potatoes and onion. Place 3 sheets of foil on top of ribs and fold in the edges to create packet.

Preheat grill on high. Reduce heat to low and place the wrapped ribs on the grill away from direct heat. Cook for 3 ½-4 hours. Remove ribs from grill and let rest for 30 min, still wrapped in foil. Carefully open foil package and set the top rack of ribs aside. Remove garlic, onion and potatoes from ribs and reserve potatoes for a side dish. Place ribs back on hot grill for about 15 min to brown and make grill marks. Serve with barbecue sauce.

BLACK PLUM & RED JALAPEÑO BBQ SAUCE

DIFFICULTY



🕒 1:30

12 👤

- 2 t vegetable oil
- 1 c onion, diced
- 3-4 cloves garlic, minced
- 2 t coriander
- 2 t cumin
- 1 t caraway seed
- 1 t mustard seed
- 1 t paprika
- ½ c apple vinegar
- 2 lb tomatoes, diced
- ¼ c molasses
- ⅓ c brown sugar
- 2 c black plums, pitted and diced
- 1-3 red jalapeños, stemmed, seeded and minced

Heat 1 t vegetable oil in a large saucepan on medium-high. Sauté onion and garlic for 3 min. Combine coriander, cumin, caraway seed, mustard seed and paprika. Sprinkle over onions and sauté until fragrant. Add apple vinegar to deglaze pan. Cook for about 2 min.

Add tomatoes, brown sugar and molasses. Reduce heat to low. Continue to cook, stirring occasionally, for 1 hour. Remove from heat, puree until smooth and return to saucepan.

Heat 1 t vegetable oil in a medium sauté pan on high. Sauté plums and jalapeño just until juices are released and plums start to break down, mashing with a wooden spoon. Add to pureed sauce. Reduce heat to simmer, cook for 20 min. Season with salt and additional vinegar as needed.

CINNAMON APPLE BREAD PUDDING

DIFFICULTY



⌚ :25

👤 4

2-3 c Challah bread, cut into 1" cubes
4 apples, cored and diced
1 c butter, melted
1 c brown sugar
3 T cinnamon
1 c heavy cream
2 eggs
Caramel sauce

Place bread cubes in a large bowl and drizzle with melted butter. Add all remaining ingredients in medium bowl, stir until combined. Pour over buttered bread and mix until completely combined.

Lay out 4, 16"-24" heavy duty aluminum foil pieces on a table and spray with non-stick cooking spray. Place ¼ of mixture on each of the 4 foil sheets. Pull edges of foil up towards each other and roll to seal. Place on campfire coals or hot grill for 8-10 min. Remove from heat and allow to cool slightly. Serve with favorite caramel sauce.



DUTCH OVEN PEPPER CHICKEN

DIFFICULTY



⌚ :55

👤 8

2 whole chickens
4 bell peppers (combination of green, red and yellow), sliced
4 garlic cloves, crushed
1 white onion, sliced
1 stick butter, halved
2 T white pepper
2 T thyme
2 T parsley
2 T sage
1 12 oz can 7UP
Salt and pepper to taste

In a large bowl add all the herbs, white pepper, salt and pepper then mix together. With one-half of the butter, rub all sides of the chickens. Place the chickens in a large bowl and cover with the herb mix. Meanwhile, preheat the Dutch oven with the other half of butter. When foaming subsides, add the peppers and onion. Sauté for 3 min then add the garlic. Pour in the 7UP to deglaze the bottom of the Dutch oven.

Place the seasoned chickens into the Dutch oven. Cook for 12 min per pound or until a thermometer inserted into the breast registers an internal temp of 165°.

When cooking with a 12" Dutch oven, use 14 coals on the top and 10 coals on the bottom. When cooking with a 14" Dutch oven, use 16 coals on the top and 12 coals on the bottom.



MIXED FRUIT COCONUT POPSICLES

DIFFICULTY



⌚ 6:15

8 👤

1 peach, sliced ¼" thick
2 kiwis, sliced ¼" thick
¾ c strawberries, chopped
½ c blueberries, halved
½ c raspberries, halved
2 c coconut water or white grape juice

Combine fruit in a large mixing bowl. Separate the mixture into 8, 3 oz popsicle molds. Pour just enough coconut water or juice into each mold to cover fruit. Cover the mold with clear plastic wrap. Insert popsicle sticks and freeze until solid, approximately 6 hours.

HARMONS CHOCOLATE CREAM PIE

CHERRY TOPPING FOR ANGEL FOOD CAKE

Recipe available online

RED VELVET MASON JAR CAKE WITH BLUEBERRY LEMON MERINGUE

DIFFICULTY



⌚ 1:30

8-12 👤

CAKE AND BLUEBERRY LEMON CURD

1 box red velvet cake mix
2 c blueberries, fresh or frozen
½ c lemon juice, plus zest from lemons
1 egg
2 egg yolks
½ c sugar, divided
2 T cornstarch
2 T salted butter

MERINGUE

5 egg whites
Pinch of cream of tartar
2 T sugar

CAKE

Preheat oven to 350°. Prepare cake batter according to box directions. Scoop batter into bottom of small mason jars. Place jars in baking dish large enough to fit all. Pour about 1" of very hot water into the baking dish around the jars. Bake for 18-22 min depending on size of jar. Remove from oven and water bath. Allow to cool.

BLUEBERRY LEMON CURD

In saucepan over medium-high heat combine berries, ¼ c sugar, lemon juice and zest. Bring to a boil. Reduce heat and simmer until blueberries soften, about 5 min. Combine the remaining sugar, cornstarch, egg and egg yolks in a small bowl. Whisk until smooth. Stir yolk mixture into saucepan with blueberries and lemon. Bring to a boil over medium-low, stirring consistently. Cook for 1 min. Remove from heat then stir in butter. Allow to cool.

Pipe blueberry lemon curd into jars on top of red velvet cake. Place in refrigerator while you make the meringue.

MERINGUE

In a large mixing bowl add egg whites and cream of tartar. Beat until soft peaks appear. Still beating, slowly add sugar. Beat until stiff peaks form. Pipe over blueberry lemon curd. Use a kitchen torch to brown tops of meringue. Garnish with blueberries to serve.



**YOUR FOOD.
OUR PASSION.**

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