



The Winning Recipe!

2011 Food Star Final Recipes

Curry Goat

Olga George

Ingredients:

Curry Goat

2 pounds of goat
2 cloves
1 whole onion
1 green pepper
2 springs of thyme
Salt
Pepper
Paprika
Parsley (dry)
Curry
Vinegar
Oil
Water

Fungi

2 cups of cornmeal
Okra (fresh or frozen AND optional)
Salt
Two sticks of butter

Curry Goat

Wash the goat in vinegar, then rinse with water. Combine all the dry seasons onto the goat. Heat up a deep pot with oil. Place the seasoned goat into the pot, turning the goat over in the pot to ensure all the meat is nicely browned. When you no longer see any blood, place the finely chopped garlic, green pepper and thyme into the pot. When you can smell the onion and garlic, it's time to add your hot water and additional curry. Cover and let cook for two hours.

Fungi

If you're cooking the fungi with okra (fresh or frozen) you need to cook this first in a boiling pot of water. When the okra has separated and you can see the seeds separate the okra with some of the water into a bowl and set aside. In the remaining hot water add four pats of butter and the dry cornmeal. Stir the cornmeal until it thickens and become smooth. If you're using the okra you start adding the additional water and okra during the stirring and cooking process. You'll see the cornmeal bubbling – do not be alarmed, this is part of the process. When you no longer see any dry cornmeal, take a spoonful and place it into a bowl that has butter spread inside it. Roll the cooked cornmeal around the bowl into a ball.

Place the fungi and curry goat into a bowl and there you have a beautiful and hearty dish. Enjoy.



Turkey, Stuffing and Mashed Potato Leftover Cake Cups

Meredith Blake Matthews

Ingredients:

- 15 oz. (5-7 slices) cooked, leftover turkey meat, diced
- 1 1/2-2 c. leftover stuffing (from a box or your favorite home made)
- 1 c. all-purpose flour
- 1/2 c. milk
- 1 large egg
- dry herbs, salt and pepper to taste
- 2 c. leftover mashed potatoes
- 1/3 c. heavy cream
- 1/4 c. sour cream

Directions:

Preheat oven to 350 F.

Mix together all of the ingredients in a large bowl

Line 12 cupcake tins with wrappers (preferably foil)

Fill each wrapper to the brim with your mixture

Bake for 45 minutes

While cakes are baking, whisk mashed potatoes, heavy cream and sour cream together until you get a smooth consistency

Fill a piping bag (or ziplock bag with a snipped corner) with the mashed potatoes and pipe on the finished mashed to resemble frosting on a cupcake.

If desired, drizzle gravy on top of your finished product for a little added texture and flavor!

Yield: 12 cake cups



Sweet Potato Casserole Leftover Cupcakes with Toasted Marshmallow Frosting

Meredith Blake Matthews

For the cupcakes:

- 2 cups all-purpose flour
- 2 tsp. baking powder
- 2 tbs. potato starch
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 tsp. ground cinnamon
- 8 tbsp. (one stick) unsalted butter, softened
- 1 cup sugar
- 2 large eggs
- 1½ cups leftover sweet potato casserole or sweet potato puree
- ½ tsp. vanilla extract

Directions:

Preheat the oven to 350 F.

Sift the flour, baking soda, baking powder, potato starch and salt into a medium bowl and add the cinnamon.

Cream your butter on medium-low speed, add the eggs, one at a time, then add the sugar. Mix until smooth

Add in the sweet potato casserole or puree and continue mixing on medium-low as you gradually add in the flour mixture and vanilla until incorporated.

Evenly distribute among 24 baking cupcakes and bake for 20-24 minutes or until a toothpick comes out clean. Allow to cool completely before frosting.

For the frosting:

- 2 cups granulated sugar
- ½ cup cold water
- 8 egg whites
- 1½ tsp Cream of Tartar
- ½ tsp. vanilla extract
- 2-3 drops marshmallow flavoring (if desired)

Directions:

Heat the sugar and water in a saucer on high (on stovetop) until it reaches 265 F. (use a candy thermometer)

As you wait for the sugar to reach desired temperature, use an electric stand mixer with the whisk attachment to beat your egg whites and Cream of Tartar on medium-high speed. Keep a close eye on your sugar water.

When your sugar reaches 265 F, quickly remove it from the heat and immediately (but slowly!) add it to your whisking eggs, still on medium-high speed.

Add vanilla and marshmallow flavoring and beat on high for 3-5 minutes or until peaks start to form.

When your meringue reaches desired consistency, immediately fill a piping bag and frost your cupcakes.

Use a kitchen torch to lightly toast your frosted cupcakes and serve.