




August 8, 2020
sixth annual Dining with the Chefs

The Montgomery County Free Clinic Board of Directors welcomes you to our sixth annual "Dining with the Chefs" - At Home Edition. Our YouTube event celebrates the art of cooking and sharing recipes during our time of social distancing. Your donations help support the Clinic's mission of providing health and dental care to the medically uninsured and under-insured in our community. We also provide meals to home bound residents and support breast cancer patients through FAITH Alliance.

Our chefs, Lali Hess and Brittney Terry from the Juniper Spoon, Prof. Rick Warner from Wabash College, Jason Anderson from Bon Appetit at Wabash College, and Hannah Thompson from Maxine's on Green and the Crawfordsville Country Club, have carefully chosen the following creations just for you. We hope you enjoy the production and try these recipes at home.

Donations can be sent by check to Dr. Mary Ludwig Free Clinic at P.O. Box 86, Crawfordsville, IN 47933 or pay online through the Montgomery County Free Clinic website.



Caribbean Corn Chowder

By Lali Hess

Ingredients

- 1 tablespoon oil
- 1 roasted and diced anaheim pepper
- 1 onion, diced
- 2 potatoes, diced
- 1/2 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1 cup fresh sweet corn (if canned or frozen add a generous pinch of sugar)
- 1 can coconut milk
- 3 cups stock (veggie, corn, or chicken)
- 1/2 teaspoon salt
- chopped cilantro
- fresh lime juice

Directions

1. Add oil to a soup pot.
2. Once hot, add and saute anaheim pepper and onion.
3. After a few minutes add potatoes, cumin, and smoked paprika to the pot. Stir well until potatoes are coated in spices.
4. Add corn, coconut milk, stock, and salt to the pot. Simmer, covered, until potatoes are soft.
5. Add additional liquid or salt to suit your taste.
6. Turn off heat and add a few stems and leaves of chopped cilantro and a squeeze of fresh lime juice.



Costa Rican Cabbage Slaw

By Lali Hess

Ingredients

- 1/2 head of cabbage
- 1 lime
- 1 tablespoon olive oil
- salt
- pepper
- 1/2 bunch of cilantro

Optional

- avocado
- tomatoes
- heart of Palm
- cucumber

Directions

1. Shred cabbage into a bowl.
2. Add juice from 1 lime, olive oil, generous sprinkle of salt and pepper, and chopped cilantro (stems and leaves). Toss all together.
3. Add in optional ingredients to your liking.



Jalapeño Corn Bread with Lime Basil Compound Butter

By Rick Warner

Ingredients

Dry ingredients

- 1 cup flour
- 1 cup corn meal (yellow or white)
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Wet ingredients

- 1 egg, beaten
- 1 cup milk
- 1/4 cup oil (canola or safflower)
- 1 minced Jalapeno

Directions

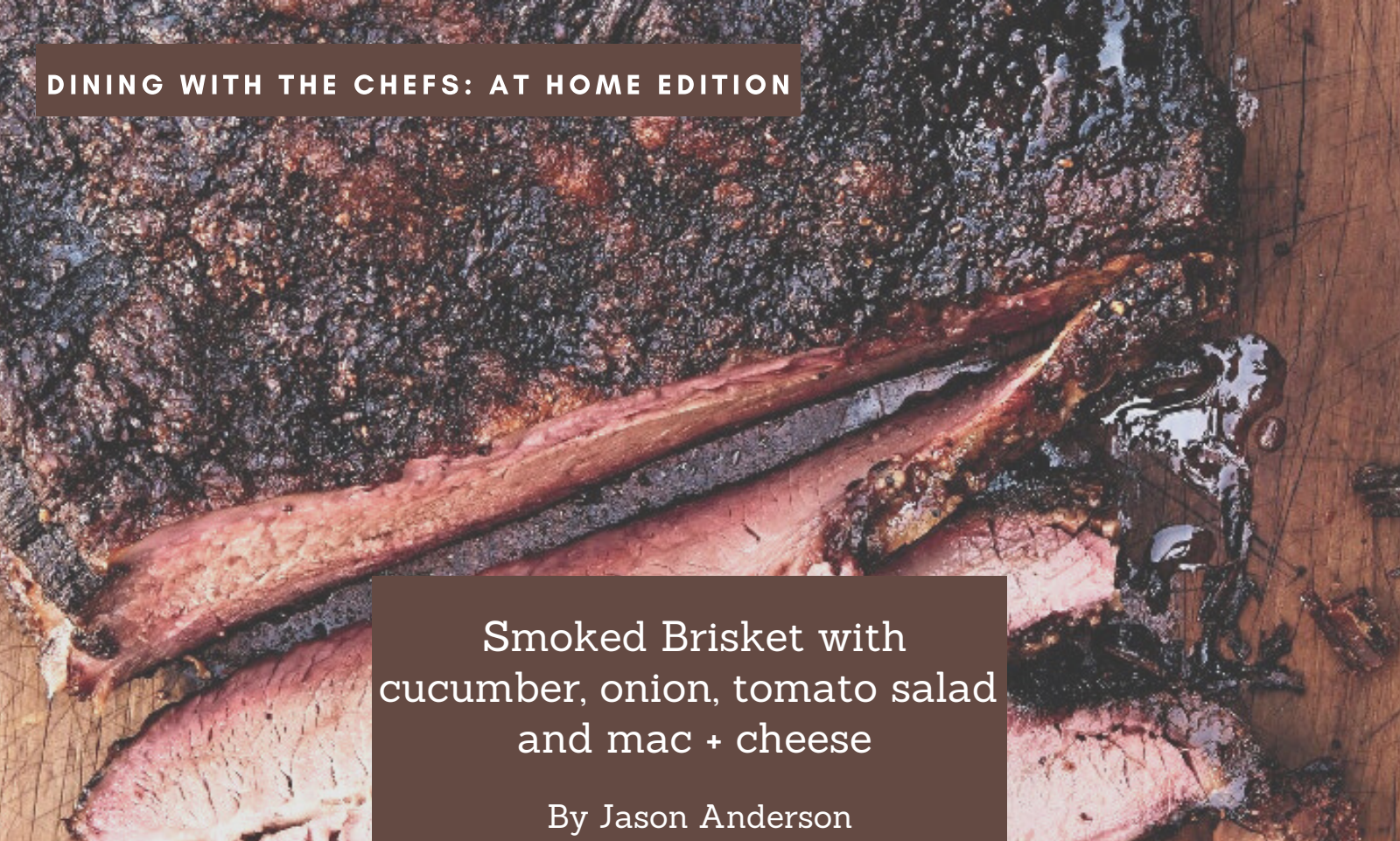
1. Mix together all dry ingredients in a bowl. In another bowl mix together all wet ingredients.
2. Make a well in the middle of the dry ingredients. Mix wet ingredients into dry with a fork, until just incorporated. (Think: pancake batter)
3. Bake at 400F for 20-25 minutes until a knife tests clean.

Ingredients

- 1/2 cup softened butter
- 2 cloves of minced garlic
- 1/2 cup minced fresh basil
- minced zest from one lime
- 1/4 teaspoon white pepper
- 1 tablespoon lime juice

Directions

1. Mix all of the ingredients together.
2. Pipe into rosettes or roll into cylinders and chill.



Smoked Brisket with cucumber, onion, tomato salad and mac + cheese

By Jason Anderson

Ingredients

Dry ingredients

- One full brisket
- salt and coarse ground pepper

Directions

1. Trim brisket to 1/2 inch. Season with salt and pepper.
2. Smoke slow at 225-250 for 1.25 hours per pound

Ingredients

- 2 sliced cucumbers
- 1 red onion julienned
- 1 bunch celery diced
- 4 large tomatoes diced
- 1/2 cup red wine vinegar
- 1 1/2 cups olive oil
- 1/4 cup sugar
- salt and pepper

Directions

1. Mix vinegar, sugar, and olive oil. Let set 15 minutes.
2. Mix again and pour over cut vegetables.
3. Season with salt, pepper, and favorite chopped fresh herb

Ingredients

- 1 lb elbow macaroni
- 3 lb block Velveeta
- 1 lb shredded cheddar
- 1 cup heavy cream
- salt
- Frank's hot sauce

Directions

1. Heavily salt water and bring to a boil.
2. Cook pasta about 8 minutes.
3. Drain off 3/4 water. Add Velveeta, cream, and shredded cheese.
4. Adjust seasoning with salt and Frank's.



CAST IRON SKILLET *Caramel Apple Pie*

By Hannah Maxine

Ingredients

Pie Crust

- 2 1/2 cups All Purpose Flour
- 1 cup Unsalted Butter (COLD)
- 1 teaspoon Salt
- 1 teaspoon Sugar
- 6-8 Tablespoons Cold Water

Caramel Sauce

- 1/2 cup Unsalted Butter
- 1 cup Brown Sugar

Pie Filling

- 4-4.5 lbs. Apples
- 1/2 cup Brown Sugar
- 1/2 cup Sugar
- 1/4 teaspoon Salt - Iodized
- 1 teaspoon Cinnamon
- 1/4 teaspoon Ground Ginger
- 1/4 teaspoon Nutmeg
- 1/4 teaspoon Ground Clove
- 2 Tablespoons Corn Starch
- 1 Tablespoon Unsalted Butter
- 1 egg

Directions

1. In a small saucepan over medium heat, melt butter and combine brown sugar. Pour caramel sauce into base of iron skillet and allow to cool.
2. Combine All Purpose Flour, salt and sugar in a food processor with a dough blade attached. After a few pulses to combine, slowly add in cold cubed butter until a sandy texture forms. Then slowly add cold water until mix becomes a cohesive ball. Allow to rest at room temperature.
3. Peel, core and slice apples into a large bowl. Sprinkle with lemon juice to avoid oxidization. Add in brown sugar, white sugar, salt, cinnamon, ginger, nutmeg and clove to the bowl and mix until all pieces are coated. Let rest for 1 hour. Then add cornstarch and mix.
4. Roll out a large circle or square, approximately 1/4" thick, for bottom pie crust. Lay on top of caramel sauce and gently press into the edges of the pan.
5. Add apple mixture to the skillet and level the top.
6. Finally roll out another large portion of crust for the top, crimping the sides with a fork and adding small slits for steam ventilation. Brush with egg wash and top with a sprinkle of sugar.
7. Cook in a 350 degree oven for 45-60 minutes or until thermometer reads 195 degrees. Allow to cool and serve.



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Special thanks to our
content creators

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And of course, thank you again to our outstanding chefs: Lali, Brittney, Rick, Jason, and Hannah.

We hope to see you all in person next year!