

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH BRENDA PEREGOY

FIND HER AT CROOKED CREEK HERE AT THE MARKET



Watermelon Gazpacho

- 6 cups cubed seeded watermelon
- 2 cucumbers, chopped
- 2 red bell peppers, chopped
- 1 onion, chopped
- 1/2 jalapeno pepper, finely chopped
- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 3 tablespoons chopped fresh mint
- 2 tablespoons minced fresh ginger
- 3 tablespoons honey
- 1/2 cup pineapple juice
- 20 small mint leaves

Reserve 20 small pieces of watermelon for garnish. Working in batches, place the remaining watermelon, the cucumbers, red bell peppers, onion, jalapeno pepper, lemon juice, olive oil, 3 tablespoons of fresh mint, the ginger, honey, and pineapple juice into a blender, and blend for about 30 seconds per batch. The mixture should be well blended but retain some texture. Pour into a large pitcher or bowl, and refrigerate 1 hour. Serve in bowls, and garnish each bowl with a couple of chunks of the retained watermelon and 2 small mint leaves.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!



LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH BRENDA PEREGOY

FIND HER AT CROOKED CREEK HERE AT THE MARKET



Chicken Breast Glazed With Pepper Jelly

- 2 Tbs Hot Pepper Jelly
- 1 Tsp Honey Mustard
- 1 Tsp Dried Oregano
- 1/2 Tsp Garlic, Minced
- 1 Tbs Lemon Juice
- 2 Boneless Chicken Breast Halves
- Salt, To Taste
- Black Pepper, To Taste
- 2 Tbs Butter
- 1 Onion, Sliced
- 1/2 Cup Chicken Broth

Prepare the dish by combining the pepper jelly, mustard, oregano, garlic, and lemon juice in a small bowl; set aside. POUND chicken breasts to even thickness, season the chicken breasts on both sides with salt and pepper.

In a large skillet, melt the butter over moderately high heat. When the foam subsides, add the chicken breasts and cook, turning once, until browned, about 4 minutes per side.

Push chicken to one side, loosen the browned bits on the bottom; add onion and chicken broth, cook until onion is tender, about 7 minutes. Add the pepper jelly mixture to the pan and coat the chicken with the sauce. Cook until the sauce is reduced. Taste test and season with salt and pepper, if needed.

Transfer the chicken to plates and spoon onion sauce on top. Great served with rice. Serves 2

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!

