

## Chef Bradley Gourmet Creations Recipes

Sauces fall basically into three categories: marinating, finishing, or dipping. Some may fit into one or more category.

### **It's a Carolina Thing –New**

It's a Carolina Thing fits into two sauce categories: marinating and finishing.

#### ***Chef Bradley's Pulled Pork***

Ingredients:

Boston Butt Bone In (5-7 pounds)

Chef Bradley's Pork Rub

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3 T. Turbinado Sugar

1 ½ T. Kosher Salt

2 ½ T. paprika

1 T. ground cumin

1 ½ T. ground black pepper

1 tsp. cayenne pepper

½ tsp. onion powder

½ tsp. dried oregano

½ tsp. dried thyme

1 tsp. garlic powder

Combine all these ingredients in a bowl and mix thoroughly.

Directions:

Score the fat cap of the butt.

Rub the butt with Chef Bradley's Pork Rub.

Cover with plastic wrap and refrigerate at least 4 hours or overnight.

Bring the pork to room temperature.

Preheat the smoker or oven to 225°F

Cook the meat until the internal temperature reaches 170°F

(about 8 – 10 hours).

Remove from the smoker or oven and let meat rest for 20 to 30 minutes.

Once the meat has rested, pull the meat apart with two forks and toss with It's a Carolina Thing sauce.

Serve on buns with coleslaw made with Supreme Sauce.

#### ***Chef Bradley's Carolina Chicken Breasts***

Ingredients:

8 boneless/skinless chicken breasts

1 bottle of *It's a Carolina Thing* sauce

Directions:

Place chicken breasts in a zip lock bag and toss with It's a Carolina Thing Sauce and marinate at least 4 hours or overnight.

Remove from marinade.

Grill the chicken on a BBQ grill or stovetop until the internal temperature reaches 165°F.

Remove from grill or stove and serve with *It's a Carolina Thing* sauce on the side.

## **Lean Mean Habanero**

Lean Mean Habanero is very versatile and can be used as a marinade or for finishing and dipping. It goes well with all kinds of meats, veggies and even grilled fruit.

### ***Chef Bradley's Wings***

5 pounds of wings (first and 2<sup>nd</sup> joint sections)

Wash wings and pat dry, Sprinkle with salt and pepper

Marinate in Lean Mean Habanero for at least 30 minutes.

Grill or bake until internal temperature reads 165 degrees

Toss with Lean Mean Habanero and serve with Blue Cheese Dressing and celery sticks.

### ***Zesty Fish***

The fruity taste and aroma of Lean Mean Habanero is perfect with fish. Use salmon, catfish, tilapia or your favorite fish. They all work!

Wash fish and pat dry

Sprinkle with salt and pepper

Brush both sides of the fish with Lean Mean Habanero

Grill, pan sear or bake until flaky being careful not to overcook

Serve with rice or potatoes and salad.

### ***Grilled Fruit***

The perfect ending to a grill out meal. Choose pineapple, peaches, or even Texas Ruby Red grapefruit

Slice fruit in ½ inch to 1 inch sections.

Brush with Lean Mean Habanero

Place on a hot grill

Carefully turn after about five minutes or until juices start to flow.

Remove from grill and serve – great with a little vanilla ice cream on top

## **Lean Mean BBQ Sauce**

Lean Mean BBQ Sauce is primarily a finishing sauce.

### ***Lean Mean Brisket***

Brisket is a staple here in Texas. This sauce is excellent with brisket (smoked or oven cooked). It can be drizzled over sliced brisket to enhance the flavor or mixed with chopped brisket to add flavor and moisture.

### ***Brisket Bites***

(Use either sliced or chopped brisket)

Pour a liberal amount of Chef Bradley's Lean Mean BBQ Sauce over the brisket. Stir well. Warm the brisket and sauce mixture on medium heat until the sauce begins to "bubble". Spoon onto cocktail buns, dinner rolls or hamburger buns. If using hamburger buns, cut into four pieces.

### ***Lean Mean Steak***

The sauce goes on the meat during the last five minutes of cooking. The flavor should infuse into the meat. Also, warm Lean Mean Sauce can be served on the side.

### ***Pork Tenderloin***

Marinate the pork tenderloin overnight in Chef Bradley's Lean Mean BBQ Sauce. (A large sealable plastic bag is a good container.) Rotate the bag several times to insure even coverage of the sauce on the meat. Remove the pork

tenderloin from the marinade and allow the meat to come to room temperature. Discard the left over marinade. Sear the meat in 2 TBS of olive or canola oil in a heavy skillet or oven safe roasting pan. Place the roasting pan in a 350 degree oven and cook to desired doneness (160 – 170). Baste more Lean Mean sauce on the meat during the last five minutes of cooking. The flavor should infuse into the meat. Remove from the oven, cover and let rest five minutes before slicing. Serve the pork tenderloin with warm Lean Mean Sauce on the side.

## **Sweet Zing BBQ Sauce**

Sweet Zing BBQ Sauce fits into all three sauce categories: marinating, finishing and dipping.

### ***Cornish Hens***

Wash the hens and pat dry.

Sprinkle with salt and pepper.

Place the Cornish Hens (breast side up) in a roasting pan (a roasting rack to ensure more even cooking and glazing) in a 350 degree oven.

Cook until the meat thermometer reads 175.

During the last five minutes of cooking, liberally brush with additional Sweet Zing BBQ Sauce. Allow the sauce to form a glaze.

Remove hens from the oven and let rest five minutes before serving.

Serve the Cornish Hens with warm Sweet Zing BBQ Sauce on the side.

### ***Chef Bradley's Smoked Holiday Ham***

Cook smoked ham according to package directions (350 degrees). Bring internal temperature to 160 degrees. During last 15 minutes of cooking, brush liberally with the sauce: ¼ cup Sweet Zing BBQ sauce, 1 TBS. orange juice, 1/8 tsp. ground cloves. Replace in oven and cook additional 10-15 minutes. Let rest 15 before carving and serving. Enjoy!

### ***Chicken Wings/Drummies***

Wash the Wings/Drummies and pat dry. Sprinkle with salt and pepper.

Place the Wings/Drummies in a roasting pan in a 350 degree oven. Cook until the meat thermometer reads 175 degrees. (approximately 30 minutes) (Wings/Drummies can also be cooked on the grill.)

During the last five minutes of cooking, liberally brush with Chef Bradley's Sweet Zing BBQ Sauce. Allow the sauce to form a glaze. Serve with warm Sweet Zing BBQ Sauce for dipping.

### ***Chef Bradley's No Guilt Party Mix***

(More flavor and lower in sodium and fat than traditional Party Mix)

3 cups Corn Chex cereal

3 cups Rice Chex cereal

3 cups Wheat Chex cereal

2 cups dry roasted peanuts

1 cup no salt pretzels

6 T. butter

4 T. Chef Bradley's Sweet Zing BBQ Sauce

2 T. water

¾ t. garlic powder

½ t. onion powder

1 t. season salt

1 t. chili powder

Set the oven to 300 degrees In a large, oven proof pan/dish, mix together the cereals, nuts and pretzels

Melt butter with Sweet Zing BBQ Sauce and water. Whisk garlic powder, onion powder, season salt and chili powder into the butter, Sweet Zing and water mixture. Pour liquid mixture over the dry mixture. Stir well. Bake in a 300 degree oven for 1 hour, stirring thoroughly every 15 minutes. When completely cool, store Chef Bradley's No Guilt Party Mix in an airtight container.

## **Now THAT'S Ketchup!**

Now THAT'S Ketchup! is not just a ketchup; it is a versatile sauce. It can be a key ingredient in other sauces and/or stand on its own as a dipping sauce.

### ***Supreme Sauce***

Ingredients:

1 cup mayonnaise (regular or fat free)  
½ cup Chef Bradley's Now THAT'S Ketchup!  
¼ cup apple cider vinegar  
1 TBS. prepared mustard  
1 tsp. Worcestershire sauce  
¼ cup sugar (or Splenda)  
¼ tsp. kosher salt  
1/8 tsp. ground red pepper

### ***For Fish***

Grill, bake or saute fish (salmon, halibut, tilapia, snapper, etc) Lightly brush Supreme Sauce over fish in last stages of cooking. Serve additional warm sauce on the side.

### ***For Salad***

Serve with:

Spinach, grape tomatoes and crumbled bacon  
Iceberg lettuce wedges  
Tossed spring greens, quartered Roma tomatoes and slivered smoked almonds  
Cole slaw

### ***For Dipping***

***Raw veggies, chicken strips, wings, cocktail shrimp, French fries, potato wedges.***

## **Cocktail Sauces/Appetizers**

### ***Cocktail Horseradish Sauce***

¾ cup bottled chili sauce  
¼ cup Chef Bradley's Now THAT'S Ketchup!  
2 TBS. prepared horseradish sauce  
2 TBS. fresh lemon juice  
3 drops Tabasco sauce  
Serve with boiled shrimp, crab or other seafood.

### ***Cranberry Horseradish Cocktail Sauce*** 1 tsp. olive oil

1 TBS. finely chopped shallots  
¼ tsp. finely chopped fresh thyme  
¾ cup fresh or frozen cranberries, thawed  
¼ cup Chef Bradley's Now THAT'S Ketchup!  
1 ½ TBS. cranberry juice

1 TBS. prepared horseradish  
1/3 tsp. lime juice  
¼ tsp. kosher salt  
¼ tsp. freshly ground black pepper.  
Heat oil, sauté shallots, add thyme. Cook 2 minutes.  
Add cranberries, cook 3 minutes until cranberries “pop”.  
Add remaining ingredients.  
Mix well.  
Chill  
Serve with boiled shrimp, crab or other seafood.

**Cocktail Party Appetizer**

***Cranberry Horseradish Cocktail Sauce***

**(recipe above)** Pour over cream cheese and serve with crackers or veggies.