

RECIPES

Try one of these food or cocktail recipes from our IVMF Arsenal graduates!

EASY GUACAMOLE RECIPE (SPICY)

UNCLE KEITH'S GOURMET FOODS

Crystal & Keith Fairley

- 1/2 cup salsa
- 2 avocados
- 1 TBS your favorite hot sauce
- Less heat use- Uncle Keith's Sriracha
- Killer heat- Use Uncle Keith's Code Red Hot Sauce

MEATBALLS

J. LEES GOURMET BBQ SAUCE

Chuck Holden

Combine ground meat with egg, water, breadcrumbs, onion, salt and pepper. Mix gently but thoroughly with your hands. Form mixture into meatballs and place in pan/baking dish. For full flavor meatballs, generously pour J. Lee's BBQ Sauce over meatballs. Roast or simmer meatball in the sauce until they are done but do not overcook. Meatballs may also be roasted until done and the sauce added after cooking.

- For spicy meatballs, use J. Lee's Sweet Heat or Spicy Gourmet BBQ Sauce.
- For regular meatballs, use J. Lee's Original or Diabetic Friendly BBQ Sauce.

BBQ SHRIMP

J. LEES GOURMET BBQ SAUCE

Chuck Holden

Wash shrimp and devein shrimp. Season shrimp with your favorite seasoning. Generously squeeze fresh lemon juice over shrimp. Fry, bake or grill shrimp. Do not overcook. Once cooked, brush or drizzle J. Lee's sauce over shrimp or use J. Lee's sauce as a dip.

- For a sweet-spicy taste, use J. Lee's Sweet Heat or Spicy Gourmet BBQ Sauce.
- For regular BBQ taste use J. Lee's Original or Diabetic Friendly BBQ Sauce.
- For a little heat without discoloring of food, use J. Lee's Clearly Hot Sauce (Pepper Sauce)

CHICKEN WINGS

J. LEES GOURMET BBQ SAUCE

Chuck Holden

Wash wings well. Season wings with your favorite seasoning (or you may use a light sprinkle of the following seasonings: Creole original, Roasted Garlic and Herb, Brazilian Steakhouse and Granulated Garlic). Fry, bake or grill wings until they are well done but do not overcook.

- For spicy or hot wings, generously brush or dip wings in J. Lee's Sweet Heat or Spicy Gourmet BBQ Sauce.
- For regular BBQ wings, generously brush or dip wings in J. Lee's Original or Diabetic Friendly BBQ Sauce.
- For full flavored wings without BBQ Sauce taste, soak wings in J. Lee's Marinade prior to cooking or sprinkle J. Lee's Marinade over wings after cooking.

STIR FRY

J. LEES GOURMET BBQ SAUCE

Chuck Holden

Wash vegetables. Heat wok using a high temperature oil (i.e. organic coconut oil). Place vegetables in hot wok. Season vegetables with your favorite seasoning and sauté. Drizzle J. Lee's BBQ sauce over vegetables when about done or after removing vegetables from wok.

- For a sweet-spicy taste, use J. Lee's Sweet Heat or Spicy Gourmet BBQ Sauce.
- For regular BBQ taste use J. Lee's Original or Diabetic Friendly BBQ Sauce.
- For a fresh flavorful taste, use J. Lee's Southern Dressing.

BAKED OR GRILLED SALMON

J. LEES GOURMET BBQ SAUCE

Chuck Holden

Wash salmon (with or without skin). If with skin, place skin side down. Generously squeeze fresh lemon juice over salmon. Lightly spray or rub a light sheen of virgin olive oil over salmon. Season salmon with your favorite seasoning (or you may use a light sprinkle of the following seasonings: salmon seasoning, Roasted Garlic and Herb, parsley flakes and Granulated Garlic). If baking, place several lemon wedges over the salmon and place several cuts of butter on top of salmon. Bake or grill salmon without turning. Be careful not to overcook. Once cooked, lightly pour or brush J. Lee's sauce over salmon.

- For a sweet-spicy taste, use J. Lee's Sweet Heat or Spicy Gourmet BBQ Sauce.
- For regular BBQ taste use J. Lee's Original or Diabetic Friendly BBQ Sauce.
- For a little heat without discoloring of food, use J. Lee's Clearly Hot Sauce (Pepper Sauce)

SPECIALTY CAKE

J. LEES GOURMET BBQ SAUCE

Chuck Holden

- 6 room temperature eggs
- 4 sticks, room temperature Land O' Lakes Butter
- 3 cups sugar
- 3 cups of all-purpose flour
- 1 teaspoon vanilla flavor
- Half cup J. Lee's Original BBQ Sauce

Preheat Oven to 350° F

Step 1: Place eggs into a bowl with butter and sugar until very creamy.

Step 2: While mixture is still running pour in flour 1 cup at a time until mixed in well with other ingredients.

Step 3: Add vanilla mix until it is mixed well inside.

Step 4: Add J. Lee's Gourmet BBQ Sauce Original and mix inside for at least 5 minutes or until mixed well with other ingredients.

Step 5: Spray or oil lightly your cake pan, sprinkle a little flour in the pan, shake it around by trying to coat the pan lightly with the flour. (This will prevent cake from sticking to pan)

Step 6: Place pan inside of the oven and cook for at least 1 hour or until batter is fully cooked. Check the cake periodically after the hour to see if it's ready by either sticking a toothpick in top of the cake or by using a fork to ensure it's ready. If the batter is still on the toothpick or the fork continue to cook longer until no batter is on either.

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FALL FOR OLD MONEY

6 & 20 DISTILLERY
David Raad

1.5 oz Old Money Whiskey 1/2 Tablespoon Good Maple Syrup
1.5 oz Homemade sour mix

Combine Old Money Whiskey, sour mix and syrup in shaker full of ice and shake for 30 seconds, or until shaker gets too cold to handle. Strain over ice in a glass and sprinkle ground cinnamon on top of cocktail. Add a cinnamon stick if you like!

CAROLINA HURRACREAM

6 & 20 DISTILLERY
David Raad

2 oz Carolina Cream angostura bitters
1 oz 5 Grain Bourbon chocolate shavings
Half an orange

Put Carolina Cream and 5-Grain Bourbon in a cocktail shaker filled with ice. Shake vigorously for 30 seconds (or until mixture is frothy). Take half of an orange and squeeze juice in shaker filled with mixture. Shake for another 30 seconds. Strain into glass filled with ice. Top with chocolate shavings and angostura bitters and a sprig of mint.

MINT JULEP

**HORSE SOLDIER
BOURBON**
Rob Schaefer

4 to 5 mint sprigs (leaves only) 2.5 ounces Horse Soldier Bourbon
.5 ounce simple syrup Garnish: mint sprig

- Place the mint leaves into a julep cup or double old-fashioned glass or whatever highball cup you have on hand will do.
- Muddle well to dissolve the sugar and release the oil and aroma of the mint.
- Add your Horse Soldier Bourbon. Now add a little more. We're in quarantine, people.
- Fill your glass with crushed ice, stir well, and garnish with a mint sprig

SOUR PANTHER

6 & 20 DISTILLERY
David Raad

1.5 oz 5 Grain Bourbon 1 egg white (optional)
2 oz homemade sour mix Amarena Cherry + Sage Leaf to garnish

Combine 5 Grain, sour mix and egg white in shaker full of ice and shake for 30 seconds, or until shaker gets too cold to handle. Rim a glass with sage leaf, strain mixture into glass and top with sage leaf and cherry.

HEIRLOOM RYE LEMONADE

6 & 20 DISTILLERY
David Raad

2oz Heirloom Rye Vodka
4oz fresh lemonade
Lemon Wedge

BOURBON CHERRY OLD FASHIONED

**HORSE SOLDIER
BOURBON**
Rob Schaefer

4-5 pitted cherries 2oz of Horse Soldier Bourbon
½ lime 1-2 tablespoons honey
Orange Garnish: fresh mint and cherries

Place cherries into the mixer. Cut lime into ½ and squeeze into mixer. Add dash of orange. Add Horse Soldier Bourbon and honey. Muddle and shake well. Strain into glass with ice. Garnish with fresh mint and cherries

CAROLINA CREAM COOKIE

6 & 20 DISTILLERY
David Raad

4 1/4 cups all-purpose flour 1 1/4 cups white sugar
1 tsp baking powder 1 1/4 cups brown sugar firmly packed
1 tsp baking soda 2 eggs
1 tsp salt 1/4 cup Carolina Cream
1 1/2 cups unsalted butter 1 pkg (12oz) chocolate chips - white or reg chocolate.

Preheat oven to 375°F

Combine flour, baking powder, baking soda and salt in a medium size bowl, set aside.

Combine butter, sugar, brown sugar in a large bowl and beat until creamy. Add in eggs and Carolina Cream - beat until well-mixed. Reduce speed to low, gradually add in flour mixture until well mixed. Fold in chips.

Chill in fridge for 30 minutes.

Drop dough by 1/4 cupful, 2 inches apart onto ungreased baking sheet.

Bake for 10-14 minutes or until light golden brown