



Fogwood Food Recipes
November 7, 2016

Healthy Meatballs

Enriched with Shiitake Mushrooms and Organic Pea Shoots

Mix one pound ground beef (*Smith Farms*), one tablespoon Fogwood Shiitake mushroom powder, one tablespoon *Smith Farms* Organic dehydrated pea shoots, and ½ teaspoon pepper. Shape into about 20 meatballs. (NOTE: This makes delicious burgers for grilling, too!)

Cook meatballs in iron skillet about 12 minutes over medium/low heat until done. Cover with prepared glaze.

Glaze: Mix 8 ounces *Fogwood Food* Ghost Pepper Jam with 2 tablespoons white or rice vinegar. Melt in saucepan over low heat. Then pour over meatballs.

***Fogwood* Blueberry Salad Dressing**

Shake together in cruet ½ cup *Fogwood Food* Blueberry Syrup, ¼ cup white or rice vinegar, and 2 tablespoons olive oil.

***Fogwood* Ghost Pepper Salad Dressing**

Warm ½ cup *Fogwood Food* Ghost Pepper Jam, ¼ cup white or rice vinegar, and 2 tablespoons olive oil over low heat. Stir to melt jam thoroughly. Pour into cruet and shake well.

Mini Cheese “cake” Bites

Fill mini phyllo shells with ½” cube cream cheese. Top with ½ teaspoon of your favorite *Fogwood Food* jam. Bake at 350 for 7 minutes (until cheese has melted).

Another great idea is to use pimento cheese with Spiced Tomato Jam!

Brie with Balsamic Grape Hull Jam

1 small round of Brie
4 Tbsp Balsamic Grape Hull Jam
¼ - ½ cup chopped pecans – toasted
Bake brie in a 350 oven for 10 – 15 minutes. Remove from oven and spread the jam evenly over top and sprinkle nuts on top. Serve with cracker of choice.

Cauliflower Soup with Ginger, Turmeric, and Shiitake Mushrooms

Cut large head of cauliflower into pieces. Cook in quart of chicken broth until tender. Use hand blender to puree cauliflower until semi-smooth.

Sauté one finely chopped onion, 2 stalks finely chopped celery, 8 ounces of chopped Shiitake mushrooms, 2 tsp grated ginger, 2 tsp grated turmeric (or ¼ tsp powder) until onion is tender. Add cup chicken broth and boil one minute to loosen any browned bits. Add entire mixture to the cauliflower and simmer 10 minutes. Add zest and juice of one lime immediately before serving.