

BBQ RUB

I was in my mid 20's before I ever ate a pork rib, barbecued or otherwise. This is the truth. I am still making up for this egregious lack of good dining sense. In these, my advancing years I find a nice piece of slow cooked, smoked pork one of the greatest delights there is. Pork ribs and pork shoulder (also known as Boston Butt) have a delicious ratio of meat to fat which is why everyone loves them! I like to prep my pork with a dry rub that can go one right before grilling or, preferably, up to 24 hours before. You can put anything under the sun in your rub; customize it to your liking. Here's one we love to make a big batch of so it's ready to go when we get an itch for the piggy!

COOKING
À LA *Lala*



BBQ RUB À LA LALA

1/2 C. smoked paprika
1/2 C. brown sugar
1 T. onion powder
1 T. garlic powder
1 T. dried oregano

1 T. dry mustard
1 T. ground cumin
2 t. cayenne
2 T. salt
1 T. pepper

Combine all ingredients well in a bowl or ziplock bag and apply liberally (even if you are a conservative!) to your pork before grilling. You can do this up to 24 hours ahead of time to let the rub infuse the meat with more flavor.

If you are grilling ribs, make sure to remove the silver skin, a white membrane on the bone side of the rib, before applying the rub. To do this, use the tip of a knife to get the membrane separated from the bone and pull it away from the bone. It is helpful to use a piece of paper towel to grip the silver skin. It may take a couple of passes to get it all off, but it's worth the trouble because removing it allows more flavor and smoke to penetrate the meat.

Grill your ribs/Boston butt for 90 minutes over a 300° fire. Then wrap with foil and cook for another 90 minutes for the ribs and another 2-3 hours for the butt.

Now, check and see if the rib meat is falling off the bone and the butt is able to be shredded with a fork. Good eating!

SQUASH CASSEROLE

This is one of my favorite recipes for summer when we have an abundance of summer squash and zucchini. It is based on a recipe I clipped out of the AJC a hundred years ago and still have the stained clipping to this day. It is from the Blue Ridge grill when Shane Tuohy was executive chef, It is, as I like to say, “super slutty” meaning lots of heavy cream and cheddar cheese are involved. Hey, you only live once,. Right?

COOKING
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SQUASH CASSEROLE À LA LALA

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| 1/4 C. olive oil, butter or schmaltz | 2 C. heavy cream |
| 1 large onion (yellow or white), chopped | 12 oz. cheddar cheese, grated |
| 4 yellow squash, cut in half lengthwise and sliced into 1/2” pieces | 4 c. panko (Japanese bread crumbs) |
| 2 zucchini, cut in half lengthwise and sliced into 1/2” pieces | 1 t. Salt |
| | 1/4 t. cayenne pepper |
| | 1 C. fried onions (optional) |

Preheat oven to 350°. Grease a 9 x 13 inch baking dish.

In a very large skillet over medium high heat add the oil, butter or schmaltz. When it is shimmering add the onions and cook until they have softened. Add the squash and zucchini and cook until they have softened about 5 minutes. Add the cream and bring to a simmer. Add the cheese, panko salt and cayenne pepper and stir until the cheese has melted.

Transfer to prepared baking dish and cook for 30 minutes.

Garnish with fried onions if you like.

KALE SLAW

What am I supposed to do with all this Kale?
Remarkably, our Kale is still growing beautifully and I am thrilled to have sturdy, leafy greens as we head into summer. When we barbecue, I like to have a nice, bright, vinegary slaw to go with our fatty smoked pork. Why not use Kale instead of Cabbage? I basically gathered what we had in the garden: some radishes, cucumbers and banana peppers along with the Kale and added some chopped carrot and celery (from the grocery store—horrors!). Toss with an easy dressing and we have a healthy counterpoint to our delicious smoked ribs!

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KALE SLAW À LA LALA

**6-8 C. finely chopped Kale, sturdy center
rib removed**

**1 cucumber, peeled and chopped
2-3 radishes, chopped or grated**

Dressing:

1/2 C. mayonaise

1/4 C. apple cider vinegar

1 pepper any kind, chopped

1-2 carrots, chopped or grated

1 celery stalk, finely chopped

1 shallot, peeled and rough chopped

Salt and pepper to taste

Combine all the chopped veg in a large bowl. In a blender or mini food processor, add the first three dressing ingredients and whir until the shallot is very finely minced.

Taste and season to your liking.

You may want more mayo if you want a thicker dressing, or more vinegar for a brighter one.

Dress the veg and toss until well-coated.

BLANCMANGE

I have always loved buttermilk. I remember my grandfather pouring it into a jelly jar and having a drink when he came in hot and tired from his garden. Somewhere along the line, I started collecting recipes that called for buttermilk and I have several favorites: buttermilk pie, chilled cucumber soup (see Episode 8!) and Buttermilk Blancmange, which is a recipe Scott Peacock of Watershed fame developed. A blancmange is a dessert made with heavy cream and sugar and thickened gelatin. It is an easy, make ahead sweet that is a lovely vehicle for summer fruits and berries. And lord knows you don't want the rest of that buttermilk to go to waste!

COOKING
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SCOTT PEACOCK'S BUTTERMILK BLANCMANGE

1 envelope unflavored gelatin
2 T. cold milk or water
1 C. heavy cream
1/2 C. granulated sugar
1/4 C. sour cream or creme fraiche

1 C. buttermilk
1/4 t. salt
1/2 t. vanilla extract
Finely grated zest of 1 lemon
2 T. fresh lemon juice

Put the gelatin in a small bowl and add the milk or water to moisten. Set aside.

In a small saucepan over medium heat, add the cream and sugar and stir until the sugar is completely dissolved and the cream just starts to simmer. Remove from the heat and stir in the gelatin mixture until it is completely dissolved. Let cool for 5 minutes. Add the sour cream or creme fraiche and whisk until well blended. Add the remaining ingredients and whisk until combined.

Spoon into 4 teacups or ramekins, and cover with plastic wrap and chill until set, about 2 hours.

If you want to unmold the blancmange, before filling your ramekins, dip them in water and don't dry them before adding the blancmange. When ready to serve, dip the bottom of the ramekin in hot water for a few seconds to loosen and then invert on your serving plate.

Top with fresh berries, a peach coulis or a blueberry shrub (see episode 10!).