



SUNDAY SUPPER

Live Webcast & Restaurant Fundraiser



AROOSTOOK SOMERSET PISCATAQUIS PENOBSCOT WASHINGTON OXFORD ANDROSCOGGIN FRANKLIN KENNEBEC
WALDO HANCOCK CUMBERLAND SAGadahOC LINCOLN KNOX CUMBERLAND YORK

Backyard BBQ

Episode 3: September 20th, 2020

THE MAIN DISH

“Marinated wood grilled Beef short rib & Corn salad on Wood fired Flatbread”

From Chef Justin Walker, Walkers Maine- Cape Neddick & Chef David Vargas, Ore Nell's Barbecue- Kittery

BBQ Ingredients:

4 oz fish sauce (Marinade)
2 cloves garlic (Marinade)
2 oz light brown sugar (Marinade)

Short rib (*size: ~1 head cauliflower*)

***8 oz serving per person; cooked ideally in 12-16 oz pieces...*

So if serving four people, use two 12-16 oz pieces

Instructions:

1. Combine all (Marinade) ingredients
2. Pour over the short ribs, allow to stand 10-15 minutes....
3. Remove the short rib meat from the marinade and place on the hot spot of the grill to get a nice charr
4. Cook short rib until medium-medium rare, or 130F
5. Allow to stand 15 minutes...

Corn salad Ingredients: (Serves 4)

4 ears corn
1 cup sweet onion, chopped
1 clove garlic, minced
1 pt heirloom cherry tomatoes, halved
10 x basil leaves, torn
½ cup extra virgin olive oil
2 T aged sherry vinegar

Instructions:

1. Place corn in husk on the grill and grill until charred on all sides
2. Allow to cool 5 minutes
3. Remove corn from the husk
4. With a knife cut the kernels from the cob
5. Place kernels in a mixing bowl and combine all other ingredients
6. Allow to cool and stand for 15 minutes
7. Serve & Enjoy!



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Whole Wheat Flatbread Ingredients:

1 1/2 cups Whole Wheat Flour
1 1/2 cups AP flour
1 tblsp dry active yeast
1 tblsp honey
2 tsp salt
1/4 cup Olive Oil plus 1/2 cup for grilling
1 cup tempered water
1/2 cup butter, melted

Instructions:

1. Add tempered water into a medium sized mixing bowl
2. Sprinkle dry yeast onto and let sit for 5 minutes
3. Whisk in honey and olive oil
4. In another medium size bowl mix both flours and salt together well
5. Add flour mixture into water mixture and start to kneed into a dough
6. Knock out onto flour surface and kneed dough for 5 minutes
7. Let dough rest for 20 min covered
8. Portion dough into 3 oz size dough balls and let rest covered
9. Pick each dough ball up and press flat in your hand, brush with butter and balll up again and let rest for another 10 minutes covered
10. Roll out with rolling pin and hold them until ready to grill
11. Brush with olive oil lightly and grill on both sides

Tajin Aoili Ingredients:

8x egg yolks
1 1/2 cups olive oil
1 1/2 cups blended oil
1 cup water as needed
1/2 cup Tajin
1 cup cilantro
1/4 cup sesame seeds
1 tsp cinnamon
Fresh Lime juice to taste
Salt and fresh cracked pepper to taste

1. Add yolks, Tailn, cilantro, seeds, cinnamon all into food processor
2. Mix both oils together in a pitcher to pour
3. With processors going slowly emulsify oil into mixture
4. Add water into mixture to balance consistency
5. Once all oil is added season to taste with lime , salt and pepper
6. Slather your grilled flatbread with Aoili, fill with BBQ and Corn Salad, and Enjoy!