

# SUMMER RECIPE ROAD TRIP

**TASTE THE  
NATION:  
EXPLORE 19  
REGIONALLY  
DEFINING  
DISHERS**

**PERSONALIZED  
ICE CREAM:  
USE THIS  
BASE TO  
FLAVOR YOURS**

**SWEET  
FINISHES:  
FROM  
NEW YORK-STYLE  
CHEESECAKE TO  
KEY LIME PIE**



Brent Hofacker, Adobe Stock

## MIDWEST HOTDISH

The Midwest classic hotdish's architecture is deceptively simple, built to warm you up on cold nights. It typically includes a starch (often rice, but also potato), a protein (such as ground beef), and a canned or frozen vegetable, all bound together with canned soup. Minnesota, in particular, is famous for its version of hotdish, topped with lines of glorious tater tots, often smothered in cheese.

## GREEN BEANS AND SWEET POTATOES

In the South, casseroles also involve hearty, comforting ingredients. A classic example is the green bean casserole, made with green beans, a healthy portion of cream of mushroom soup, and topped with french-fried onions.



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WHAT'S  
IN THE  
DISH?

A basic casserole can  
present in wildly different  
ways, depending on  
where you live. Here are  
a few of our favorites!



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## AMERICAN CHOP SUEY

Don't let the "chop suey" fool you; this dish is not Asian in flavor. The New England classic involves mixing pasta (most commonly elbow macaroni) with ground beef, cooked peppers and onions, and a seasoned tomato sauce base. Put a little cheese on top and it's a big warm hug of a plate.

## KING RANCH CHICKEN CASSEROLE

Maybe the official casserole of the Lone Star state, count on this spicy, creamy, cheesy dish to satisfy Texas size (read that, big). It hits all the Tex-Mex notes with a base of torn tortillas, a colorful array of green and red peppers and onions with diced tomatoes and green chiles, shredded chicken and cheese, pulled together with a creamy, spicy sauce. Then more cheese, please.



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# TASTE OF THE NATION

SAMPLE THE CULINARY LANDSCAPE AND EXPERIENCE  
A FLAVOR JOURNEY LIKE NO OTHER

**W**hat does American food taste like? Is it burgers and fries? Is there really nothing more American than apple pie? The truth is America is big — and there's a lot more to taste when it comes to the cuisine of these United States.

You don't have to get in your car to take your taste buds on a journey. The foods just down the road can be had right in your own kitchen. A bowl of New England Clam Chowder, a Philly Cheesesteak sandwich, Southern Shrimp and Grits, Southwest Hatch Chile Posole — all dishes that serve up the flavor of America.

Let's get cooking.



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# THE FLAVOR OF NEW ENGLAND

## COLONIAL HISTORY AND COASTLINES

New England cuisine is known for its emphasis on seafood and dairy, reflecting the region's seaside geography and reliance on fishing and farming.







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**Here's How:**

Drain the clam juice from the cans into a measuring cup. Supplement this with bottled clam juice until you have a total of 2 ½ cups. Set aside for later use.

In a Dutch oven over medium heat, render the bacon until it's golden brown and crispy. Transfer half of the crispy bacon bits to a paper towel-lined plate, leaving the rest along with the flavorful drippings in the pot.

Add butter to the pot and let it melt. Then, crank up the heat to medium-high and add the onion and celery. Let them sauté for 5-7 minutes, or until the onions are soft and translucent.

Add the diced potatoes and minced garlic, and sauté for an additional 30 seconds. Sprinkle in the flour and stir well, letting it

cook for another minute to develop a rich roux.

Pour in the chicken broth, the reserved 2 ½ cups of clam juice, all the seasonings and bay leaves. Let the pot come to a gentle boil, then reduce the heat and let it simmer, uncovered, for 15-20 minutes until the potatoes are splendidly tender.

Stir in the heavy cream and allow the chowder to simmer a bit longer, until it's thoroughly heated. Remove bay leaves.

Now, for the grand finale. Gently stir in the clams and give the chowder a taste. Adjust salt and pepper to your liking.

For final flourishes of flavor and crunch, top each serving with the reserved bacon bits, a handful of oyster crackers and a sprinkle of fresh parsley.

## New England Clam Chowder

Clam chowder traces its roots back to the early days of American settlement, with origins in the coastal regions of New England.

In coastal communities, clam chowder was not just a meal but a reflection of local identity and tradition. Often served at festivals and community or family gatherings, it symbolizes the area's maritime heritage and close relationship with the sea.

Indulge in the comforting embrace of homemade New England Clam Chowder, a culinary delight that's surprisingly simple to whip up in your own kitchen and bound to become a cherished family staple!

**What You'll Need:**

- 3 (6.5 ounces) cans chopped/minced clams in natural juices
- 1 (8 ounce) bottle clam juice
- 4 strips of thick bacon, diced
- 1 tablespoon of butter
- 1 large onion, chopped
- 2 stalks of celery, finely chopped
- Approximately 1 ¼ pounds of russet potatoes, peeled and diced into small cubes (about 3 ½ cups)
- 4 cloves of garlic, crushed or minced
- ⅓ cup all-purpose flour
- ½ cup chicken broth
- ½ teaspoon dried parsley
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon dried thyme
- ¼ teaspoon pepper
- 2 bay leaves
- 1 cup of heavy cream





Jason Coblenz/Divas On A Dime

## From Beantown with Love, the Savory Legacy of Boston Baked Beans

Legend has it that Boston Baked Beans have roots tracing back to colonial times when resourceful Bostonians adapted Native American cooking techniques to create a dish that would become synonymous with their city. Back then, beans were a staple due to their affordability and versatility, making them a natural choice for a thrifty population.

### What You'll Need:

16 ounces (2 cups) dry navy beans, soaked overnight  
1/2 pound uncooked salt pork or thick bacon strips, cut into 1-inch pieces  
1 medium onion, diced  
1/2 cup ketchup  
1/4 cup molasses  
1/4 cup brown sugar  
1 tablespoon Worcestershire sauce  
2 teaspoons kosher salt  
1 teaspoon dry mustard  
1/2 teaspoon ground black pepper

*Yield: Approximately 8 cups • Prep Time: 20 minutes • Cook time: 4 hours • Total time: 12 hours 20 minutes, including overnight soak*

### Here's How:

Soak the beans in 8 cups of water overnight. Transfer the soaked navy beans along with the soaking water to a large saucepan or soup pot. Turn heat to medium-high and bring to a boil. Reduce heat to low and simmer until nearly tender, somewhere between 1 to 2 hours. Drain the beans BUT reserve the cooking liquid. You should have at minimum 2 cups of

cooking liquid. If not, add water to make 2 cups.

Preheat the oven to 325 F. Grease or spray a 2-quart crock, bean pot or baking dish (a deep, bowl-shaped vessel works best).

Place half of the beans in the bottom of your chosen cooking vessel. Place half of the bacon pieces over the beans and sprinkle half of the

onions over top, then repeat these layers.

In a saucepan over medium heat, combine ketchup, molasses, brown sugar, Worcestershire sauce, salt, dry mustard and pepper, and bring to a boil.

Pour this luscious sauce over the beans. Now, add just enough reserved cooking liquid to cover the beans. Cover the

cooking vessel with a lid or aluminum foil.

Bake in the preheated oven for 90 minutes. Remove the lid or foil and continue to cook, checking every 30 minutes or so and adding more cooking liquid if necessary to prevent the beans from getting too dry, until beans are soft and tender, 1 to 2 more hours.



# Embracing the Essence of New England with Whoopie Pies

What exactly is a Whoopie Pie, you ask? Picture this: two large, pillowy soft, cake-like cookies enveloping a generous dollop of creamy marshmallow-based filling, creating a sandwich of pure, magical indulgence.

The Whoopie Pie’s origin story is a deliciously contentious one, shrouded in mystery and sprinkled with rivalry between New England and Pennsylvania (and New Hampshire, Virginia, and Massachusetts, but I only have so much room!). While Maine proudly claims it as their official state treat, dating back to the alleged 1925 debut at Labadie’s Bakery.

Pennsylvania’s Amish communities passionately argue that the Whoopie Pie, or “gob” as they call it, is an integral part of their culinary heritage. They say homemakers ingeniously repurposed leftover cake batter to create these handheld marvels for a lunchtime treat. When Amish husbands and children opened their lunch,

they’d say “Whoopie!”.

Another point of contention? The filling! Maine’s version boasts commercial marshmallow Fluff, while the Pennsylvania gob flaunts homemade marshmallow fluff.

Over time, Whoopie Pies became beloved staples at bake sales, family gatherings, and even local fairs, earning their status as a cherished regional specialty.

Until your travels take you to New England, here’s a recipe for these handheld delights guaranteed to capture the hearts (and stomachs) of dessert enthusiasts.



Jason Coblenz/Divas On A Dime

### What You’ll Need:

- |                                    |   |
|------------------------------------|---|
| 1/2 cup solid vegetable shortening | 1 teaspoon baking powder                      |
| 1 cup brown sugar, firmly packed   | 1 teaspoon baking soda                        |
| 1 egg                              | 1 teaspoon salt                               |
| 1/4 cup unsweetened cocoa          | 1 teaspoon pure vanilla extract               |
| 2 cups all-purpose flour           | 1 cup milk                                    |
|                                    | One recipe Whoopie Pie Filling (recipe below) |

*Yield: 8 Whoopie Pies • Prep time: 10 minutes  
Cook time 15 minutes • Total time: 25 minutes*

### Marshmallow Fluff Whoopie Pie Filling

#### What You’ll Need:

- 1 cup solid vegetable shortening, or butter, or a combination
- 1 1/2 cups powdered sugar
- 2 cups Marshmallow Fluff or Marshmallow Creme
- 1 1/2 teaspoons pure vanilla extract

#### Here’s How:

In a medium bowl, with a hand mixer, beat together shortening, sugar and marshmallow fluff; stir in vanilla extract until well blended.

#### Here’s How:

Preheat your oven to 350 F and lightly grease two baking sheets. In a large bowl, beat together the shortening, sugar and egg until creamy. In a separate bowl, mix the cocoa, flour, baking powder, baking soda, and salt. In yet another a small bowl, stir the vanilla extract into the milk.

Gradually add the dry ingredients to the shortening mixture, alternating with the milk

mixture, and beat until the batter is nice and smooth.

Drop the batter by 1/4 cupfuls onto the prepared baking sheets, making 16 cakes in total. Use the back of a spoon to spread the batter into 4-inch circles, leaving at least 2 inches of space between each cake. Bake for approximately 15 minutes, or until the cakes are firm to the touch.

Remove the baking

sheets from the oven and allow the cakes to cool completely on a wire rack before assembling the Whoopie Pies.

Meanwhile, make the filling; recipe below. When the cakes are completely cool, spread the bottom or flat side of one chocolate cake with a generous amount of filling. Top with another cake, pressing down gently to distribute the filling evenly. Repeat with the remaining cookies to make 8 pies.



# THE TASTE OF THE MID-ATLANTIC STATES

## RICH CULTURAL HERITAGE MIXES WITH BIG-CITY FLAVOR

The bustling mid-Atlantic states, home to melting-pot metropolitan areas as well as swaths of quiet countryside, boast a staggering variety of authentic ethnic-based cuisines.



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## SOULFUL SIMPLICITY: MATZO BALL SOUP IN THE HEART OF THE BIG APPLE

Our journey through the savory streets of America takes us to the vivid history of New York's iconic bustling delicatessens. Matzo Ball Soup is rich chicken broth with tender chicken and pillowy dumplings made from matzo crackers. This humble soup has woven its way into the fabric of New York City's culinary tapestry.

Originating from the Jewish diaspora, Matzo Ball Soup transcends mere sustenance; it's a gastronomic hug, a testament to resilience, and a celebration of cultural heritage. From the Lower East Side to the Upper West Side, in each spoonful one can taste the echoes of immigrant stories, the resilience of a community, and the vibrant city that cherishes it.

### Matzo Ball Soup

#### For the Broth:

3 chicken breasts, bone in, skin on  
1 entire stalk celery, divided  
1 pound carrots, peeled, divided  
1 yellow onion, skin on, washed  
4 cloves garlic  
1 teaspoon Kosher salt  
Fresh dill (1/2 ounce)

#### For the Matzo Balls:

1 cup matzo meal  
(or crushed matzo crackers)  
1 teaspoon kosher salt  
1/2 teaspoon baking powder  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
4 eggs  
1/4 cup chicken broth  
1/4 cup schmaltz

**A note:** This recipe calls for schmaltz, which is rendered poultry fat, and it's luscious. Schmaltz adds richness and flavor to the matzo balls. Should you choose not to use schmaltz, you can substitute olive, vegetable or coconut oil.



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*Yield: 10 (1 1/2 cup) servings • Prep Time: 1 hour • Cook Time: 1 hour • Total Time: 2 hours*

#### Here's How:

In a stock pot with lid, heat 5 quarts of water. Remove the skin and any fat from the chicken breasts and reserve. Place chicken breasts in the pot. Reserve 4 ribs of celery and roughly chop the rest. Reserve 3 carrots and roughly chop the rest. Smash the garlic cloves. Cut the onion into quarters, reserving about a tablespoon of onion to dice for the schmaltz. Put the chopped veggies and garlic in the pot. Once the water boils, lower the heat to maintain a gentle simmer for 30 minutes.

Meanwhile, in a saucepan set on very low heat, place the chicken skin, any fat, 2 tablespoons water and 1 tablespoon minced onion and simmer on low heat to render the fat. After 30 minutes, remove the chicken breasts from the stock and let them cool enough to touch.

Separate the breast meat, and refrigerate, then put the bones back in the stock pot. At this point you can walk away for an hour while the broth simmers and the fat renders.

After an hour, remove the saucepan of fat from the heat, let cool and measure the amount rendered. We're hoping for 1/4 cup. If it's less than that add your oil of choice (olive, vegetable, coconut) to make 1/4 cup.

In a mixing bowl, whisk the matzo meal, salt, baking powder, onion powder, and garlic powder. In another bowl whisk together the eggs, 1/4 cup cooled broth, and schmaltz. Add that to the matzo mixture, stirring until combined. Cover the matzo mixture and refrigerate for 20 minutes as it absorbs moisture until it's quite firm.

Meanwhile, remove and discard the veggies and bones from the broth. Strain the broth through a mesh strainer to remove any rogue bits. Place the broth back in the pot and heat to a simmer. Slice the reserved carrot and celery, shred the chicken breast, and add them to the broth. Add salt and a few sprigs of dill.

Form 24 walnut-sized balls from the matzo mixture. Drop the balls into the simmering soup and cover for 30 minutes without removing the lid to steam the matzo balls. Make sure the soup is gently simmering the entire time. The balls will double in size as they cook.

To serve, place two matzo balls in a bowl and ladle soup over the top. Garnish with fresh dill. Every family has their own way of making chicken soup. This is my family's favorite. This recipe might not fool the folks at Katz's Delicatessen, but it's really delicious.



## A DELICIOUS DIVE INTO MARYLAND'S CULINARY HERITAGE WITH CRAB IMPERIAL

In the heart of Maryland, where Chesapeake Bay meets the Atlantic Ocean, lies the birthplace of a culinary treasure, Crab Imperial. Imagine tender, succulent crab meat enveloped in a creamy, decadent sauce, baked to golden perfection—a dish fit for royalty yet born from humble origins.

Historically, Crab Imperial has deep roots in Maryland's culinary heritage, dating back to the late

19th century. The state's abundant blue crab population has long been celebrated, and Crab Imperial emerged as a delightful showcase of this local bounty.

This dish originated in the kitchens of Chesapeake Bay's waterfront restaurants, where chefs sought to elevate the flavors of freshly caught crab with a touch of elegance. With its rich and creamy texture, Crab Imperial soon became a staple on menus across the region.

### Crab Imperial

#### What You'll Need:

- 1/2 cup mayonnaise
- 1 large egg lightly beaten
- 1 teaspoon sugar
- 1 teaspoon Old Bay seasoning, more for garnish
- 1/2 teaspoon lemon juice
- 1 teaspoon Italian parsley, finely minced
- 1 pound (16 ounces) jumbo lump crabmeat
- 1 teaspoon butter, melted
- 1 tablespoon panko breadcrumbs
- Lemon wedges, toast points, sliced baguette or crackers for serving

*Yield: 8 appetizer servings*

*Prep Time: 10 minutes*

*Cook Time: 30 minutes*

*Total Time: 30 minutes*

#### Here's How:

In a mixing bowl, stir mayonnaise, egg, sugar, Old Bay, lemon juice and parsley together and blend well. Gently fold crab meat into the sauce, being careful not to break up crab meat any more than absolutely necessary.

Divide portions among the baking dish of your choice, using ramekins or small casserole dishes. You can make four 6-ounce (practically a meal) servings or eight 3-ounce appetizer servings.

In a small bowl mix the melted butter with the breadcrumbs,



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sprinkle this lightly over each portion, then top the crab imperial with a dash of Old Bay.

Bake for 20 minutes, until the tops turn golden brown or until a thermometer gets an internal reading of 165 F to be sure the

egg in this recipe is fully cooked. Let this cool for a few minutes before serving with toast points and/or crackers with a lemon wedge on the side. If you served this with some Champagne or white wine, no one would be mad at you.



# THE GREAT CHEESESTEAK DEBATE IN THE CITY OF BROTHERLY LOVE

Picture this: thinly sliced rib-eye steak cooked to perfection on a hot griddle, paired with perfectly caramelized peppers and onions, and smothered in your gooey melted cheese of choice, all happily nestled within a soft, pillowy roll. It's a sandwich so beloved, it's practically synonymous with the city of Philadelphia itself, it's the Philly Cheesesteak.

Now, let's journey back in time to the origins of this iconic sandwich. It would seem the Philly Cheesesteak made its debut in the early 20th century, courtesy of a visionary duo: Pat Olivieri and his brother Harry. As the story goes, Pat, a hot dog vendor, decided to grill some beef one day and slap it on a roll. Little did he know he was about to spark a culinary revolution. The sandwich gained popularity among taxi drivers and soon became a staple of Philadelphia street-food culture.

Ah, but here's where things get interesting: the age-old debate over what makes a Philly Cheesesteak truly authentic. Is it all about the type of cheese? Should the onions be chopped or sliced? Sautéed peppers? Yes, or no? And what about the roll? Should it be soft and fluffy or

crusty and chewy?

These questions have sparked fierce debates among cheesesteak aficionados for decades, with no clear consensus in sight. One thing's for sure: everyone has their own take on the perfect Philly Cheesesteak, and defending your favorite variation is practically a sport in Philadelphia.

So, whether you're a purist who swears by the classic combination of rib-eye and Cheez Whiz, or a maverick who likes to mix things up with peppers and mushrooms, one thing's for certain: the Philly Cheesesteak is a culinary delight that's sure to leave you craving more.

## Philly Cheesesteak

### What You'll Need:

- 3 onions, very thinly sliced
- 2 bell peppers, any color, very thinly sliced
- 2 tablespoons vegetable oil
- 1/2 teaspoon garlic salt
- 1/2 teaspoon ground black pepper
- 8 slices cheese, mozzarella, provolone, or Cheez Whiz
- 4 Italian-style bread rolls, split lengthwise
- 1 1/2 pounds beef ribeye or tenderloin, very thinly sliced



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### Here's How:

Slice the onions and peppers. Heat half of the oil in a large skillet on medium-high heat. Add onions and peppers, season with garlic salt and black pepper. Sauté until soft and set aside.

Add remaining oil to the skillet and quickly fry the steak until it's just beginning to brown. Do not overcook this. Return the onions and peppers to the pan, on top of the steak, and top with cheese slices. Cook until the cheese melts.

Divide the steak, veggie and cheese mixture between each of four rolls and serve.

*Yield: 4 servings • Prep Time: 15 minutes • Cook Time: 15 minutes • Total Time: 30 minutes*



# THE TASTE OF THE SOUTH

**THERE'S NO BETTER TRADITION THAN A HEAPIN' HELPIN' OF SOUTHERN CUISINE**

Rich in history and flavor, with deep roots in the agrarian culture, the American south is famous for its soulful dishes and fried foods, as well as hospitality and charm.





# CRAFTING THE PERFECT SOUTHERN FRIED CHICKEN

Southern fried chicken is the crown jewel of Southern cuisine! It's more than just a dish; it's a legacy passed down through generations, guarded fiercely by every family like a prized treasure. Mess with someone's Me Maw's recipe, and you might just find yourself in a showdown hotter than a cast iron skillet in July.

Tradition dictates that true Southern fried chicken is baptized in either lard or peanut oil, infusing each succulent bite with that unmistakable flavor that makes taste buds do the happy dance. But fear not, my health-conscious comrades, for in the era of air fryers and avocado oil, there are lighter options to satisfy your cravings without sacrificing flavor.

That said, sometimes you just need to throw cholesterol and caution to the wind and indulge in the crispy, golden perfection of the real deal. Because let's face it, life's too short to pass up on the pleasure of sinking your teeth into a piece of piping hot, perfectly seasoned fried chicken. So, here's to honoring tradition, savoring the moment, and enjoying every divine, guilty, finger-licking bite!

## Southern Fried Chicken

### What You'll Need:

1 ½ cups buttermilk, or whole milk  
2 large eggs  
2 ½ cups all-purpose flour  
2 tablespoons table salt, more as needed  
2 teaspoons black pepper  
4 pounds bone-in, skin-on chicken pieces  
Lard, peanut oil or vegetable oil, for frying

For added flavor, enhance the flour mixture with additional seasonings like Cajun seasoning, paprika, cayenne, or poultry seasoning. You can also try this copycat seasoning blend that is allegedly "Finger Lickin' Good."

Blend together 1 cup all-purpose flour, 2 tablespoons paprika, 1 tablespoon onion salt, 2 tablespoons Accent (MSG seasoning, don't skip this if you want that famous flavor), 2 teaspoons salt and 1 teaspoon each of dried sage, freshly ground black pepper, ground oregano, dried marjoram, dried basil, chili powder and garlic powder. Use to coat chicken.

Southern fried chicken recipes typically begin with a seasoned marinade like buttermilk or even pickle juice. But we're skipping this today so you can have your chicken on the table in under 90 minutes. Just don't tattle to your Me Maw!

*Yield: 4 servings • Prep Time: 15 minutes  
Cook Time: 60 minutes • Total Time: 75 minutes*

**Diva Tip** - *For a crispy, golden-brown masterpiece, consistency is key when it comes to oil temperature. Keep it steady around 350 F. Too low, and you'll have soggy, greasy breading; too high, and you'll end up with raw chicken and burnt coating. Keep an eye on that thermometer and resist the urge to overcrowd the pan!*



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### Here's How:

First, gather your ingredients. Preheat your oven to 200 F and position a rack in the center. Prepare a large, rimmed baking sheet with a rack and set it aside.

Next, in a medium bowl, whisk together 1 ½ cups of buttermilk or milk and 2 large eggs. In a large brown paper bag or a sturdy, resealable food storage bag, combine flour, salt and pepper. Seal the bag and shake to mix well.

Dip the chicken pieces into the milk-egg mixture, allowing excess to drip off. Set the dipped pieces aside on a plate to drain for a minute. Then, add the dipped chicken, in small batches, to the bag of seasoned flour; seal and shake to thoroughly coat each piece. Repeat with the remaining chicken.

Heat about 2 inches of oil in a deep skillet or Dutch oven to 350 F. While the oil heats, line a large serving plate with paper towels. Fry the chicken in batches until golden brown and cooked through, about 10 minutes per side. Avoid overcrowding the skillet to maintain oil temperature and ensure crispiness. Drain the fried chicken on the paper towel-lined plate, sprinkling with additional salt while still hot, if desired.

Transfer the drained chicken to the prepared baking sheet with a rack and keep warm in the oven while frying the remaining batches. Serve and enjoy!



## GOLDEN BITES OF SOUTHERN BLISS - HOMEMADE HUSH PUPPIES!

Welcome to the savory world of hush puppies, where golden nuggets of delight hold a special place in the hearts of Southerners and visitors alike. Born from the desire to make the most of limited ingredients, hush puppies boast a history as rich as their flavor.

### Hush Puppies

#### What You'll Need:

2 cups yellow cornmeal  
1 cup all-purpose flour  
1 egg, beaten  
 $\frac{3}{4}$  teaspoon table salt  
 $\frac{1}{4}$  teaspoon baking soda  
2 cups buttermilk, or whole milk  
4 cups vegetable oil for frying

*Yield: 36 hush puppies • Prep Time: 10 minutes  
Cook Time: 30 minutes • Total Time: 30 minutes*

### Easy Louisiana Remoulade

#### What You'll Need:

$\frac{3}{4}$  cup mayonnaise  
1 tablespoon Creole or whole-grain mustard  
1 tablespoon ketchup  
1 teaspoon Worcestershire sauce  
1 teaspoon cider vinegar  
1 teaspoon garlic powder  
1 teaspoon paprika  
 $\frac{1}{4}$  cup green onions, sliced  
Salt and pepper, to taste  
Louisiana style hot sauce to taste (optional)

#### Here's How:

Blend all ingredients in a small bowl. Let rest in the fridge for 20 minutes to allow the flavors to marry.

Legend has it that their name originated from the days of fishing trips ending in outdoor fish fries, where cooks would begin to cook their catch. The cooks would fry up these cornmeal treats to quiet hungry, barking hound dogs begging for a taste. I'm not sure why they

#### Here's How:

Begin by combining cornmeal, flour, egg, salt, baking soda, and buttermilk or milk in a large mixing bowl. Stir the mixture until it becomes smooth with no lumps. The batter will be stiff.

Heat vegetable oil in a cast-iron skillet or a large heavy fry pan over medium-high heat until it reaches a temperature of 350 F. You can test if the oil is ready by dropping a small amount of batter into it. If it sizzles and floats, it's ready. Be cautious not to overheat the oil, as it may result in uneven cooking with burnt outsides and raw insides.

Using either two spoons or a small ice-cream scoop with a spring release to carefully place small portions of the batter into the hot oil. After about 10 seconds, the hush puppies will rise to the surface and start to turn golden

brown. Fry them for about 5 minutes or until they achieve a uniform golden-brown color, turning them occasionally to ensure even cooking.

Once cooked, remove the hush puppies from the oil and drain them on paper

took hound dogs on fishing trips, but I probably overthink things.

Today, hush puppies continue to grace tables across the South, offering a taste of nostalgia and a reminder of simpler times.

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towels to absorb any excess oil. Continue frying the remaining batter in small batches, adding 4 to 6 hush puppies to the oil at a time. This will help maintain the oil temperature and ensure consistent frying results.



## SOUTHERN CHARM ON A PLATE: A DELICIOUS ODE TO SHRIMP AND GRITS

Picture plump, juicy shrimp swimming in a rich, velvety sauce, nestled atop a bed of creamy, buttery grits. Whether enjoyed as a cozy brunch or a soul-warming supper, this iconic dish is a slice of Southern charm.

Welcome to the heart and soul of Southern comfort cuisine! A beloved classic that epitomizes Southern hospitality: Shrimp and Grits.

From coastal towns to bustling cities, Southerners have an unwavering affection for these succulent little crustaceans. But let's get one thing straight: shrimp are delicate creatures, and Southerners don't take kindly to anyone who mishandles them. Overcooked, rubbery shrimp? That's a cardinal sin in these parts. So, if you want to earn the respect of any Southern kitchen, you'd better treat those shrimp with the utmost care and

reverence they deserve. After all, nothing less than perfection will do when it comes to these beloved treasures of the sea.

### Southern Style Creamy Shrimp and Grits

#### What You'll Need:

1 cup heavy cream  
2 cups water  
1 ½ cups shrimp stock, or chicken stock  
¼ cup butter  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
1 cup stone-ground grits  
¼ cup parmesan cheese, grated  
1-pound raw shrimp, large (21/30 per pound) peeled and deveined  
3 tablespoons lemon juice  
3 thick bacon slices  
2 tablespoons onion, finely chopped  
1 clove garlic, minced  
2 tablespoons green or red bell pepper, finely chopped

#### Here's How:

In a large saucepan over medium-high heat, combine cream, water, and hot stock. Bring the mixture to a gentle boil. Add butter, salt, and pepper to the boiling mixture. Slowly pour in the grits while whisking constantly to prevent them from settling at the bottom and scorching. Continue stirring until all the grits are added, then reduce the heat to low.

Cook the grits for 20 minutes, stirring occasionally to prevent scorching. Cover and cook until grits become tender and have an irresistible creamy, dreamy consistency. Add the parmesan and give them a stir to finish them off.

If the grits become too thick, add warm stock or

water to thin them. Once cooked, remove the saucepan from the heat. Meanwhile, sprinkle the shrimp with lemon juice, and salt and pepper to taste, toss to coat and set aside.

In a large frying pan over medium heat, cook the bacon until it's browned but not quite crispy. Remove the bacon from the pan and rest it on a plate lined with paper towels. Let it cool, then coarsely chop it.

Reserve 4 tablespoons of the bacon grease from the frying pan and remove the rest. Add the onion, garlic and bell pepper to the pan, and sauté for about 10 minutes, or until the onion becomes transparent.

Reduce the temperature to low. Add the shrimp and chopped bacon to the pan, and sauté them for approximately 3 to 5 minutes, or until the shrimp just turn pink and are opaque in the center. You can cut one shrimp to test for doneness. Once cooked, immediately remove the pan from the heat.

To serve, spoon hot grits onto individual serving plates and top with shrimp mixture. Add one final squeeze of lemon and dinner is done.



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*Yield: 4 servings • Prep Time: 15 minutes • Cook Time: 20 minutes • Total Time: 35 minutes*



# THE TASTE OF THE MIDWEST

**FARMERS MARKETS, FAMILY-OWNED RESTAURANTS AND COUNTY FAIRS  
CELEBRATE THE BEATING HEART OF THE COUNTRY**

The heartland of America showcases comfort foods and farm-to-table delights that can be found along its many scenic routes and in charming small towns.





## Wisconsin Beer Cheese Soup

Bursting with the robust flavors of aged cheddar and locally brewed beer, indulge in a taste of Wisconsin with hearty Beer Cheese Soup. Crafted from a tradition as old as the state itself, this creamy concoction pays homage to Wisconsin's unrivaled cheese-making prowess. In the heart of America's Dairyland, where cheese reigns supreme, this soup stands as a cherished favorite, beloved by locals and visitors alike.

### What You'll Need:

1 cup butter  
1 cup onion, finely minced  
1 cup celery, finely minced  
1 cup carrots, finely minced  
1 cup flour (all-purpose)  
8 cups chicken stock or vegetable broth  
1 tablespoon Dijon mustard  
1 (12-ounce) bottle pilsner-style beer (preferably flat)  
3 cups sharp Cheddar cheese, shredded  
¼ cup Parmesan Cheese, grated  
Salt and black pepper to taste

**Optional Garnish:** Fresh chopped parsley; shredded sharp Cheddar cheese, popcorn

### Here's How:

Melt butter in a 6-quart soup pot or Dutch oven over medium heat. Add the onions. Saute until onions appear translucent. Stir the carrots and celery into the onion mixture and saute to soften the vegetables. Gradually add in the flour and stir into the vegetable mix until combined.

As you cook the flour and fat together, you'll notice the mixture transforming from a loose, grainy texture to a smooth paste-like consistency; this is a "roux." Cook the roux for just a couple of minutes, stirring constantly, and do not burn.

Add the chicken stock to the roux 1 cup at a time while stirring through each addition. Make sure the cup of chicken stock is completely incorporated into the roux before adding the next cup. Repeat until all the chicken stock has been added. Stir constantly



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*Yield: 8 servings*

*Prep Time: 20 minutes • Cook Time: 45 minutes • Total Time: 1 hour 5 minutes*

(to prevent scorching) until the soup base comes to a boil. Turn the heat down to low, then add mustard and beer, stirring to blend into soup. Simmer for 20 minutes, stirring occasionally.

Remove the soup pot from the heat. Using an immersion blender (stick blender) puree the soup to achieve a nice velvety consistency. Alternatively, add the soup to a blender or food processor, in small batches. Use care as the soup will be hot! When all the soup has been blended, return to the pot.

Turn heat to medium-low and add the grated Cheddar cheese one handful at a time. Stir the cheese until melted and blended with the soup. Add Parmesan, salt and pepper to taste.

Serve in soup bowls topped with parsley, more shredded Cheddar and popcorn or croutons.



## Minnesota's Juicy Lucy Burger

Step into the heart of the heartland with this mouthwatering Juicy Lucy burger. A regional treasure, the Juicy Lucy is more than just a burger – it's a culinary legend. Picture this: a sizzling beef patty, oozing with molten cheese nestled within its core, creating a burst of flavor with every bite. Hailing from Minneapolis' vibrant food scene, this beloved creation has captured the hearts and taste buds of locals and visitors alike.

### What You'll Need:

1 ½ pounds ground beef  
1 tablespoon Worcestershire sauce  
1 teaspoon black pepper  
¾ teaspoon garlic salt  
4 slices American cheese (such as Kraft)  
4 hamburger buns, split  
Sliced pickles, for serving

**Diva Tip** - *You must use American cheese on this to achieve the melty perfection in the middle, and for the juiciest burgers, be sure to use ground beef with at least 20% fat.*

*Yield: 4 burgers • Prep Time: 15 minutes  
Cook Time: 10 minutes • Total Time: 25 minutes*

### Here's How:

In a bowl, mix ground beef, Worcestershire sauce, pepper, and garlic salt until well combined. Form into eight thin patties, four of the patties slightly larger than the others and all slightly larger than a cheese slice.

Stack all cheese slices and cut the stack into four squares. Place one cheese stack in the center of one of the larger beef patties; cover with a smaller beef patty. Roll

the larger patty's edge up over the smaller patty, and tightly pinch the edges together to seal around the cheese. Be sure to seal tightly, or the cheese will explode and ooze out during cooking. Repeat with the remaining cheese and patties.

Heat a large skillet over medium heat until quite hot. Cook patties in the hot skillet until well browned, about 4 minutes.



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Carefully flip patties and cook until browned on the other side and no longer pink in the center; about 4 more minutes. A meat thermometer inserted into the center should read at least 160 F.

Serve on hamburger buns with pickles.

Purists will tell you they don't use any condiments except perhaps a little schmear of ketchup. But it's your burger and if you want to add your favorite condiments, that's up to you! Add lettuce and tomato if you want to be a real rebel.





## Kansas City Burnt Ends

In Kansas City, Missouri, burnt ends rose to fame, originating as a Friday special at BBQ joints. When these delectable treats – crispy ends of sliced brisket, sauced up and served on bread – caught on, they went from leftovers to headliners!

Made from the point end of a brisket, this tough cut transforms into tender nuggets of beef perfection through low and slow cooking over wood fire, boasting a signature smoky bark and irresistible BBQ flavor in every bite.

### What You'll Need:

1 (3 to 4 pound) brisket point  
(also called the deckle)  
2 tablespoons brown sugar  
½ cup plus 2 tablespoons BBQ  
sauce  
Easy Dry Rub recipe

### Easy Dry Rub (per pound of meat):

½ teaspoon kosher salt  
¼ teaspoon granulated garlic  
powder  
⅛ teaspoon onion powder  
⅛ teaspoon black pepper.

*Yield: 4 to 6 servings • Prep Time: 5 minutes • Total Time: 5 hours 30 minutes*

### Here's How:

Combine salt, garlic powder, onion powder and black pepper into a dry rub. Season your brisket on all sides with the mixture.

Preheat your smoker or BBQ within the range of 200 F to 225 F. If smoking, use hickory, oak or mesquite wood. Place the brisket in the smoker or grill over indirect heat and cook until it reaches a temperature of 165 F, approximately 2 hours.

At this time, preheat your oven to 250 F. Remove the brisket and place in a disposable aluminum baking pan and cover with foil. Bake in the oven until it reaches 195 F to 203 F, approximately another 2 hours.

Remove from oven and let rest for 20 minutes. Raise the oven

temperature to 300 F. Cut the brisket into 1-inch chunks. Try to get some bark on each piece to keep it from completely falling apart later. Put it back in the baking pan and sprinkle with brown sugar. Drizzle ½ cup BBQ sauce over the meat and toss gently to coat. Cover the pan with foil. Put it back in the oven for 1 hour.

Remove from the oven, add the remaining 2 tablespoons sauce, gently toss again, and return to the oven uncovered for 20 to 30 minutes to caramelize the sauce.

Serve on toasted buns with bread-and-butter pickles and pickled onions. Grill some corn on the cob, make coleslaw and enjoy your amazing meal.



# THE TASTE OF THE WEST AND SOUTHWEST

## SPICE TRAILS TO DESERT TALES

The Southwestern states and desert landscapes are where bold and spicy flavors reign supreme. Frontier traditions meet fusion cuisine as we make our way to the West Coast.



Adobe Stock



Adobe Stock



Adobe Stock



## THE SOUTHWEST'S SEASONAL SENSATION - CATCH HATCH CHILE FEVER

The Hatch chile season is a sensation throughout the Southwest, but especially in enchanting New Mexico, where it's celebrated with fervor and anticipation. Hatch chile season typically runs from late summer to early fall, roughly from August through September. This is when the Hatch chiles are harvested at their peak.

Handpicked from the fertile fields of the Hatch Valley, these prized chiles are roasted to perfection, imparting a smoky essence that

elevates every bite and adds beautiful depth to this traditional Southwestern Posole recipe with their distinctively earthy, slightly sweet, and subtly spicy profile.

Whether you're a seasoned chile-head or a newcomer to its fiery allure, our Hatch Chile Posole promises a journey of taste and tradition, where every bowl tells a story of heritage and flavor, bringing the spirit of New Mexico straight to your table.



Adobe Stock

### Posole Verde De Pollo

This green hominy and chicken soup is ready in just 45 minutes on the stove, or you can let it simmer in the slow cooker all day. Add jalapenos if you like more heat. You can use leftover or rotisserie chicken to make it even quicker.

#### What You'll Need:

- 1 tablespoon olive oil
- 1 large yellow onion, peeled and diced
- 2 cups mild hatch chiles, roasted, seeded and diced
- 2 jalapenos, seeded and minced (optional)
- 3 cloves garlic, minced
- 8 cups chicken stock
- 2 cups water
- 2 teaspoons ground cumin
- 1 teaspoon salt, or to taste
- 2 pounds boneless, skinless chicken breasts or 3-4 cups cooked shredded chicken
- 1 (110-ounce) can hominy, drained

#### Here's How:

Heat oil in a stockpot over medium-high heat. Add onion and saute until soft and translucent. Add the chile peppers and garlic and saute for an additional minute, stirring occasionally. Add chicken stock and water, cumin and salt, and bring to a simmer.

If you're not using pre-cooked chicken; add the raw chicken and cook for 15 minutes or until cooked through. Remove and shred.

Add the hominy. Return cooked, shredded chicken to the soup. Reduce heat to medium-low and simmer for at least 5 minutes. Salt and pepper to taste. Serve hot, with your desired garnishes.

With posole, it's all about the garnish. Everyone can customize their bowl just the way they like it.

*Yield: 16 servings*

*Prep Time: 15 minutes*

*Cook Time: 20 minutes*

**Garnishes:** diced avocado, cilantro, cotija cheese, thinly sliced radishes, lime wedges, shredded cabbage, and tortilla chips.



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## SAVOR THE SOUTHWEST WITH PORK CARNITAS

Any journey through the Southwest would not be complete without a taste of Pork Carnitas!

Renowned for its tender, succulent texture and flavorful medley of spices, carnitas captures the spirit of Southwestern culinary tradition.

Don't be fooled by the Spanish translation of "carnitas." It may mean "little meats," but this dish is big on flavor! Picture tender, juicy pork, slow cooked to perfection with a symphony of spices that includes Mexican oregano, cumin, and chili powder. A zesty burst of citrus from lime and orange adds a refreshing twist.

For this savory excursion, we'll need the unsung hero of the pork world: pork shoulder, also known as "pork butt." This cut, with its rich marbling, is essential for achieving that signature succulence we crave in our carnitas.

And let's not forget about the spices! From the warmth of cumin to the fragrant allure of Mexican oregano, each ingredient plays a vital role in elevating our dish from ordinary to extraordinary.

### Slow Cooker Pork Carnitas

#### What You'll Need:

- 4 pounds pork shoulder (also known as 'pork butt'), cut into 4-inch cubes
- 1 lime, juice and zest
- 1/2 orange, juice and zest
- 1 tablespoon ground cumin
- 1 tablespoon dried Mexican oregano
- 2 teaspoons kosher salt
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground black pepper

*Yield: 6 to 8 servings*

*Prep Time: 10 minutes • Cook Time: 4 hours*

#### Here's How:

Place pork shoulder into a slow cooker. Add the zest and juice of the lime and orange, and stir to coat the meat in the liquid. In a small bowl, mix the cumin, oregano, salt, chili powder, garlic powder, onion powder, and black pepper. Sprinkle the seasoning evenly over the meat, stirring until the meat is well-coated.

Cover and cook on HIGH for 4 hours, or LOW for 7-8 hours. Just wait until you can smell this slice of heaven! When cooked, use a slotted spoon to remove the pork to a rimmed baking sheet that's been covered in foil or with cooking spray. Pour the liquid from the slow cooker into a small saucepan and boil to reduce until thickened. Pour the reduced liquid over the pork and shred with two forks, coating the meat with the sauce.

Turn on the broiler and place the pan of carnitas under the broiler until some of the edges are brown and crispy, about 5 minutes. Keep your eye on it, to caramelize but not burn the meat. Caramelizing the meat under the broiler to concentrate the flavors is what takes this dish over the top.



## THE CHIFFON CAKE OF OLD HOLLYWOOD

Legend has it that chiffon cake was created in the late 1920s or early 1930s by a baker named Harry Baker (how appropriate!), who kept the recipe a closely guarded secret until he eventually sold it to General Mills in 1947.

Its popularity soared in the 1940s and 1950s, coinciding with the Golden Age of Hollywood. Celebrities and socialites alike embraced chiffon cake for its sophistication and indulgent yet delicate flavor.

Chiffon cake's airy texture and ability to hold up well to various frostings and fillings made it a staple at Hollywood parties and events. It was often served at star-studded gatherings and featured in glamorous films of the era, adding a touch of elegance to the silver screen.

Just like the stars of Old Hollywood, chiffon cake exuded charm and refinement, making it a timeless classic that continues to captivate dessert lovers to this day.



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### Chiffon Cake

#### What You'll Need:

2 ¼ cups cake flour  
1 ½ cups granulated sugar  
1 tablespoon baking powder  
1 teaspoon salt  
7 large eggs, separated  
¾ cup water  
½ cup vegetable oil  
2 teaspoons vanilla extract  
1 teaspoon lemon extract  
½ teaspoon cream of tartar

*Yield: 12 to 16 servings*

*Prep Time: 10 minutes*

*Cook Time: 1 hour*

#### Here's How:

Preheat your oven to 325 F. You'll need a 10-inch angel food tube pan that is clean, grease-free and dry.

Sift flour, sugar, baking powder and salt into a bowl. In another bowl, combine the egg yolks, water, oil, vanilla extract, and lemon extract. In a third bowl (or stand mixer bowl), beat egg whites and cream of tartar until stiff peaks form.

Add the egg yolk mixture into the dry ingredients and beat until smooth and light.

Slowly, in stages, pour the egg yolk mixture over the beaten egg whites and gently fold together using a rubber spatula. Do not overmix.

Pour this batter into the angel food tube pan.

Bake for 55 minutes at 325 F. Then, increase the oven temperature to 350 F for an additional 10 to 15 minutes until a toothpick inserted into the center comes out clean.

Once baked, invert the pan onto a wire rack and let the cake cool completely before unmolding and frosting as desired.

For our Old Hollywood chiffon cake, we need a frosting that's as elegant and timeless as the cake itself. I'd suggest a classic vanilla buttercream frosting with a hint of champagne. Oh no! You'll have an open bottle of champagne! What to do? Have a party! Cheers!

## Champagne Buttercream Frosting

#### What You'll Need:

1 cup (180 ml) dry champagne or sparkling wine  
1 ½ cups (3 sticks) butter, softened  
6 cups powdered sugar, sifted  
2 teaspoons vanilla extract, clear vanilla if available  
2-4 tablespoons heavy cream or milk

**Diva Tip:** Lightly sprinkle edible gold dust over the cake to add a subtle sophisticated glamor to this beautiful cake.

#### Here's How:

Start by making a champagne reduction. In a small saucepan, bring the champagne to a boil over medium-high heat. Once boiling, reduce to medium heat and allow to simmer until reduced to 1/3 cup. Place this in the refrigerator to cool completely. Bring to room temperature before you blend it into the frosting.

In a large mixing bowl, beat the softened butter until creamy and smooth.

Gradually add the powdered sugar, 1 cup at a time, beating well after each addition. Scrape down the sides of the bowl as needed.

Add the vanilla extract and continue to beat until incorporated.

With the mixer running on low speed, add the champagne reduction and mix until smooth. Gradually add the heavy cream or milk, a tablespoon at a time, until the desired consistency is reached. Beat on medium-high speed for 2-3 minutes until the frosting is light and fluffy.

If the frosting is too thick, add more cream or milk, a tablespoon at a time. If it's too thin, add more powdered sugar, a quarter cup at a time, until it reaches the desired consistency.

Once the chiffon cake has cooled completely, frost it generously with the vanilla buttercream frosting. Use an offset spatula to create smooth, even layers.



# THE TASTE OF THE PACIFIC NORTHWEST

## LOCAL, CRAFT, SCRATCH AND FRESH

The Pacific Northwest is known for its fresh seafood, artisanal producers, and farm-to-table ethos, as well as craft beer, unique coffee creations and a focus on sustainable cuisine.



### CRAFTING THE PERFECT MARIONBERRY SAUCE

*Yield: 1 cup • Prep Time: 5 minutes  
Cook Time: 20 minutes • Total Time: 35 minutes*

In the lush Pacific Northwest, marionberries reign supreme as the crown jewel of local produce. These dark, juicy berries boast a unique sweetness with a hint of tartness, born of the fertile soils of Oregon.

Named after Marion County in Oregon, Marionberries originated from the breeding program at Oregon State University. They were developed by a team of researchers led by Dr. George F. Waldo in the mid-20th century. The marionberry is a cross between the Chehalem and Olallie blackberries, carefully selected for their exceptional

flavor, texture, and adaptability to the Pacific Northwest climate.

In this unique finishing sauce, we use the marionberry in a new direction, crafting a velvety sauce with a balance of flavors – sweet, tangy, and savory. This sauce perfectly complements our cedar plank salmon, but would also enhance poultry or pork. It's a celebration of regional bounty, a symphony of taste that pays homage to the vibrant spirit of the Pacific Northwest.

### Savory Marionberry Sauce

#### What You'll Need:

- 12 ounces (1 1/2 cups) fresh marionberries or fresh blackberries
- 1/4 cups dry pinot noir or other dry, light red wine
- 1/4 cups packed light brown sugar
- 1 tablespoon coconut aminos or low sodium soy sauce
- 1 tablespoon pure maple syrup
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon grated lemon zest
- 1 (2-inch) piece fresh ginger, peeled and smashed
- 1/2 teaspoon apple cider vinegar
- 1/2 teaspoon red wine vinegar
- 1 tablespoon butter

#### Here's How:

In a small saucepan set over medium heat, bring the marionberries, wine, brown sugar, coconut aminos, maple syrup, lemon juice and zest, and ginger to a simmer. Cook this, stirring occasionally, until the berries break down, about 15 minutes. Remove from heat and let cool for 10 minutes.

Remove and discard the ginger and add both the vinegars, stir to combine.

Now you have a choice, do you want a smooth sauce, or a sauce with texture? My family has no issue with the tiny marionberry

seeds, and I love the little bits of berry sparkling like amethysts over the salmon, so I chose to leave mine chunky. Simply mash the mixture with a potato masher and finish by adding the butter and stirring until it's incorporated.

If you prefer a smooth sauce; transfer the berry mixture to a blender and purée until smooth. Place a fine-mesh sieve or strainer over the empty saucepan and strain the sauce through it. Return the sauce to low heat and stir in the butter until incorporated. Glossy and gorgeous! Keep warm and serve with Cedar Plank Salmon.



## INDIGENOUS TRADITION MAKES CULINARY MASTERY: CEDAR PLANK SOCKEYE SALMON WITH VELVETY MARIONBERRY SAUCE

Framed between majestic mountains and the tranquil waters of the Pacific Ocean, the Pacific Northwest is a region renowned for its breathtaking natural beauty and culinary treasures.

The tradition of grilling salmon on cedar planks has deep roots in the indigenous cultures of the Pacific Northwest. For centuries, Native American tribes along the coast utilized cedar planks as a cooking vessel, gently infusing their catch with a subtle smokiness, the aromatic essence

of the cedar forests that surrounded them.

Today, cedar plank Sockeye salmon remains a cherished tradition, honoring the land, sea and culinary heritage of the Pacific Northwest. This iconic dish features succulent Sockeye salmon fillets, delicately seasoned and grilled to perfection on fragrant cedar planks. It's a celebration of sustainability, craftsmanship and the timeless connection between food and nature that defines this remarkable region.

### Cedar Plank Sockeye Salmon with Marionberry Sauce

#### What You'll Need:

Cedar planks  
1 or 2 (1 ½ pounds total) sockeye salmon fillet(s)  
Kosher salt and freshly ground black pepper  
Olive oil  
Optional: lemon wedges  
1 recipe marionberry sauce - recipe on  
previous page

*Yield: 4 (6 ounce) servings • Prep Time: 30 minutes  
Cook Time: 20 minutes • Total Time: 50 minutes*

#### Here's How:

Soak the cedar planks in water for 30 minutes to 1 hour before grilling. This prevents them from catching fire on the grill. Set grill for indirect grilling. Preheat your grill to medium-high heat (about 375 to 400 F). Make sure the grates are clean and lightly oil them to prevent sticking.

Remove any remaining pin bones from the salmon fillet. Rinse the salmon under cold running water and pat dry with paper towels. Brush both sides of the salmon lightly with olive oil. Generously season the salmon with salt and pepper on both sides. If needed, cut the pieces so they will all fit on the cedar planks.

Once the grill is hot, place the soaked cedar planks (no fish yet!) directly on the grates. Close the lid and let them heat for about 3-5 minutes until they start to smoke lightly. Flip the planks over so the hotter side is up.



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Carefully place the seasoned salmon fillets, skin side down, onto the heated cedar planks. Place the cedar plank in the center of the hot grate, away from the heat. Close the lid of the grill.

Grill salmon for about 12-15 minutes, or until it reaches your desired level of doneness. The salmon should be opaque and flake easily with a fork.

Carefully remove the cedar planks from the grill using tongs. No need to transfer the salmon to a plate, just serve it right off the plank.

Garnish with lemon wedges if desired. Serve hot and enjoy the delicious, smoky flavor of cedar plank Sockeye salmon!



## PACIFIC PLEASURES - LIGHT AND LUXURIOUS DUNGENESS CRAB CAKES



Jason Coblentz/Divas on a Dime

*Yield: 4 servings • Prep Time: 10 minutes • Rest Time: 30 minutes  
Cook Time: 20 minutes • Total Time: 50 minutes*

### Dungeness Crab Cakes

#### What You'll Need:

2 eggs, separated,  
(reserve one yolk if  
making hollandaise)  
1 tablespoon  
mayonnaise  
¼ cup red bell pepper,  
minced  
1 tablespoon onion,  
minced

1 tablespoon fresh  
parsley, minced  
½ teaspoon kosher salt  
¼ teaspoon pepper  
1 cup panko  
breadcrumbs, divided  
8 ounces Dungeness  
crab meat  
Optional - field greens  
and lemon wedges  
for garnish  
1 recipe Petite Portion  
Hollandaise Sauce

In the misty realms of the Pacific Northwest, where towering evergreens meet the salty ocean, Dungeness Crab reigns supreme. This recipe is a love letter to the bounty of the region, celebrating the sweet, succulent meat of the Dungeness Crab, a treasure cherished by locals and sought after by food enthusiasts worldwide.

Dungeness Crab Cakes, a regional specialty, offer a taste of coastal bliss with

every bite. But what sets these cakes apart? It's the magic touch of whipped egg whites transforming them into ethereal delights, making them as light as a seabird's feather. Each bite is a harmonious blend of sweet crab meat, vibrant peppers, and aromatic herbs, enveloped in a crisp, golden crust, topped with buttery, lemony hollandaise sauce.

#### Here's How:

Separate the eggs, reserving one yolk for the hollandaise recipe, if making. If not, then add this second yolk to the recipe and omit the mayonnaise.

Rest this mixture in the fridge at this point for 30 minutes to firm up to make forming patties easier.

Meanwhile, make the hollandaise.

Whisk the egg whites with a hand mixer until you get firm peaks, as if you were making meringue.

Preheat the oven to 325 F and line a small baking sheet with parchment paper.

In another bowl combine the egg yolk, mayonnaise, red pepper, onion, parsley, salt, pepper and ½ cup panko. Mix well. Gently fold the egg whites into this mixture trying to keep it as fluffy as possible. A few white streaks are perfectly fine. Then gently mix in crab, trying not to break up chunks more than necessary.

Place the remaining panko into a shallow bowl. Divide crab mixture into 4 large or 8 small cakes, press gently into panko, and then place on a baking sheet. Bake for 15 minutes for large cakes, 10 minutes for small cakes. Switch to the broiler and broil on low until golden brown. Serve warm garnished with greens and drizzled with hollandaise.

### Petite Portion Hollandaise Sauce

*Yield: About ⅓ cup  
Prep Time: 2 minutes  
Cook Time: 5 minutes  
Total Time: 7 minutes*

#### What You'll Need:

1 egg yolk  
1 tablespoon water  
½ tablespoon lemon juice  
4 ounces (½ stick) butter, cut into  
¼ inch cubes  
⅛ teaspoon salt

#### Here's How:

Place the egg yolk in a small saucepan. Add the water and lemon juice to the pan with the yolk, whisking until smooth. Cut the butter into small pieces and place them in the saucepan with the egg yolk mixture. Place the saucepan on a burner on low heat. Continue to whisk as the mixture slowly warms. You'll notice 3 stages of cooking. First the but-

ter will melt into the egg mixture. Then, as you whisk, the mixture gets a bit frothy, but still thin. Finally, as the egg yolk begins to cook, you'll see the sauce become opaque and begin thickening. Keep whisking until you get a rich, smooth sauce. When it thickens to your liking remove the pot from the heat. Season the sauce with salt, then drizzle the sauce over the crab cakes.

Here's an easy recipe for making a small amount of hollandaise sauce. Perfect for a single serving or just a drizzle of this creamy lemon butter sauce.





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## Northwest Apple and Apricot Candies

### What You'll Need:

1 1/2 cups Red or Golden Delicious apples,  
chopped, or 6 ounces apricots, dried  
Cold water  
5 tablespoons reserved apple or  
apricot liquid  
2 cups granulated sugar  
3 tablespoons (3 1/2 envelopes) of  
unflavored gelatin  
1 cup water, cold  
1 tablespoon lemon juice  
1 cup walnuts, coarsely chopped  
Powdered sugar, for rolling the candies

*Yield: 64 squares • Prep Time: 15 minutes • Cook Time: 30 minutes • Refrigerate: Overnight*

## SWEET TREATS FROM THE EVERGREEN STATE: NORTHWEST APPLE AND APRICOT DELIGHTS

In 1918, Armen Tertsagian and Mark Balaban, Armenian immigrants and proprietors of an apple orchard in Cashmere, Washington, needed a way to make use of their surplus crops and earn extra income during the winter. They thought of a cherished family recipe for a Middle Eastern delicacy known as “Turkish delight.” Drawing inspiration from the abundant orchards of the region, they adapted the recipe, substituting local fruits like apples and apricots for traditional ingredients.

Thus, they began producing “Aplets & Cotlets.”

The result was a confection that captured the essence of the Pacific Northwest. Both candies showcase the region’s commitment to quality and craftsmanship, using only the finest ingredients sourced from local orchards. If a trip to Washington isn’t in your future, here’s a recipe that comes close and offers a taste of tradition with every bite.

### Here’s How:

Line an 8-inch square pan with parchment paper or plastic wrap.

In a large saucepan over medium heat, combine chopped fruit (either apples or apricots) and enough cold water to cover by 1 inch. Bring to a boil, stirring constantly, then reduce heat and simmer for 30 minutes, stirring occasionally.

Remove from heat and drain off liquid,

reserving 5 tablespoons of fruit liquid. In a food processor, puree cooked fruit with reserved fruit liquid until smooth.

Return fruit mixture to saucepan over low heat, add granulated sugar, and stir until sugar is dissolved. Remove from heat. In a small bowl, combine gelatin and 1 cup cold water, making sure there are no lumps; then let it sit for a minute. Add the gelatin to the fruit and sugar mixture, stirring constantly until dissolved.

Add lemon juice and chopped walnuts, stirring until well blended. Pour mixture into prepared pan and refrigerate for at least 2 hours, preferably overnight.

Using an oiled knife, cut into 1-inch squares, then roll each square in powdered sugar. You may need to roll them more than once for full coverage. Store the candies, covered, in the refrigerator.



## SUN, SURF AND SAVORY BITES: DIVE INTO BAJA FISH TACOS!

In the land of endless summer, few dishes capture the essence of coastal living quite like these iconic Baja Fish Tacos. They're a taste sensation that perfectly embodies the laid-back, beachside lifestyle of the region.

Originating in the coastal towns of Baja California, Mexico, these tacos have become a beloved staple along the sun-kissed beaches of SoCal. Drawing inspiration from the abundant seafood of the Pacific Ocean and the vibrant flavors of Mexican cuisine, Baja fish tacos offer a tantalizing

fusion of freshness and fiesta.

Traditionally, fresh fish, often caught just hours before, is enveloped in a light and airy beer batter and fried to crispy perfection. Nestled in warm, soft corn tortillas and topped with a medley of crunchy cabbage, tangy crema, and zesty pico de gallo, these tacos embody the coastal spirit of Baja California, transporting you to sun-drenched beaches and bustling seaside taco stands.

Adobe Stock

### Baja Breeze Crema

*Yield: 1 cup*

*Total Time: 5 minutes*

#### **What You'll Need:**

1/2 cup sour cream  
1/2 cup mayonnaise  
1 tablespoon lime juice  
1/2 teaspoon ground cumin  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon sugar  
Optional hot sauce to taste

#### **Here's How:**

Whisk all the ingredients together in a medium bowl, cover and refrigerate until serving.

### Crispy Beer Batter

*Yield: 2 cups*

*Total Time: 2 minutes*

#### **What You'll Need:**

1 cup all-purpose flour  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 cup beer

#### **Here's How:**

Mix Batter ingredients together in a large bowl.

### Pico de Gallo

*Yield: 1 cup*

*Total Time: 5 minutes*

#### **What You'll Need:**

2 teaspoons lime juice  
1 teaspoon olive oil or vegetable oil  
2 Roma tomatoes minced  
1/4 cup white or red onion, diced  
1/2 cup cilantro leaves, minced  
Kosher salt to taste

#### **Here's How:**

In a mixing bowl, whisk together the lime juice and oil. Add the remaining ingredients and toss to combine. Cover and refrigerate until serving.





## Baja Fish and Tortillas

### What You'll Need:

1 1/2 pounds cod, halibut, mahi mahi or other firm white fish  
2 cups Beer Batter  
10 (6-inch) corn tortillas, or 30 street taco size  
Vegetable oil for frying

*Yield: 10 large tacos • Prep Time: 10 minutes*

*Cook Time: 25 minutes • Total Time: 35 minutes*

## Zesty Baja Slaw

*Yield: 6 cups*

*Total Time: 5 minutes*

### What You'll Need:

3 tablespoons cider vinegar  
1 1/2 teaspoons vegetable oil  
1/2 teaspoon sugar  
1/2 teaspoon salt  
5 cups (10-ounce bag) red and/or green cabbage, shredded  
3 tablespoons red onion, minced  
1/2 cup fresh cilantro, chopped  
Squeeze of lime at time of serving

### Here's How:

In a large bowl, whisk together the vinegar, oil, sugar and salt to make dressing. Add the cabbage, red onion and cilantro, and toss to coat. Add a squeeze of lime as you serve.

**Diva Tip** - Don't dress the slaw until you're ready to serve. And keep the red cabbage and red onion separate from the rest of the ingredients until immediately before serving. Unless you like Pepto-pink colored slaw, then you do you.

### Here's How:

Slice fish into strips approximately 1/2- to 3/4-inch wide by 4 inches long. They don't need to be exact. Pat the fish very dry with paper towels, and add all the fish to the beer batter and gently toss to coat.

In a 12-inch pan, add oil to cover bottom of the pan to about 1 inch deep and heat the oil to 375 F. Working in small batches, fry fish until golden, flipping halfway through. Place on paper towels

to drain; keep warm. The fish will cook very quickly, so don't overcook!

To Assemble Baja Tacos

Warm the tortillas either individually in a lightly oiled skillet or all together in the microwave wrapped in a damp paper towel. Add cooked fish to each tortilla, top with slaw, pico de gallo, a drizzle of crema and finish with freshly squeezed lime juice. Devour whilst dreaming of sunshine, sand, and surf.





## SAN FRANCISCO'S SEAFOOD SYMPHONY - CIOPPINO

Where the fog dances over the Golden Gate Bridge, the aroma of seafood beckons, and I may have left my heart, welcome to the bustling streets of San Francisco. Today, our journey takes us to the heart of this vibrant city as we explore one of its iconic dishes: Cioppino.

Originating in the late 1800s in the immigrant community of North Beach, San Francisco,

Cioppino is a testament to the city's diverse culinary heritage. While Cioppino is beloved by many, its history hasn't been without controversy. Some argue over the exact origins of the dish, with both Italian and Portuguese immigrants claiming credit.

Fishermen would create this dish using whatever was leftover from the day's catch,

the freshest treasures of the sea. Whether it was fish, crab, shrimp or clams, it simmered in a tomato-based broth seasoned with garlic, onions, herbs and spices. Imagine dipping a piece of crusty sourdough bread into a rich, savory broth infused with the essence of the sea. That's why Cioppino is a cherished culinary gem of San Francisco.

### Cioppino

#### What You'll Need:

1/2 cup butter  
2 medium onions, chopped  
3 cloves garlic, minced  
1 cup parsley leaves, minced  
1 (28-ounce) can plum tomatoes, undrained  
1 (8-ounce) bottle clam juice  
2 bay leaves  
1 tablespoon basil leaves, dried  
1 teaspoon oregano leaves, dried  
1/2 teaspoon thyme leaves, dried  
1 1/2 cups dry red or white wine  
12 small hard-shell clams in shell  
12 mussels in shell  
1 1/2 pounds fish fillets (halibut, cod or salmon), cut into bite-size chunks  
1 1/2 pounds large shrimp, raw, peeled and deveined  
1 pound bay scallops  
1 (8 ounces) cup crab meat, flaked  
Salt and freshly ground pepper to taste

*Yield: 8 to 10 servings*

*Prep Time: 10 minutes*

*Cook Time: 1 hour*

*Total Time: 70 minutes*

#### Here's How:

In a Dutch oven or large soup pot over medium-low heat, melt the butter. Add onions, garlic and parsley. Cook slowly, stirring occasionally, until onions are softened. Add undrained tomatoes, crushing them with your hands, if whole. Add clam juice, bay leaves, basil, oregano, thyme, and red or white wine; bring just to a simmer, then reduce heat to low; cover, and simmer for 45 minutes to 1 hour. Add more wine or water if sauce becomes too thick.

Meanwhile, prepare seafood. Discard any open clams or mussels. Scrub clams and mussels with a small stiff brush under cold running

water, remove beards from mussels. Cover with cold salted water; let stand for 5 minutes and then pour off the salted water.

Just before serving, gently stir in the clams, mussels, fish fillets, shrimp, scallops and crab meat to the prepared stock. Cover and simmer 5 to 7 minutes until clams pop open and shrimp are opaque. Ladle cioppino into large soup bowls, and serve immediately with sourdough bread.



Adobe Stock



## BOUNTIFUL PACIFIC NORTHWEST SALMON GRAZE BOARD

Welcome to the Pacific Northwest, where the fertile lands of Oregon and Washington tell a story of tradition, craftsmanship, and the spirit of community.

Nestled in the picturesque Hood River Valley, amidst rolling orchards growing juicy apples and sweet cherries, and

vineyards producing award-winning wines, the Hood River area, affectionately known as the “Fruit Loop,” is a paradise for food enthusiasts.

Venture further into Oregon, we find the Willamette Valley. Here, amidst its fertile soil, temperate climate and steadfast

commitment to sustainable farming practices, a flourishing abundance of fresh, locally sourced ingredients thrives.

It's from this region that our grazing board draws its inspiration, offering a glimpse into the culinary riches of the region.



Jason Coblenz/Divas on a Dime

**Wild Caught Sockeye Salmon:** Both hot smoked and cold smoked, this iconic ingredient truly embodies the Pacific Northwest's connection to the sea, with its thriving fishing industry and commitment to sustainable seafood practices.

**Apples and Blackberries:** These fruits are quintessential to the Pacific Northwest's agricultural landscape. Whether plucked fresh from orchards or foraged from local forests, they reflect the region's abundance and dedication to supporting local farmers.

**Hazelnuts:** Oregon is famous for being the leading producer of hazelnuts in the United States with most of Oregon's hazelnuts grown in the lush Willamette Valley.

**Artisan Cheeses:** The Pacific Northwest's embrace of artisanal cheese-making showcases an array of handcrafted cheeses celebrated for their exceptional quality and flavor.

Fresh vegetables and vibrant colors evoke the bountiful harvests of the Pacific Northwest's fertile farmlands and the embrace of farm-to-table principles, emphasizing the importance of seasonal and locally sourced produce.

My hope for this graze board is to capture the essence of leisurely dining and communal enjoyment, and to underscore the region's commitment to sustainability, making this board not only a feast for the senses but also a celebration of the land and sea that inspire it. And yes, I am a proud native Oregonian.



## CULTURAL FUSION: LOCO MOCO - HAWAII'S ULTIMATE COMFORT DISH

Let's go to the islands where the sun-kissed shores meet lush greenery, and the flavors are as vibrant as the scenery.

Loco Moco embodies the spirit of the islands, the multicultural tapestry of Hawaii. Its components — rice from Asian cuisine, hamburger from American diners and gravy reminiscent of European sauces —

symbolize the diverse influences that shape Hawaiian cuisine.

Its exact origins are debated, with various stories from the 1940s attributing its creation to different diners and chefs across the islands. However, what remains undisputed is its status as a quintessential comfort food deeply ingrained in Hawaiian

culture.

Imagine a bed of fluffy rice, topped with a sizzling hamburger patty, crowned with a sunny-side-up egg, a velvety brown gravy is drizzled generously over this masterpiece.

Loco Moco is not just a dish, it's a cultural phenomenon with a story as rich and diverse as its flavors.

### Loco Moco

#### What You'll Need:

1 pound ground beef, at least 15 to 20 percent fat  
1 medium Maui or sweet onion, peeled  
(1/4 of the onion chopped; 3/4 sliced)  
2 garlic cloves, peeled and finely grated  
3 teaspoons Worcestershire sauce, divided  
1 teaspoon kosher salt  
1/2 teaspoon black pepper

2 1/2 tablespoons vegetable oil  
8 ounces cremini mushrooms, cleaned and sliced, optional  
2 cups beef broth  
2 teaspoons soy sauce  
2 tablespoons cornstarch  
4 cups cooked white rice  
4 eggs  
Green onions, sliced, for garnish

*Yield: 4 servings  
Prep Time: 10 minutes  
Cook Time: 25 minutes  
Total Time: 35 minutes*

#### Here's How:

Let's start with the onion: Be sure you chop a quarter of the onion and slice the rest.

In a large bowl, combine the ground beef, chopped onion, garlic, 1 1/2 teaspoons Worcestershire sauce, kosher salt and pepper. Mix until just combined, being careful not to overmix.

Shape this into 4 1/2-inch patties. Pop those on a plate and stick them in the fridge.

Meanwhile, in a large skillet over medium heat, warm 1 tablespoon of oil. Once it's hot add the sliced onion and begin sauteing. You want the onion to be translucent, stir them occasionally, and sauté for about 5 minutes. Now, reduce heat to low and continue to sauté the onion as it gets soft and begins to caramelize, about 7 more minutes. Remove the onions to a bowl and keep warm.

Retrieve the patties, and add another tablespoon of oil to the pan. Bump the heat back up to medium. Once it's hot, carefully add the patties to the pan and cook them until browned, around

4 minutes per side. Transfer the patties to a platter and keep warm.

Add the remaining oil to the pan and sauté the mushrooms for about 10 minutes. Season with salt and pepper.

Warm a second skillet to begin frying the eggs.

Now, everybody in the pool! Return the onions to the pan along with the beef broth, soy sauce and the remaining Worcestershire sauce, and bring to a simmer. Reduce the heat to medium-low. In a small bowl whisk the cornstarch with 1 tablespoon cold water until smooth to make a slurry. Add the slurry to the skillet and whisk until it thickens, about 5 minutes.

Cook eggs over-easy or sunny-side-up. Warm the patties in your skillet.

To serve, place on each plate 1 cup cooked rice with one patty, top with a fried egg, then the gravy, then green onions. E 'ai kākou!" (Let's eat together!)





Jason Coblentz/Divas on a Dime

## OHIO'S SWEET LEGACY: THE ICONIC BUCKEYE CANDY

Buckeyes: the delectable confection that holds a special place in the hearts of Ohioans and candy lovers alike. This candy's irresistible combination of peanut butter and chocolate has an ability to evoke nostalgic memories along with a sense of community and tradition among Ohioans.

A smooth sphere of creamy peanut butter, dipped in rich, velvety chocolate, leaving just a small circle at the top exposed, resembles the nut of the state tree, the Buckeye. These treasures are deeply rooted in Ohio's culture and history, as the candy's name and resemblance to the Buckeye nut stem from the state's nickname, "The Buckeye State."

Some argue about the origins of the recipe, with neighboring states claiming their own versions as the "true" Buckeye. And then there's the perennial debate over the perfect ratio of peanut butter to chocolate, sparking enthusiastic discussions among enthusiasts. But despite the occasional disagreement, one thing remains certain: Buckeyes are a beloved treat that brings joy to all who indulge in their irresistible charm.

### Buckeyes

#### What You'll Need:

1 cup smooth peanut butter  
 1/3 cup butter  
 1 teaspoon vanilla extract  
 1 1/2 cups powdered sugar  
 1 1/2 cups semisweet chocolate chips  
 2 tablespoon coconut oil

*Yield: 36 buckeyes • Prep Time: 15 minutes  
 Chill Time: 20 minutes • Total Time: 35 minutes*

#### Here's How:

In a mixing bowl with hand mixer or stand mixer, cream the peanut butter, butter and vanilla extract together. Mixing on low, add powdered sugar a little at a time until combined. Scrape down bowl and mix again, as you want this light and fluffy. Pinch off tablespoon-sized pieces and roll into balls. Transfer balls to

a baking sheet and chill until firm, at least 20 minutes.

In a medium bowl, melt chocolate and coconut oil on 50% power in the microwave. Stir to combine and set aside to cool to room temperature.

Use a skewer or toothpick to dip the peanut butter balls into the chocolate leaving a bit

of the peanut butter exposed for that signature buckeye look. Chill the candies to firm up. If you want to remove the holes left from the skewers, run the back side of a spoon or spatula over the tops. Store covered in the fridge for up to two weeks if they last that long. I'll never know.



## A MONUMENT IN THE LANDSCAPE OF THE WINDY CITY - CHICAGO DEEP DISH PIZZA



Jason Coblenz/Divas on a Dime

Yield: 1 pizza, 4 servings • Prep Time: 1 hour  
Cook Time: 25 minutes • Total Time: 1 hour 25 minutes

### Thick Tomato Sauce

#### What You'll Need:

1 tablespoon olive oil  
3 cloves garlic, minced  
1 (6-ounce) can tomato paste  
1 (14-ounce) can crushed tomatoes  
1 (14 ounce) can Italian style diced tomatoes, drained  
1 tablespoon Italian seasoning  
1 tablespoon sugar, optional  
Big pinch crushed red pepper flakes, optional  
Salt and freshly ground black pepper

#### Here's How:

In a saucepan set on medium-high, heat the olive oil and garlic just until fragrant. Add the tomato paste, crushed tomatoes and well-drained diced tomatoes. Whisk this together and bring to a simmer. Add the Italian seasoning, sugar (this sauce should be sweet, so add sugar to taste) and pepper flakes, if using. Let this simmer, uncovered, until it reduces to a thick consistency, about 30 minutes. Adjust seasoning, adding salt and pepper as needed.

This isn't just any pizza. This is a marvel, a testament to ingenuity and indulgence, it's an experience. Of course, I'm talking about Chicago Deep Dish Pizza.

Ever pondered the "pie" in pizza pie? Allow me to illuminate that connection for you. This is a true knife-and-fork situation.

Unlike its flatter cousins, this pie boasts a thick, buttery,

golden crust, risen to perfection, cradling a bounty of gooey cheese, savory meats, vibrant veggies and rich, thick sauce. All piled so high, it creates a veritable edible skyscraper.

Chicagoans hold their Deep Dish Pizza close to their hearts, with a fierce pride for their hometown creation. It's a symbol of tradition, community and unabashed love for good food.

*Our preference? Baking it in a grand 14-inch deep-dish pizza pan for a jaw-dropping presentation fresh from the oven. But if you lack such a pan; two 9-inch round cake pans will suffice just fine.*

## Chicago Deep Dish Pizza

#### What You'll Need:

2 tablespoons extra-virgin olive oil  
1 pound pizza dough, purchased, or your favorite recipe  
10 ounces mozzarella cheese, thickly sliced  
1 pound sweet Italian sausage, cooked  
1 to 2 cups sautéed vegetables such as peppers, onion, mushrooms  
1 1/2 cups thick tomato sauce, recipe  
1/3 cup grated Parmesan cheese

#### Here's How:

Prepare your pizza pan, use either a 9-inch round pan, or a 9-inch spring-form pan. Use the olive oil to coat the bottom and sides of the pan.

Stretch dough, either on an oiled baking mat or in your hands. Channel your inner pizza chef and give it a little spin! Shape dough into as big a circle as you can get it. Lay the dough in the pan and stretch it toward the edges until it starts to shrink back. Cover the dough, and let it rest for 15 minutes.

Now is when you should preheat oven to 425 F.

Stretch the dough again to cover the bottom of the pan, then gently push it up the sides of the pan about 1 to 2 inches.

Bake the crust in the hot oven for 10 minutes, it should barely start to brown. While it's baking, get your filling ready.

When the crust is partially baked, cover the bottom of the crust with sliced mozzarella, letting it curve up the crust. Add the sausage and or sautéed vegetables, then generously cover the top with the tomato sauce. Sprinkle with the grated Parmesan, and drizzle with the olive oil.

Bake the pizza for about 25 minutes, or until the filling is bubbly and the topping is golden brown. Remove it from the oven, place it on a cooling rack and let the pizza cool for about 15 minutes before cutting and serving. Delizioso!



## A TASTE OF LOUISIANA'S CULTURAL MELTING POT - JAMBALAYA

The roots of jambalaya run deep in the fertile soil of Louisiana's bayous and backwaters. With influences from French, Spanish, African and Native American cooking, it's a true melting-pot dish, reflecting the intricate mosaic of the region's history.

So, as you savor each spoonful of this soul-warming dish, you'll taste tender chicken, succulent shrimp, and spicy sausage dancing together in a bubbling pot of rice, infused with the warmth of paprika, the kick of cayenne, and the fragrant whispers of thyme and bay leaves.

Like many traditional specialties, recipes vary from cook to cook. However, most start with the "holy trinity" of Creole cooking: onions, celery, and green or red bell pepper. Also essential in jambalaya is andouille (an-DOO-ee) sausage, which has a spicy kick giving the dish its characteristic smoky depth of flavor.

As you experience the flavors of jambalaya, you're not just tasting ingredients; you're experiencing a slice of New

Orleans' vibrant culture and the warm embrace of its people. Known for their infectious zest for life and unwavering hospitality, the residents of the Big Easy infuse every dish with a generous dose of love and charm. Each bite is a celebration of community and connection, and a way of life that's as rich and flavorful as the jambalaya itself.



Jason Coblenz/Divas on a Dime

### Jambalaya

#### What You'll Need:

- 3 tablespoons olive oil, divided
- 1 (13 ounce) andouille sausage, thinly sliced into rounds
- 2 boneless skinless chicken breasts, cut into bite-sized pieces
- 3 bell peppers, diced, any color
- 2 ribs celery, diced
- 1 jalapeño pepper, seeded and finely minced
- 1 white onion, diced
- 4 cloves garlic, minced
- 1 (14-ounce) can crushed tomatoes
- 4 cups chicken stock
- 1 1/2 cups uncooked long grain white rice
- 2 tablespoons Cajun seasoning or Creole seasoning
- 1 teaspoon dried thyme
- 1/4 teaspoon cayenne pepper
- 1 bay leaf
- 1 pound raw large shrimp, peeled and deveined
- Kosher salt and black pepper

Optional garnishes: chopped parsley, green onions, hot sauce

*Yield: 6 servings • Prep Time: 15 minutes  
Chill Time: 45 minutes • Total Time: 1 hour*

#### Here's How:

Heat 1 tablespoon oil in a stock pot or Dutch oven over medium-high heat. Add the sausage and chicken and sauté, stirring occasionally, until the chicken is cooked through and the sausage is lightly browned. Transfer to a plate and set aside.

Add the remaining 2 tablespoons of oil to the stock pot. Add the bell peppers, celery, jalapeño, onion, and garlic. Sauté, stirring occasionally,

until the vegetables are softened.

Add the crushed tomatoes, chicken stock, rice, Cajun or Creole seasoning, thyme, cayenne and bay leaf, and stir to combine. Bring the mixture to a boil then reduce heat to a simmer. Return the chicken and sausage to the pot, and simmer, stirring occasionally, for about 25-30 minutes, or until the rice is nearly cooked through. Now is a good time to remove and discard the

bay leaf. Add the shrimp and stir to combine. Continue to simmer, stirring occasionally, until the shrimp are just cooked through and opaque pink. Remove from heat.

Adjust seasoning of the jambalaya with salt, pepper, and additional Cajun or Creole seasoning if needed. Serve warm with your desired garnishes. Bon appétit, and laissez les bons temps rouler! Let the good times roll!





Jason Coblenz/Divas on a Dime

## FROM PIT TO PLATE: LEGENDARY TEXAS BBQ RIBS

Texas takes its barbecue seriously, and for good reason. From the sprawling plains to the bustling cities, Texans proudly uphold their barbecue traditions like a cherished heirloom.

What sets Texas barbecue apart? Well, it's not just about the meat. BBQ is a way of life. What truly distinguishes Texas barbecue is the reverence for simplicity and authenticity. No frills, no fuss -- just good ol' fashioned pit cooking that speaks to the heart of Texan culture.

Picture this: juicy, tender ribs slowly cooked to perfection, a nice pink smoke ring showing you you're in the right place for "que," the smoky aroma wafting through the air, and the unmistakable blend of spices and seasoning that make every bite a savory sensation.

Now, let's talk about the folks behind the grill. Texans are known for their warmth, hospitality and genuine love for sharing a meal with friends and strangers alike. Whether you're at a roadside joint or a family-owned barbecue pit, you'll find yourself welcomed like family, with a hearty "howdy" and a plate piled high with mouthwatering ribs.

Texans love to come together to enjoy good food, good company and good times.

### Texas BBQ Ribs

#### What You'll Need:

2 racks pork ribs, approximately 5 pounds  
Dry rub - recipe follows  
Barbecue sauce - recipe follows  
Wood chips or chunks for smoking,  
preferably post oak or hickory

*Yield: 4-6 servings • Prep Time: 15 minutes  
Chill Time: 6 hours • Total Time: 6 hours 15 minutes*

#### Here's How:

Start off by prepping the ribs: remove the membrane from the back of each slab, trim any excess fat. If your ribs aren't already trimmed to St Louis style, then remove the riblets by locating the longest bone and cutting between the bone and cartilage the full length of the ribs. Reserve riblets for another purpose.

Season generously with your favorite rub or seasoning blend. Pat the seasoning onto the meat to ensure it sticks.

Prepare your smoker or grill for indirect heat, aiming for a temperature of between 175 F and 225 F. Add wood chips or chunks to the smoker for that authentic smoky flavor.

#### Dry Rub

1/4 cup kosher salt  
1/4 cup packed brown sugar  
2 tablespoons smoked  
paprika  
1 tablespoon garlic powder  
1 tablespoon onion powder  
2 teaspoons black pepper

Once the smoker is ready, place the ribs on the grill grate, bone-side down. Close the lid and let them smoke for about 3 hours. Keep an eye on that temperature. Low and slow.

After 3 hours, remove the ribs from the smoker and wrap them tightly in aluminum foil. You can add a splash of apple juice or beer to the foil packets for extra flavor and moisture.

Return the wrapped ribs to the smoker and continue cooking for another 2 hours. This step helps tenderize the meat and infuse it with flavor. Again, low and slow. Watch that temperature.

After 2 hours, carefully unwrap the ribs and brush them with your favorite barbecue

#### Barbecue Sauce

1/2 stick (4 ounces) butter  
1/2 cup brown sugar  
1/2 cup ketchup  
1 tablespoon Worcestershire  
sauce  
1 tablespoon molasses  
1 tablespoon apple cider  
vinegar

1/4 teaspoon onion powder  
1/4 teaspoon garlic powder

In a saucepan, combine ingredients and heat until bubbling.

sauce. Return them to the smoker, unwrapped, for the final hour of cooking. Low and slow. I can't emphasize this enough.

Keep an eye on the ribs during this last hour, brushing them with more sauce every 15 minutes if desired, and ensuring they reach your preferred level of doneness. The meat should be tender and pull away from the bone easily. There should be a little tug, or they're overcooked.

Once the ribs are done, remove them from the smoker and let them rest for a few minutes before slicing and serving. Enjoy your delicious Texas-style ribs with your favorite sides and plenty of napkins (maybe a tarp?)!



## THE QUINTESSENTIAL NEW YORK CHEESECAKE



Jason Coblenz/Divas on a Dime

Amidst the towering skyscrapers and the ceaseless energy of the bustling streets of New York City there exists a slice of culinary heaven: the classic New York cheesecake. A dessert so iconic, it stands as a testament to the city's rich gastronomic heritage and unyielding spirit.

The origins of New York cheesecake trace back to the early 20th century, where it emerged as a staple in the culinary landscape of the Big Apple.

This cheesecake boasts a dense, creamy consistency that's as rich as it is indulgent. A velvety-smooth filling atop a crumbly graham cracker crust, gently kissed by the warmth of vanilla, a zing of lemon and the subtle tang of cream cheese. No fancy fruit toppings or garnish needed here — just simple, unapologetic decadence.

### Classic New York Cheesecake

#### What You'll Need:

**Special equipment:** 9 or 10-inch springform pan and heavy-duty aluminum foil

#### For the crust:

1 1/2 cups graham cracker crumbs, from 12 whole crackers  
5 tablespoons butter, melted  
2 tablespoons sugar  
1/8 teaspoon salt

#### For the filling:

32 ounces (four 8-ounce blocks) cream cheese, at room temperature  
2 cups sugar  
3 tablespoons all-purpose flour  
4 teaspoons vanilla extract  
1 teaspoon packed lemon zest, from 1 lemon  
2 teaspoons fresh lemon juice, from 1 lemon  
1/4 teaspoon salt  
6 large eggs  
1/2 cup sour cream

#### Here's How:

Preheat oven to 375 F and position rack in the lower middle.

Wrap a 9- or 10-inch springform pan with a single piece of heavy-duty aluminum foil, covering the underside and extending all the way to the top, ensuring there are no seams. Seams = possible leaks. Spray inside of pan with nonstick cooking spray.

To make crust: Combine graham cracker crumbs, melted butter, sugar and salt. Press into an even layer in the bottom of the pan. Bake crust for 10 minutes, then set aside.

Reduce oven temperature to 325 F and boil some water in a kettle.

To make batter: In the bowl of an electric mixer fitted with the paddle attachment or beaters, beat cream cheese, sugar and flour until smooth, scraping the bowl occasionally. Add vanilla, lemon zest, lemon juice, salt and eggs (one at a time). Mix in sour cream.

Place cheesecake pan in a large roasting pan. Set the roasting pan on the rack of the oven. Pour batter onto the crust. Carefully, pour boiling water into roasting pan (about 1 inch up the side of the cake pan).

Bake for 1 hour and 30 minutes to 1 hour and 45 minutes, until just set. The cake should wobble just a bit when the pan is nudged; it will continue to cook as it cools. Allow the cheesecake to cool in the water bath for about 45 minutes.

Remove springform pan from water bath and discard foil. Cover the pan with plastic wrap and transfer to the refrigerator to cool for at least 8 hours or overnight.

For serving: Remove sides of springform pan. Slice with a sharp knife, wiping the knife clean between slices, and serve.

*Yield: 8-10 servings • Prep Time: 30 minutes  
Chill Time: 2 hours • Total Time: 2 1/2 hours plus 8 hours to cool*



## CELEBRATING COASTAL COMFORT: THE LEGENDARY MAINE LOBSTER ROLL

In the coastal regions of New England, where the salty breeze meets the crashing waves, there exists a culinary gem deeply rooted in the region's maritime heritage: the Maine Lobster Roll. This iconic sandwich embodies the essence of seaside living, with its origins tracing back to the bustling lobster fishing communities that dot the rugged coastline.

Lobster rolls and summertime go together in New England, when lobster is at its peak freshness. Families and friends gather along the coast to indulge in this seasonal treat, whether it's at seaside shacks, seafood festivals or backyard cookouts. The lobster roll has become a

cherished part of New England's summertime rituals, bringing people together to savor the flavors of the sea.

If we were crowning a king of sandwiches, the Maine Lobster Roll would claim the throne. Imagine tender, sweet lobster meat, delicately mixed with a light mayonnaise-based dressing, creating a masterpiece with legendary status. For any true lobster aficionado, missing out on this sandwich would be a culinary crime you simply can't afford. Prepare to indulge in the divine flavors of fresh lobster, nestled within a New England-style bun, and experience sandwich royalty like never before!

### Classic New England Lobster Roll

#### What You'll Need:

4 fresh lobster tails (1 ½ pounds), cooked and chopped into bite-sized pieces  
¼ cup mayonnaise  
2 tablespoons butter, melted  
1 tablespoon lemon juice  
1 celery stalk, finely diced  
2 tablespoons fresh parsley, finely chopped

*Yield: 4 servings • Prep Time: 15 minutes • Total Time: 15 minutes*

Salt and pepper to taste  
4 New England-style hot dog buns  
Additional melted butter for toasting buns  
Optional: lettuce leaves for serving

Optional garnishes: chopped parsley, green onions, hot sauce

#### Here's How:

In a large mixing bowl, combine the chopped lobster meat, mayonnaise, melted butter, lemon juice, diced celery, and chopped parsley. Gently toss until the lobster meat is evenly coated with the mixture. Season with salt and pepper to taste.

Heat a skillet over medium heat. Brush the insides of the hot dog buns with melted butter. Toast the buns in the skillet until golden brown and crispy on the edges, about 2-3 minutes per side. Remove from the skillet and set aside. If desired, line the toasted buns with lettuce leaves for added freshness and texture.

Divide the lobster mixture evenly among the toasted buns, filling each one generously with the delicious lobster filling.

Serve your classic New England lobster rolls immediately, accompanied by your favorite sides like potato chips, coleslaw, or a crisp green salad.



Adobe Stock



## ROLLING IN FLAVOR: THE SAVORY TRADITION OF WEST VIRGINIA'S PEPPERONI ROLLS

We're in the heart of Appalachia, where the rolling hills are as steeped in tradition as they are in natural beauty. Through the rugged landscapes of West Virginia, where one humble creation reigns supreme: the pepperoni roll. Let's unravel the savory history and indulge in the irresistible flavors that have made this regional classic a beloved staple.

The genius is in the simplicity of a pillowy cloud of freshly baked bread, infused with savory pepperoni. The first sensation is a burst of spice, as the zesty pepperoni releases its flavorful oils into the tender dough. As you chew, the flavors meld harmoniously, with each bite delivering a perfect balance of saltiness, spiciness, and richness.

The origins of the pepperoni roll can be traced back to the early 20th century, in the coal mining communities of West Virginia. Italian

immigrants combined their culinary heritage with local ingredients to create a portable and hearty snack. These innovators ingeniously wrapped spicy pepperoni slices in soft, yeasty dough, creating a convenient meal that wouldn't require refrigeration, could easily be held in one hand, and could withstand the rigors of the mines.

As word of the pepperoni roll spread, it became a cherished symbol of Appalachian culture, not only for its practicality but also for its comforting flavors that provided a taste of home amidst the challenges of mining life. Today, this humble snack has become a beloved icon of West Virginia cuisine, celebrated in bakeries, diners and homes across the state.

*Yield: 12 rolls • Prep Time: 20 minutes • Rise Time: 2 hours 40 minutes*

*Cook Time: 40 minutes • Total Time: 35 minutes*

### West Virginia Pepperoni Rolls

#### What You'll Need:

1/4 cup warm water	8 tablespoons (113 grams) butter, divided
1 package (2 1/4 teaspoons) active dry yeast	2 tablespoons honey
3 1/2 cups (451 grams) AP flour, plus more if needed	3/4 cup buttermilk
1 teaspoon salt	1 large egg
	8 to 9 ounces of stick pepperoni or thinly sliced pepperoni

#### Here's How:

To start, we proof the yeast; dissolve yeast in 1/4 cup warm water, let sit for 5 minutes. If it gets foamy and creamy looking, you know the yeast is active and viable for baking. In a large mixing bowl, combine 3 cups flour and salt.

In a saucepan over medium-low heat, melt 4 tablespoons butter. Whisk in honey and buttermilk and heat just until warm to the touch (don't boil). Remove from heat and whisk in egg.

To make the dough: Add the yeast mixture and buttermilk mixture to the flour. Mix until dough forms, adding more flour if needed. Knead by hand until smooth, about 5 minutes. Place in greased bowl, let this dough rise for 1-2 hours.

When the dough has risen, preheat oven to 350 F. Line baking sheets with parchment.

Divide dough into 12 pieces, let rest for 10 minutes. Melt the remaining butter and divide the pepperoni into 12 portions.

Pat each dough ball into squares about 4 to 5 inches, place or shingle the pepperoni on the dough leaving a 1/4 -inch border around the edge. Roll up the dough and firmly pinch the bottom seam to seal. Place on baking sheet, seam-side-down. Brush with half of melted butter, let rise for 30 minutes.

Bake for 30-40 minutes, rotating sheets halfway through. Brush with remaining butter after baking. Serve warm or at room temperature: Store cooled rolls in a sealed bag or wrap for up to 3 days.



Jason Coblenz/Divas on a Dime



## THE TASTE OF SUNSHINE: THE DELIGHTFUL FLORIDA KEY LIME PIE

Welcome to the Sunshine State, where the taste of summer is as vibrant as the citrus groves that dot the landscape. In Florida, where every moment tells a story of sunshine and sea breeze, there's one dessert that stands out above the rest: the iconic Florida Key Lime Pie.

This is a dessert that embodies the essence of the tropics – creamy, tangy and refreshingly sweet. That's the Florida Key Lime Pie in all its glory. This delectable treat features a smooth, velvety filling made from the juice of tiny, tart Key limes, nestled atop a buttery graham cracker crust. Each bite is a burst of citrusy bliss, perfectly balanced with just the right amount of sweetness. Topped with meringue or simply a dollop of whipped cream and a sprinkle of zest, it's a slice of paradise on a plate.

A Key lime is a small, round citrus fruit with a thin, smooth, greenish-yellow skin. It's named after the Florida Keys, where it was historically cultivated. Key limes are known for their distinctive tart flavor and aromatic juice, which is more floral and slightly bitter



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compared with other types of limes.

The origins of Key Lime Pie trace back to the shores of the Florida Keys, where settlers crafted it using local ingredients. The invention of sweetened condensed milk in the 1850s by Gail Borden revolutionized food preservation, as it could

be stored without refrigeration and had a long shelf life. This innovation enabled the creation of desserts like Key Lime Pie, contributing to its emergence as a regional favorite.

Today, this culinary gem has evolved into a beloved classic, cherished by locals and visitors alike.

## Florida Key Lime Pie with Meringue

### What You'll Need:

- 1 (9-inch) prepared graham cracker pie crust
- 1 (14-ounce) can sweetened condensed milk
- 2 teaspoons zest from key limes, finely grated
- ¼ cup key lime juice
- 2 eggs, separated
- 1 egg, room temperature
- 4 tablespoons granulated sugar

*Yield: 6 servings • Prep Time: 20 minutes*

*Cook Time: 20 minutes • Total Time: 40 minutes*

### Here's How:

Keep the graham cracker crust well chilled in the refrigerator until ready to use.

Preheat oven to 350 F. In a mixing bowl, combine condensed milk, key lime zest, and key lime juice. Add egg yolks and the whole egg; stir until well blended. Pour into chilled graham cracker crust.

In another mixing bowl, beat egg whites until stiff peaks form; gradually fold in sugar. Spread meringue over key lime mixture, being careful to spread to edge of pastry to prevent shrinkage during baking.

Bake for 20 minutes or until meringue is golden brown. Remove from oven and cool completely on a wire rack.



# THE SWEET SPOTS

EVERY GREAT MEAL DESERVES A SWEET FINISH. HERE ARE 10 WAYS TO MOVE BEYOND APPLE PIE.

## TEXAS: SHEET CAKE

Easy for family gatherings and parties, Texas sheet cake is a big, traditionally chocolate cake baked in a large sheet pan, then iced with a fudgy chocolate frosting and served right from the pan in squares.







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## WISCONSIN: THE KRINGLE

This flaky and buttery pastry harkens back to the Danish heritage of Wisconsin, where you'll find that the Kringle is the official state dessert.



## ST. LOUIS, MO: GOOEY BUTTER CAKE

A delicious accident involving too much butter has developed into a St. Louis staple. This dense, super sweet cake is aptly named, as it is indeed gooey and buttery.



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## BUFFALO, NY: SPONGE CANDY

Light and airy, sponge candy is like toffee that's been carbonated. The melt-in-your-mouth treat is covered in a chocolate shell. It's associated with northwest Pennsylvania and western New York, but nowhere more strongly than Buffalo, New York.



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## PENNSYLVANIA: SHOO-FLY PIE

A Pennsylvania Dutch heritage informs this sticky-sweet molasses crumb cake that's baked into a traditional pie crust for ease of delivering it directly to your tastebuds.



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## GEORGIA: PEACH COBBLER

The sweet flavor of Georgia peaches is legend, and what better representative than a sweet, fragrant fruit filling topped with biscuity dumplings.

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## NEW ORLEANS: BEIGNETS AND BANANAS FOSTER

Any visit to the Big Easy is incomplete without a plate of beignets, the iconic deep-fried dough topped with a healthy dusting of confectioner's sugar. Coming in second is also from the French Quarter. Bananas cooked in a sticky sugar and alcohol sauce, then flambéed and served with a scoop of ice cream.



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## INDIANA: SUGAR CREAM PIE

Also called a Hoosier pie, this glorious concoction has a custard-like filling heavy on the vanilla and light on the cinnamon, sitting in a flaky homemade pie crust.

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## NEW MEXICO AND SOUTHWEST: BISCOCHITOS

New Mexico's official state cookie is the crumbly, buttery biscochito, a lard-enriched and anise-flavored cookie traditionally cut in the shape of a fleur-de-lis.

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# WE ALL SCREAM FOR ICE CREAM

## THE QUINTESSENTIAL SUMMER TREAT

Whether you're craving classic favorites or adventurous twists, a DIY ice cream base allows you to explore a spectrum of tastes. Start with this master recipe, then add and swirl your way to making every scoop a delightful journey through America's diverse ice cream culture.



## Master Ice Cream Recipe

Indulge in homemade ice cream with this versatile recipe! Perfectly creamy and customizable, it serves as the foundation for a variety of flavors.

### What You'll Need:

1 1/2 cups heavy cream  
1 1/2 cups whole milk  
2/3 cup granulated sugar  
1/8 teaspoon salt  
6 large egg yolks  
Additional flavoring ingredients as desired

### Here's How:

Simmer a blend of heavy cream, milk, sugar and salt in a pot until sugar dissolves, around 5 minutes. Take off the heat. Whisk egg yolks in a separate bowl. Gradually whisk about a third of the hot cream into the yolks, then return the yolk mixture to the pot. Heat gently until thick enough to coat a spoon (about 170 degrees Fahrenheit).

Strain the mixture through a fine-mesh sieve into a bowl. Let it cool to room temperature, then cover and chill for at least 4 hours or overnight. Use an ice cream machine to churn according to the instructions. Serve immediately for soft-serve or store in the freezer.



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*No ice cream machine? Try this fun and simple process for making ice cream in a bag.*

### What You'll Need:

1 1/2 cups ice cream base, chilled and flavored if desired  
Ice cubes (enough to fill each gallon-size bag halfway)  
1/3 cup rock salt or kosher salt  
2 pint-size zip-top bags  
1 gallon-size zip-top freezer bag

### Here's How:

In one of the pint-size bags, pour in ice cream base. Seal the bag tightly, ensuring that you press out any excess air. Double bag it by inserting it into the second pint-size bag and sealing that one as well to help prevent leaks.

Fill the gallon-size zip-top bag halfway with ice cubes and add the rock salt. Place the sealed pint-size bag with the ice cream mixture into the bag with ice and salt. Seal the gallon-size bag. If you're worried about leaks, you can double bag this one as well.

Shake the bag vigorously for about 5-10 minutes. You might want to use a towel or gloves to protect your hands from the cold.

Check the consistency of the ice cream. If it's not firm enough, shake the bag for a few more minutes.

Once the ice cream has reached the desired consistency, remove the pint-size bag from the larger bag. Wipe off the salt mixture so it doesn't get into your ice cream.

Open the inner pint-size bag and enjoy your homemade ice cream directly from the bag or transfer it to a bowl.

**Diva Tip:** Rock salt and ice mixture can get very cold, so it's important to handle it carefully and ensure the bags are well-sealed to prevent leaks.