



Family Fun

- Menu -

Homemade BBQ Sauce
Roasted Chicken BBQ Sliders
Picnic Chickpea Salad with Fresh Herbs
Coleslaw
Mini Mason Jar Mud Pies

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Shopping List

Bakery

- 12 slider buns

Dairy/Freezer

- 1 ¼ cups Greek yogurt
- 6 TB sour cream
- 1 pint, coffee chip ice cream
- ½ cup whipping cream

Pantry

- Kosher salt and pepper
- 1 ¼ cups ketchup
- 1 TB Worcestershire
- ¼ cup lightly packed brown sugar
- ¼ cup white wine vinegar
- ½ TB olive oil
- 1 TB honey
- Dill pickles for garnish
- 2 cans chickpeas
- 1 TB plus 2 TSP Dijon mustard
- ½ cup mayonnaise
- 1 TB apple cider vinegar
- 1 TSP granulated sugar
- 6 Oreo cookies (you can also use the minis)
- 1 TB powdered sugar
- Nuts – handful of your choice for mud pie
- Caramel and/or chocolate sauce – for topping the mud pies

Produce

- 3 garlic cloves
- 1 shallot
- 1 cup (2 ribs) celery
- ¼ cup fresh dill
- ¼ cup flat-leaf parsley
- 1 lemon
- 2 green onions, sliced, green parts only (optional garnish)
- ½ red onion

If you want to save some prep time, skip the next two ingredients (carrots and cabbage and buy a bag of pre-shredded coleslaw mix)

- 4 cups green cabbage (about ½ head small cabbage)
- 3 carrots, peeled and shredded

Protein

- 2 large chicken breasts with bones and skin on

Equipment

Baking

- Rimmed baking sheet

Pots and Pans

- Medium saucepan

Tools/Utensils

- Box grater
- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing bowls, various
- Potato masher
- Sieve/colander
- Whisk
- Wooden spoon

Specialty

- Small mason jars or ramekins for dessert

Mise en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance, I am less likely to get lost... such as “did I put in the baking powder?”

I will give you time during the class to chop and measure as we prepare each recipe, but I recommend the more you prep in advance the more time you have to listen to the instruction!

I suggest before we begin:

- Measure out BBQ sauce ingredients
- Bring out chicken breasts 15 minutes before we begin so they are at room temperature

BBQ Chicken Sliders

Makes about 12 sliders

2 large chicken breasts, with bones and skin-on (about 2 -2.5 pounds)
Kosher salt and pepper

For the sauce

1 ¼ cups ketchup
1 TB Worcestershire
¼ cup lightly packed brown sugar
¼ cup white wine vinegar
3 TSP Dijon mustard
2 garlic cloves, minced
½ TB olive oil
1 TB honey

12 slider buns

Garnish: Coleslaw and pickles

Preheat oven to 400° F.

Place the two chicken breasts on a rimmed baking sheet. Generously salt and pepper the. Place in the oven and roast 35 – 40 minutes or until the internal temperature is 165°F. Be careful to take the temperature in the thickest part of the chicken without touching the bone.

While the chicken roasts prepare the sauce.

In a medium saucepan add the olive oil over low heat. Add the minced garlic and cook 30 seconds. Add the rest of the sauce ingredients: ketchup, Worcestershire, sugar, vinegar, mustard, and honey. Cook over low heat until slightly thickened and heated through, about 15 minutes.

Once the chicken is cooked through, remove from the oven and let cool slightly. Remove the skin. Pull the meat from the bones and shred with 2 forks.

Add the shredded chicken to the sauce and heat through stirring well to coat.

Serve on slider buns with coleslaw and pickles.

Picnic Chickpea Salad

2 cans chickpeas (reserve 1 cup)
1 ¼ cups Greek yogurt
3 TB sour cream
1 garlic clove, minced
1 shallot, chopped
1 TB Dijon
1 TSP Kosher salt
1 cup (2 ribs) celery, chopped
¼ cup fresh dill, chopped
¼ cup flat-leaf parsley, chopped
Juice from ½ lemon
Optional garnish: 2 green onions, sliced, green parts only

Drain and rinse the chickpeas. Reserve 1 cup. For the rest, roughly mash them with a potato masher. You want a chunky texture. Then stir in the reserved chickpeas.

In a separate bowl, combine ingredients for the dressing. Whisk the yogurt and sour cream. Next, stir in the garlic, shallot, Dijon, salt, celery, dill, parsley, and lemon.

Combine the dressing and the chickpeas. Garnish with green onions, if desired. Refrigerate until serving.

Coleslaw

4 cups green cabbage (about ½ head small cabbage)

½ red onion

3 carrots, peeled and shredded

(You can replace the carrots and cabbage with a pre-shredded bag of coleslaw)

Dressing

½ cup mayo

3 TB sour cream

2 TSP Dijon mustard

1 TB apple cider vinegar

1 TSP granulated sugar

¼ TSP Kosher salt

¼ TSP black pepper

Prepare the cabbage by removing the heart, then cut the ½ head in ½ again, then slice in thin strips. Quarter the ½ red onion and slice thinly. Toss the cabbage with onion and carrots.

In a medium bowl combine the dressing ingredients.

Combine the cabbage mixture and the dressing. Refrigerate until serving.

Mini Mud Pies

Makes 6

6 Oreo cookies (or the Oreo minis)

1 pint, coffee chip ice cream

½ cup whipping cream

1 TB powdered sugar

Carmel Sauce

Chocolate Sauce

Nuts

Small mason jars (I use these [JARS](#))

In a small food processor add the cookies and pulse until they are fine crumbs.
(Alternatively, you may place the cookies in a Ziploc bag and crush them with a rolling pin.)

To make whip cream, beat the whipping cream on high until quite foamy with a handheld mixer. Then add the sugar and continue to beat until stiff peaks form. Refrigerate until ready to assemble.

Place 1 TB of the cookies in the bottom of the jar. Top with a scoop of ice cream. Garnish with the caramel sauce. Then add the whipped cream followed by a drizzle of chocolate sauce and nuts.