



FOODWAYS SYMPOSIUM RECIPES

Recipes from Chef Cory Barrett

GRANDMA BARRETT'S RODEO SPAGHETTI SAUCE

INGREDIENTS:

- 1 cup large chopped bacon
- About 2 cups of onions, sliced thinly
- About 2 tablespoons chopped garlic
- 1 teaspoon dried oregano
- 2 28oz cans of tomatoes
- Salt as needed

DIRECTIONS:

1. Add bacon to a sauce pan and slowly cook over medium heat. The bacon should be cooked until slightly browned but no too crispy.
2. Add the onion, garlic, and a pinch of salt to the cooked bacon. Cook until slightly translucent.
3. Finally add the tomatoes, cover partially and simmer over low heat for about 40 minutes, stirring occasionally.
4. Traditionally this sauce was tossed with cooked spaghetti, but you can use any pasta you like. I really like it with Bucatini pasta.

MOM'S KALE SOUP VEGGIE VERSION

INGREDIENTS:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 1 tablespoon fennel seeds
- 4 tablespoons chopped garlic
- 1 bunch kale, stems removed and leaves chopped
- 2 quarts vegetable broth
- About 2 cups of large diced Yukon gold potato, or other waxy potato
- 2 (15 ounce) cans great northern beans (drained if desired)
- Salt and pepper to taste

DIRECTIONS:

1. Heat the olive oil in a large soup pot; cook the onion, fennel seeds and garlic until soft.
2. Stir in the kale and cook until wilted, about 2 minutes.
3. Stir in remaining ingredients. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through.
4. Season with salt and pepper to taste.

DAD'S GREEN BEAN STIR FRY

Yield: 8 servings

INGREDIENTS:

- 3 tablespoons Vegetable oil
- 3 cups Sliced Green Beans
- 2 tablespoons soy sauce
- 2 tablespoons white vinegar
- ½ cup green onion, sliced
- Sesame seeds as desired

DIRECTIONS:

1. Preheat a large sauté pan over high heat. Add oil. When oil begins to smoke add in green beans. Be careful, oil may splatter.
2. Spread the beans into an even layer and allow to cook undisturbed for a few minutes. This will ensure that the bean brown a bit, which makes them extra tasty.
3. After the beans have browned a bit toss the pan with soy sauce, white vinegar, green onion, and sesame seeds.
4. My father would often serve this with chicken, but it would be delicious with tofu as well.
5. Serve over brown or white rice, or simply eat on its own.