

Simple Summer Recipes

Fast, easy and delicious recipes





Spiced Gazpacho and Shrimp Crostini



Grilled Asparagus



Mom's Potato Salad

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Dedicated to My Mom

This book is dedicated to my mom, Patsy Flattery Hurley. She was a loving mother, and “mom” to many of my friends. She was, and will always be my mentor, role model, wind beneath my wings, advisor, confidant and collaborator, but most of all, a wonderful mom. Her love of food and cooking inspired me to learn how to prepare simple to complex meals. She taught me techniques, tips and tricks from the time I was little. When we started the business, Mom’s Gourmet, she encouraged me and helped me with recipes ideas. When I was ready the throw in the towel (and that happened a lot), she’d encourage me to carry-on. So, when you are in the kitchen making one of these recipes, pour a glass of your favorite beverage and join me in a simple toast, “To, Mom’s”.



Note from Sally:

I want to say thank you to all the people out there I have met at demos, food shows, farmers markets, and online inquiries. Your encouragement, support and patronage means so much to me (and my mom). As always feel free to reach out with any questions about our products or recipes. And, please, feel free to share your recipes on our Facebook page or email them me.

Note: The artwork throughout this cookbook was created by a friend and artist, Albin Erhart. He has a blog page <http://albininamerika.blogspot.com>. His work is just amazing and I love all the creative ways he expresses his passion for art. Sculpture, paint, mobiles. I have several in my home and he does incredible work on dog portraits.



Cocktails

Steve's Bloody Mary

Steve makes a great Bloody Mary. We are often asked for the recipe so here it is:

Rim your glass with lime wedge and Feisty Fish Rub (lower sodium than celery salt)

To each glass add (we use tall glasses):

Ice cubes

a toothpick or skewer add 2 Spanish olives

1 celery stick

Wedge of lemon

1-1/2 ounces of vodka

V-8 Juice

½ teaspoon horseradish

Dash of Feisty Fish

Splash of Worcestershire Sauce

Fresh ground black pepper

Stir and serve



Spiced Vanilla Cherry Martini

Rim glass with Triple Sec then Yellow Dog Sweet Shake

In a shaker glass filled with ice pour:

1 ounce vodka

½ ounce vanilla vodka

1 Maraschino Cherry – I use Tillen Farms because they don't use coloring

Splash of Triple Sec Shake well in pour in a shaker of ice and shake until chilled.



Spiced and Iced Coffee



If you ever have extra coffee in a pot, pour it into ice trays and freeze. They are great for iced coffee and won't dilute it like regular ice cubes.

Rim your glass with triple sec and Yellow Dog Sweet Shake
Add ice cubes and fill ½ way with coffee then fill with Almond, Coconut or regular milk.

Optional: 1 ½ ounces Bailey's Irish Cream.

Fun Idea:

Snip some of your edible flowers and herbs, rinse and set on paper towel. Fill ice trays with the

flowers and herbs, even tiny wedges of citrus and fruit make for beautiful ice cubes for you cocktails, ice water or carbonated water. Caution: never use anything that has been sprayed with pesticides.

Edible flowers and herbs we like are nasturtium, snap dragon, basil, marigolds, lilac, pansy, violets, lavender, rosemary, etc. For a list of edible plants visit <http://whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm>



Starters

Grilled Stuffed Jalapeños - Serves 8

This recipe is so good, I've made it twice in a week!

Ingredients

6 center-cut bacon slices – cooked and finely chopped – divided
8 ounces cream cheese, softened (about 1 cup)
2 ounces extra-sharp cheddar cheese, shredded (about 1/2 cup)
1/2 cup minced green onions – save a little for garnish
2 teaspoons fresh lime juice
2 teaspoons Wow-A Chihuahua (or more if you want it really, really hot)
2 garlic cloves, crushed
18 jalapeño peppers, halved lengthwise and seeded
Cooking spray
2 tablespoons chopped fresh cilantro
2 tablespoons chopped seeded tomato drained well – I love the cherry heirlooms

Directions

Saute' onion and garlic for 1 minute. Mix into a bowl with cream cheese, lime juice, 1/2 of the bacon, cheddar cheese, and Wow-A Chihuahua. Fill jalapeños with mixture and then top with tomato and remaining bacon. Put on a grill pan and blister the peppers. You want them to be slightly charred and look like the photo. Garnish with fresh cilantro and green onion.

Note:

After filling the jalapeños, put them on a cookie sheet and freeze for about 15 minutes. That way the filling won't melt out of the pepper while grilling.



Spiced Gazpacho with Shrimp Crostini - adapted from the LCBO (if you ever get to Canada visit their liquor stores and pick up the Food and Drink Magazine

Wonderful starter or meal on a hot summer day.

Ingredients

Crostini and Croutons

¼ cup olive oil
1 large garlic clove, minced
1 baguette, preferably day-old

Gazpacho

4 cups (1 L) cherry tomatoes or 3 to 4 seeded and chunked large ripe tomatoes
1 large garlic clove
1-1/2 teaspoon Wow-A Chihuahua
½ cucumber, peeled
1 small sweet red pepper, cored, seeded and cut into chunks
2 tbsp red wine vinegar
2 tbsp olive oil

Ceviche

1 lb (500 g) cooked and peeled frozen small shrimp (71 to 90 size)
1 jalapeño pepper, seeded and minced
¼ cup finely diced red onion
Zest and juice of 1 large lime
1 tbsp olive oil
¼ tsp Wow-A Chihuahua
1 ripe avocados



Directions

Stir oil with garlic. To make crostini, cut 24 slices of baguette ¼-inch thick. Brush on both sides with garlicky oil; lay slightly apart on baking sheet. To make croutons, chop remaining baguette to make 2 to 3 cups of irregular croutons. Brush bread ends and any imperfect slices with some of garlicky oil. Roughly pull or cut these into ¼-inch dice; spread in center part of baking sheet. Bake all in a single layer in a 350°F oven for 15 minutes or until toasted. Cool on pan on a rack.

To make gazpacho, remove any stems from tomatoes. Place garlic and salt in a blender; whirl briefly. Add tomatoes, cucumber and pepper. Add vinegar; whirl until puréed. Then, while blender is running, drizzle in olive oil. Cover and refrigerate for up to 2 days to allow flavors to meld.

When ready to serve, stir gazpacho well and measure $\frac{1}{3}$ cup into each small glass. Top with a few croutons and a short shake of Wow-A Chihuahua if you want a little zip.

To make ceviche, defrost shrimp; remove and discard tails. Roll shrimp in several layers of paper towels to sop up water left over from freezing; lightly squeeze in fresh towels if needed to remove more moisture. Coarsely chop shrimp; cover and promptly refrigerate.

Taste a bit of jalapeño; if very mild, add chili flakes to recipe. Stir onion with jalapeño, lime zest and juice, olive oil, and Wow-A Chihuahua. Let sit at room temperature for a couple of hours or up to a day, covered and refrigerated, to develop flavors.

A couple of hours before serving, stir shrimp into onion mixture. Dice avocado; gently fold into shrimp. Cover surface directly with plastic wrap; refrigerate until needed.

To serve, heap shrimp mixture on crostini. Garnish if you like with a pinch of peanuts or coriander. Serve right away with gazpacho. Makes 12 shooters and 24 crostini



Albin Erhart
Scroll

<http://albininamerika.blogspot.com/p/commercial.html>

Herbalicious Cucumber Rounds - Serves 8 to 10

This is a great appetizer for a summer

Ingredients

1 8 oz. cream cheese softened
1/2 cup sour cream
1 clove garlic crushed
2 tbsp. Gallopin' Gourmet Shake™
2 cucumbers, peeled and sliced 1/4"
thick rounds (if you want to get fancy you
can run a fork along the length of the
cucumber to create a scalloped edge.
30 bread rounds – or for a gluten-free
options use Glutino rounds. Or, just use
the cucumber round as the base and
put cream cheese on top with sprig of
parsley.
Parsley for garnish



Directions

Take a 2" round cookie cutter and cut circles out of the bread slices. You can usually get 3 to 4 to a slice (make bread crumbs with the remaining bread or give the extra bread to the birds). Mix the cream cheese, sour cream, garlic and Gallopin' Gourmet Shake in a bowl and let sit for an hour. You can also make ahead the day before and keep in refrigerator (just let soften before you spread on the bread rounds). Slice the cucumbers, spread a little softened, cream cheese mixture on the bread round, add slice of cucumber and then garnish with a parsley snippet.

Alison's Maplestar Farm Hummus - Serves a party

This get kudos every time we make it. No Tahini required.

Ingredients

1 can garbanzo beans rinsed and drained
6 tbsp. olive oil
1 tbsp. fresh lemon juice
1/2 tsp. ground cumin
1 large clove Maplestar Farms organic garlic,
peeled and cut into quarters
2 tsp. Red Dog Rub

Directions

Combine all ingredients in a blender or food processor.
Pulse or puree until a paste is formed.
Add additional lemon juice and olive oil as needed for desired consistency.
Serve with veggies or pita chips



Salads

Very Berry Salad - Serves 8

Ingredients

If you don't have these berries mix and match

¼ cup raspberries

¼ cup blueberries

¼ cup strawberries

1/8 cup aged balsamic vinegar

¼ cup extra virgin olive oil

1 tbsp. Gallopin Gourmet Shake

Thinly sliced red onion

Mixed greens, washed, dried on a towel.



Directions

Mix vinegar, oil and Gallopin' Gourmet shake in a small bowl to emulsify.

Chill greens and fruit in a bowl.

Toss salad and serve immediately.

Pacific Albacore Tuna Salad - Serves 6

No one believes this is so simple yet so good. I use pumpernickel bread for a sandwich.

Ingredients

2 cans albacore tuna - drained

2 green onions washed and sliced thin

2 tbsp. Feisty Fish Rub™

Mayo to your desired consistency

Directions

Drain tuna well and mix everything together.

Chill and enjoy.

If you want to use this as an easy appetizer use

Phyllo cups or Ritz crackers and add the tuna.

Garnish with a sprig of parsley.



Forbidden City Salad - Serves 8 to 10

This is not only delicious it doesn't need refrigeration so it's a great side for a picnic or summer party.

Ingredients

2 oranges
1/4 cup (or more) fresh lime juice
2 tbsp. Far Out Feather Dust
2 tbsp. vegetable oil
2 cups black rice (preferably Lotus Foods Forbidden Rice)
2 just-ripe mangoes, peeled, pitted, cut into 1/2 dice
1 cup fresh cilantro leaves
1 cup finely chopped red onion (about 1/2 large onion)
6 scallions, thinly sliced
2 jalapeños, seeded, minced



Directions

Remove peel and white pith from oranges.

Working over a medium bowl to catch juices and using a small sharp knife, cut between membranes to release orange segments into bowl.

Add 1/4 cup lime juice, Far Out Feather Dust and oil, to bowl with orange juice; whisk to blend. Set dressing aside.

Bring rice and 2-3/4 cups water to a boil in a large saucepan.

Cover, reduce heat to low, and simmer until all liquid is absorbed and rice is tender, about 25 minutes.

Remove pan from heat and let stand, covered, for 15 minutes.

Spread out rice on a rimmed baking sheet, drizzle with dressing, and season lightly with salt; let cool.

Place mangoes and remaining ingredients in a large bowl.

Add rice and toss gently to combine. Season lightly with more Far Out Feather dust and lime juice, if desired.

Caprese with a Kick - Serves 4

A summer favorite when tomatoes ripen and you're looking for a cool, fast, easy, light meal.

Ingredients

2 large ripe slicing tomatoes
1 package of a fresh mozzarella log
Fresh basil
Gallopín' Gourmet Shake
1 box baby Romaine lettuce
EVOO and aged Balsamic vinegar

Directions

Slice tomato and fresh mozzarella into four equally thick rounds.

Place lettuce on a salad plate and alternately

layer tomato and mozzarella. Shake each layer with a little Gallopín' Gourmet Shake.

Top with another shake of Gallopín' Gourmet Shake, drizzle with balsamic vinegar and EVOO. If you have a ripe avocado around you can top with diced avocado.



Albin Erhart
Black Dog
<http://albinamerika.blogspot.com/p/commerical.html>

Veggies & Side Dishes

Chili Lime Corn-on-the-Cob - Serves 6

A summer favorite when tomatoes ripen and you're looking for a cool, fast, easy, light meal.

Ingredients

6 ears Corn on the cob – silk removed and husks removed – unless you plan to grill
1 tbsp. fresh lime juice
Wow-A Chihuahua to taste – we use about 1 teaspoon
1/8 cup melted butter

Directions

Mix melted butter, lime juice and spice. Brush on grilled or steamed corn



Grilled or Roasted Asparagus - Serves 6

Any veggie works for this, but asparagus is my fav for summer.

Ingredients

1 pound asparagus – rinsed and ends removed
1 tablespoon of Rowdy Kitty Rub
EVOO

Directions

Toss asparagus with oil and seasoning. Grill or roast in a 400 degree oven until slightly charred.



Mom's Potato Salad - Serves 6 - 8

A summer staple.

Ingredients

6 red or Yukon gold potatoes – cooked and cooled
4 hard-boiled eggs
4 green onions chopped
1-1/2 cups mayo – really depends on the number of potatoes
1 tbsp. Gallopin' Gourmet Shake

Directions

Peel and dice potatoes and hard-boiled eggs. Mix in a bowl with scallions, Gallopin' Gourmet Shake, and mayo. Cover with plastic wrap and chill for several hours.



Encore Entrées

Simple Salmon - Serves 4 to 6

This is so simple you'll make it a go-to recipe all year round.

Ingredients

Salmon filet – rinsed in cold water and pat dry
Feisty Fish Rub or Jammin' Salmon Rub
EVOO

Directions

Heat grill to medium high. Brush salmon with EVOO or spray it. Season the salmon with a generous shake of Feisty Fish Rub.
Place salmon skin side up on grill. Close lid and grill for about 6 to 8 minutes. Take spatula and loosen the fish. Turn so skin is skin side down. Close lid and grill for another 6 to 8 minutes until fish is moist and pink.



Albin Erhart
Feisty Fish
<http://albininamerika.blogspot.com/p/commerical.html>

Hot Diggity Dogs

Three options for hot dogs rubbed in Red Dog Rub. They make hot dogs gourmet!

Your toppings can range from:

Ingredients, Option 1

- 2 large carrots
- 1/2 cup sliced red onion
- 1 cup cider vinegar
- 1 cup water
- 2 teaspoons sugar
- 8 all-beef hot dogs
- Cooking spray
- 8 white whole-wheat hot dog buns
- 4 tablespoons mayonnaise
- 24 fresh jalapeño slices
- 8 teaspoons cilantro leaves

Ingredients, Option 2

- Diced cucumber
- Diced tomatoes
- Chopped green onions
- Sliced dill pickles
- Fresh dill

Ingredients, Option 3

- 2 cups sliced red cabbage
- 1/4 cup sliced green onions
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 1/4 teaspoon kosher salt
- 1/2 teaspoon sugar
- 8 beef hot dogs
- Cooking spray
- 8 white whole-wheat hot dog buns
- 1 avocado, peeled



Directions

Option 1

Shave carrots into ribbons with a vegetable peeler. Combine carrots, onion, vinegar, water, and sugar in a medium bowl; let stand 15 minutes. Drain and discard pickling brine.

Preheat grill to medium-high heat.

Place hot dogs on grill rack coated with cooking spray; grill 6 minutes, turning occasionally.

Spread each hot dog bun with 1 1/2 teaspoons mayonnaise. Place 1 hot dog on each bun; top evenly with carrot ribbons and onion. Top each with 3 fresh jalapeño slices and 1 teaspoon cilantro leaves.

Option 2

Mix veggies in a bowl (except dill pickles slices) and add a splash of cider vinegar, 1/2 teaspoon mustard seeds, 1/2 teaspoon dijon mustard. Let sit for an hour or longer

Preheat grill to medium-high heat.

Place hot dogs on grill rack coated with cooking spray; grill 6 minutes, turning occasionally.

Option 3

Combine cabbage, green onions, olive oil, lime juice, salt, and sugar.

Preheat grill to medium-high heat.

Place hot dogs on grill rack coated with cooking spray; grill 6 minutes, turning occasionally.

Place 1/4 cup cabbage in each hot dog bun; place 1 hot dog on each bun. Slice avocado; divide among hot dogs.



Albin Erhart
Red Dog
<http://albinamerika.blogspot.com/p/commerical.html>

Skirt Steak - Serves 6

This cut is new to us but just amazing in both flavor and tenderness. We make it quite a bit and serve it with a corn salsa (recipe on www.momsgourmet.net under Wow-A Chihuahua).

Ingredients

1 Skirt Steak
Brown Dog Riba-Riba Rub
Salt to taste

Directions

Bring meat to room temp. Brush on olive oil and season with Brown Dog Riba-Riba Rub and rub on both sides.

Grill over medium-high covered until medium-rare. About 5 minutes on each side depending on the thickness.

Let sit for 5 minutes. Slice thin on an angle and enjoy!



Teriyaki Chicken - Serves 6

This is another summer repeat performer. Be ready to share the recipe.

Ingredients

3 whole chicken breasts halved and pounded
1 tbsp. Far Out Feather Dust
1/8 cup cider vinegar
1 clove garlic crushed
1 tbsp. fresh grated ginger or ginger powder
¼ cup low sodium soy sauce
½ cup vegetable oil
2 tbsp. honey
1 can peach halves or 3 fresh ripe peaches

Directions

Teriyaki chicken

Mix all ingredients together in a bowl. Add chicken breasts and marinate for a 2 hours.

Grill over medium-high heat covered for 8 to 10 minutes. Baste occasionally. Push flesh side down into Yellow Dog Sweet Shake and grill for 3 to 5 minutes per side until done.

Grilled Peaches

Cut fresh peaches in half and remove pit.

Canned peaches just need to be drained and then shake on Yellow dog and Grill 2 to 3 minutes until slightly charred.

Flip chicken and baste. Cook for 8 to 10 minutes until juices run clear.

Serve chicken with peaches and a side of veggies. Wait for applause



Winners Circle Pasta - Serves 6

Looking for a low carb, vegetarian option? Remove the cheese and you have a vegan dish. My friend Mary from grade school sent this to me and it's now a staple, easy meal. Serve it with hot crusty French bread (mix some Gallopin' with soft butter and spread on) or garlic bread.

Ingredients

- 1 box Dreamfield angel hair pasta – this is low carb
- 1 box ready to use arugula
- 2 tbsp. fresh lemon juice
- Zest of one lemon
- 1 pint of cherry tomatoes
- 1 cup shredded Parmesan cheese and a little extra to put as a garnish
- 2 tbsp. Gallopin' Gourmet Shake

Directions

Cook pasta according to directions. While the pasta is cooking, put the arugula, cherry tomatoes, and Gallopin' Gourmet Shake, lemon juice and zest in a large bowl. Drain the pasta and then put the hot pasta over the veggies. Mix in 1 cup of grated Parmesan cheese. Place in a serving dish and add more Parmesan to your taste. Yep, it's that easy!



Desserts & Bars

Bananas "Cindy" Foster - Serves 4

Ingredients

2 ripe bananas
1 pint Vanilla Bean ice cream
2 Tablespoons Yellow Dog Sweet Shake
1/4 cup brown sugar
3 tablespoons butter
1/8 c rum

Directions

Melt butter in saucepan. Stir in remaining ingredients until blended. Slice bananas in half vertically and then in 1/3 sections. Slowly simmer and turn bananas until well coated. Serve over ice cream!



Blueberry / Peach Rustic Tart - Serves 6 to 8

Ingredients

1 sheet thawed puff pastry
½ pint ripe blueberries
3 slices ripe peaches, skin removed
Juice from ½ fresh lemon
1/8 cup brown sugar
1 tbsp. minute tapioca or corn starch
1 tbsp. Yellow Dog Sweet Shake

Directions

Preheat oven to 450. Mix berries and peaches in a bowl with lemon juice, brown sugar and Yellow Dog. Roll out puff pastry to 10" x 10" on a lightly flour surface. You can even gently use your hands to do this (not rocket science). Transfer to a cookie sheet lined with parchment paper. Available now at most grocery stores.

Spoon filling into the puff pastry and then gather and pinch the edges of the puff pastry to capture the fruit. Make it look like flat pouch. Reduce oven temperature to 400 degrees and bake on middle rack for 20 minutes until pastry is golden brown. If edges are getting too brown you can add a piece of aluminum foil for the last few minutes. Cool on a rack and then dust with confectioner's sugar. Serve as soon as it's cool enough to handle.



Kizzy's Field Trial Protein Bars - Serves 8

These will get you through to the last series, especially if you give a couple to the judges ;-). These yummy bars are free of nuts, gluten and dairy free.

Ingredients

1 cup chopped, pitted dates
1/2 cup water
1 cup rolled oats
1 cup hulled, pumpkin seeds, roasted (pepitas)
1 cup hulled, roasted sun flower seeds – unsalted
1/2 cup dried apricots
1/4 cup toasted sesame seeds
1/4 cup unsweetened shredded coconut
3/4 dark brown sugar – packed
2 tbsp. Yellow Dog Sweet Shake
1/4 cup oat flour
1/4 cup canola oil
3/4 tsp. Real Salt



Directions

Preheat oven to 350

Line an 8" square pan with parchment paper

Combine dates with water in a saucepan and simmer for 4 minutes or until tender (drain and reserve)

Combine oats, pumpkin, sunflower, and sesame seeds, apricots, coconut, brown sugar, Yellow Dog Sweet Shake, oat flour and canola oil in a bowl and to combine. Stir in dates and mix thoroughly. Use a spatula to press the mixture firmly into the pan to make an even layer. Shake on Yellow Dog Sweet Shake on the top.

Bake for 35 minutes until the top is evenly golden. Let cool completely.

Use the parchment to lift out the bars. Use a serrated knife to cut them into bars. Keep in a sealed airtight container and throw them in the truck!



Have a happy, healthy & delicious summer!

Check out our website for more recipes, inspiration and to order our spice & seasoning blends.
<http://momsgourmet.net/>