

Slow Cooker Barbecued Beef with Fresh Chowchow Relish

2 tablespoons sweet paprika
1 1/2 teaspoons salt
pinch cayenne pepper
3-4 pounds beef sirloin tip roast
2 tablespoons vegetable oil
1 onion, finely chopped
2 cloves garlic, minced
2 cups tomato sauce
1 cup ketchup
2 tablespoons Worcestershire sauce
1/4 cup molasses
2 tablespoons sugar
2 tablespoons Dijon style mustard
8 kaiser rolls

Combine the paprika, salt and cayenne in a small bowl and rub the mixture evenly onto the roast. Heat the oil in a large skillet over high heat. Add the meat and brown on all sides. Transfer to the insert of a 5-7 quart slow cooker. Add the onion and garlic to the same skillet over medium-high heat and sauté until the onion is softened and the garlic is fragrant, 2-3 minutes. Pour in the tomato sauce and stir up any browned bits from the bottom of the pan. Add the ketchup, Worcestershire sauce, molasses, sugar and mustard. Transfer the contents of the pan to the slow cooker. Cover and cook on high for 3-4 hours or on low for 8-9 hours, until the meat is tender. Remove the meat from the cooker, cover with aluminum foil and allow to rest for 10 minutes. Remove strings from meat, if tied, and slice across the grain. Skim off any fat from the top of the sauce. Return the meat to the slow cooker set on warm and serve on the rolls with Fresh Chowchow Relish.

Seasonal
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Cooking Demonstration

New Ideas to
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Relish the Fall

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Seasonal Eating Market Blog:

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Fresh Chowchow Relish

3 cups chopped fresh cabbage
3/4 cup chopped onion
3/4 cup chopped green tomato
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1 tablespoon salt
3/4 cup sugar
1/2 cup white vinegar
1/4 cup water
3/4 teaspoon mustard seeds
1/4 teaspoon celery seeds
1/4 teaspoon ground turmeric
1/2 teaspoon red pepper flakes
1 jalapeño pepper, seeded and finely chopped

In a large bowl, combine cabbage, onion, tomato, bell peppers and salt. Cover and chill 2-8 hours. Drain. Transfer to a Dutch oven and stir in the sugar, vinegar, water, mustard seed, celery seed, turmeric and red pepper flakes. Bring to a boil over medium high heat. Reduce heat to medium and simmer 3 minutes. Cool to room temperature (about 30 minutes). Stir in the jalapeño, cover and chill 1-8 hours.

Crab Cakes with Mustard Relish Sauce

2 eggs
2 tablespoons fresh lemon juice
1 teaspoon Dijon style mustard
1 teaspoon dry mustard
1/2 teaspoon hot pepper sauce
1 teaspoon Worcestershire sauce
Pinch of salt
Black pepper
1 pound lump crab meat
1/2 cup fresh bread crumbs, plus extra for coating
1 tablespoon diced seeded tomato
1 tablespoon chopped fresh chives
2 tablespoons vegetable oil
2 tablespoons butter
Mustard Relish Sauce

In a large bowl whisk together the eggs, lemon juice, mustards, hot pepper sauce, Worcestershire sauce, salt and pepper. Add the crab meat, 1/2 cup breadcrumbs, tomato and chives and toss gently by hand trying not to break up the lumps of meat. Form the crab cakes by pressing the mixture together gently with your hands. Place onto a sheetpan covered with breadcrumbs. Sprinkle the breadcrumbs on the top side of the crab cakes. Cover the whole pan with plastic wrap and refrigerate the cakes for at least 1 hour and up to 4 hours. Remove the cakes from the refrigerator. In a large skillet, heat the oil and butter until bubbly. Place the cakes in the pan and cook over medium high heat until golden brown. Turn cakes over and cook on the other side until golden and firm when pressed. Remove to a platter and serve with Mustard Relish Sauce.

Mustard Relish Sauce

1/4 cup mayonnaise
1/4 cup sour cream
2 tablespoons Dijon style mustard
1 cup dill pickle relish, well drained
1/2 teaspoon lemon juice
1/2 teaspoon Worcestershire sauce
1 teaspoon horseradish

Stir all ingredients together.

Blue Cheese Crostini with Apple Relish and Bacon

Long thin baguette French bread
1/4 cup olive oil
1/4 cup butter, melted
Black pepper
Kosher salt
4 ounces cream cheese, softened
5 ounces gorgonzola cheese
1/4 teaspoon kosher salt
Apple Relish
1/2 pound bacon, chopped and fried

Slice the bread on a slight angle into 1/4 inch thick slices and place on a baking pan in a single layer. Mix together the olive oil, butter and pepper in a small bowl. Brush one side of each piece of bread with the butter mixture and sprinkle with the salt. Toast in the oven at 400 degrees for 10-15 minutes, until golden brown and crunchy. Let cool completely.

With electric mixer, beat together cream cheese, gorgonzola and salt. Spread about a tablespoon of the cheese mixture onto each of the crostini. Top with Apple Relish. Sprinkle with bacon. Serve immediately.

Apple Relish

2 tablespoons butter
2 small onions, finely chopped (about 2 cups)
3 stalks celery, finely chopped
1/2 cup sugar
1/3 cup cider vinegar
2 apples, cored and finely chopped
1 teaspoon fresh thyme leaves
1/4 teaspoon kosher salt
1/4 teaspoon ground ginger
1/4 teaspoon ground cinnamon
1/4 teaspoon ground mustard

Melt butter in a Dutch oven. Add onion, celery and sugar. Cook over medium high heat, stirring frequently, until the onions become translucent and caramelize to a medium brown. Add vinegar, apples, thyme, salt, ginger, cinnamon and mustard. Cook until most of the liquid is evaporated and apples are soft, 5-10 minutes. Let cool.

