

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING YOUNG FRYERS

SALAD COURSE: CLASSIC CAESAR SALAD

INGREDIENTS:

- 4 cups romaine lettuce, chopped
- 1/2 cup croutons
- 1/4 cup grated Parmesan cheese
- 1/4 cup Caesar dressing (store-bought or homemade)

INSTRUCTIONS:

1. In a large bowl, combine chopped romaine lettuce, croutons, and grated Parmesan cheese.
2. Drizzle with Caesar dressing and toss gently to coat.

PRESENTATION:

Serve the salad in individual bowls or on a large platter, garnished with extra Parmesan cheese and croutons.

ENTREE: YOUNG FRYERS

OPTION 1: FRIED YOUNG FRYERS WITH SOUTHERN SEASONING MARINADE*

MARINADE INGREDIENTS:

- 1/4 cup buttermilk
- 1 tablespoon hot sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- Salt and pepper to taste

FRYING INSTRUCTIONS:

1. In a bowl, mix buttermilk, hot sauce, garlic powder, onion powder, paprika, salt, and pepper.
2. Submerge the young fryers in the marinade and refrigerate for at least 1 hour (preferably overnight).
3. Heat oil in a deep fryer or large skillet to 350°F (175°C).

4. Remove the fryers from the marinade, allowing excess to drip off. Carefully place in the hot oil and fry for 15-20 minutes or until golden brown and cooked through (internal temperature of 165°F or 74°C).

OPTION 2: BROILED YOUNG FRYERS WITH HERB LEMON MARINADE

MARINADE INGREDIENTS:

- 1/4 cup olive oil**
- Juice of 2 lemons**
- 2 cloves garlic, minced**
- 1 tablespoon fresh thyme, chopped**
- 1 teaspoon salt**
- 1/2 teaspoon black pepper**

BROILING INSTRUCTIONS:

- 1. In a bowl, whisk together olive oil, lemon juice, garlic, thyme, salt, and pepper.**
- 2. Marinate the young fryers in the mixture for at least 30 minutes.**
- 3. Preheat the broiler to high. Place the marinated fryers on a broiler pan and broil for 20-25 minutes, turning occasionally, until they are golden brown and the internal temperature reaches 165°F (74°C).**

SUGGESTED SIDE DISHES

1. ROASTED VEGETABLES

INGREDIENTS:

- 2 cups mixed vegetables (carrots, zucchini, bell peppers)**
- 2 tablespoons olive oil**
- Salt and pepper to taste**

INSTRUCTIONS:

Preheat oven to 425°F (220°C). Toss vegetables with olive oil, salt, and pepper. Spread on a baking sheet and roast for 25-30 minutes until tender and slightly caramelized.

2. GARLIC MASHED POTATOES

INGREDIENTS:

- 2 pounds potatoes, peeled and cubed**
- 4 cloves garlic, minced**
- 1/2 cup milk**
- 1/4 cup butter**
- Salt and pepper to taste**

INSTRUCTIONS:

Boil potatoes in salted water until tender, about 15-20 minutes. Drain and return to pot. Add garlic, milk, and butter, mashing until smooth. Season with salt and pepper to taste.

DESSERT: LEMON MERINGUE PIE**INGREDIENTS:****FOR THE CRUST:**

1 pre-made pie crust (or homemade)

FOR THE FILLING:

- 1 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 1 1/2 cups water
- 3 large egg yolks, beaten
- 1/4 cup lemon juice
- 2 tablespoons butter
- Zest of 1 lemon

FOR THE MERINGUE:

- 3 large egg whites
- 1/4 teaspoon cream of tartar
- 6 tablespoons sugar

INSTRUCTIONS:

1. Preheat oven to 350°F (175°C). Bake the pie crust according to package instructions until golden brown. Let cool.
2. In a saucepan, whisk together sugar, cornstarch, and salt. Gradually stir in water. Cook over medium heat, stirring constantly until thickened and bubbly.
3. Stir a small amount of the hot mixture into the beaten egg yolks, then return to the saucepan. Cook for 2 minutes more. Remove from heat and stir in lemon juice, butter, and lemon zest.
4. Pour the filling into the cooled pie crust.
5. For the meringue, beat egg whites and cream of tartar until soft peaks form. Gradually add sugar, continuing to beat until stiff peaks form. Spread meringue over the filling, sealing the edges.
6. Bake for 10-12 minutes or until the meringue is golden brown. Let cool before serving.

PRESENTATION:

Serve slices of lemon meringue pie on dessert plates, garnished with lemon zest or mint leaves if desired.

WINE PAIRING: RECANATI CHARDONAY**WHY IT PAIRS WELL****VERSATILE ACIDITY:**

Recanati Chardonnay has a balanced acidity that complements the rich flavors of the young fryers, whether fried or broiled.

ENHANCES CITRUS NOTES:

The wine's fruit-forward notes and hints of citrus pair beautifully with the herb lemon marinade and the lemon meringue pie, enhancing the dish's overall flavor profile.

COMPLEMENTS SIDES:

Its creamy texture also complements the garlic mashed potatoes and roasted vegetables, making it a well-rounded choice for the entire meal.

This wine selection beautifully ties together the entire meal, ensuring that each dish is enhanced by the pairing.