



# FOOD *for* THOUGHT

2019 Spring & Summer Edition



**HARMONS**  
NEIGHBORHOOD GROCER®



# HARMONS FOOD *for* THOUGHT

America is so much more than apple pie. It's Mississippi's mud pie, Southwest pork chile verde, Hawaii's tuna poke, Kentucky's hot brown, New England's lobster rolls, Nebraska's runzas... (Trust us, they're delicious.) America is a melting pot of mouth-watering dishes, full of time-tested tradition and heritage. So, get your taste buds ready for a cross-country tour from the comforts of your kitchen with this edition of Food for Thought from Harmons.

## BACON AND CORN CASSEROLE

See recipe pg 29

## SUMMER SUCCOTASH

See recipe pg 21

## GREEN BEANS WITH LEMON AND CAPERS

See recipe pg 24

## FRIED GREEN TOMATOES

DIFFICULTY

●●●○○

🕒 1:00

4-6 👤

### Tomatoes

1 large egg, lightly beaten  
½ cup buttermilk  
½ cup all-purpose flour, divided  
½ cup cornmeal  
1 tsp paprika  
1 tsp salt  
½ tsp pepper  
4 green tomatoes, cut into ½" slices  
Vegetable oil

### Sauce

1 cup mayonnaise  
⅓ cup buttermilk  
1 Tbsp chopped fresh chives  
1 Tbsp chopped fresh dill  
1 tsp lemon zest  
3 Tbsp fresh lemon juice  
Salt and freshly ground pepper

To make the tomatoes, in a small bowl, combine egg and buttermilk and set aside.

In a shallow bowl, combine ¼ cup flour, cornmeal, paprika, salt, and pepper. In another shallow bowl, add remaining ¼ cup flour. Dredge tomato slices in flour, then egg-buttermilk mixture, and then into flour-cornmeal mixture.

Pour oil to a depth of ¼" - ½" in a large cast-iron skillet and heat to 375°. Cook tomatoes in batches, in hot oil, for 2 minutes on each side or until golden. Drain on paper towels. Sprinkle tomatoes with salt.

To make the sauce, in a bowl, combine mayonnaise, buttermilk, chives, dill, lemon zest and juice, salt, and pepper. Serve with tomatoes.





**HARMONS  
BROCCOLI SALAD**  
Available in the Delicatessen

**HARMONS COLESLAW**  
Available in the Delicatessen

**HARMONS BEET AND FETA  
SALAD**  
Available in the Delicatessen

**HARMONS IRONMAN SALAD**  
Available in the Delicatessen

**HARMONS CUCUMBER  
TOMATO SALAD**  
Available in the Delicatessen



## PORK CHILE VERDE

### DIFFICULTY



⌚ 3:00

4-6 🧑

3 lb pork shoulder,  
cut into 1-2" cubes  
Salt and freshly ground pepper  
7 Tbsp vegetable oil, divided  
1 onion, chopped  
5 cloves garlic, minced  
½ tsp cumin  
½ tsp dried Mexican oregano

2 cups lower sodium chicken broth  
4 lb green chiles, roasted,  
peeled, and chopped  
8 tomatillos, roasted, husks  
removed, and chopped  
2 bay leaves  
½ cup chopped fresh cilantro  
½ cup all-purpose flour

Adjust oven rack to lower middle and preheat to 325°

Pat pork dry with paper towels and season generously with salt and pepper.

In a Dutch oven over medium-high heat, add 1 tablespoon oil. Add half of pork cubes and cook without moving until one side is well-browned, about 4 minutes. Stir pork pieces and continue cooking until browned on most sides. Transfer pork to a large bowl. Add 1 tablespoon oil and repeat process with remaining pork.

In the now-empty Dutch oven over medium heat, add 1 tablespoon oil. Add onion and a pinch of salt; cook until softened, about 5 minutes. Add garlic, cumin, and oregano; cook until fragrant, about 1 minute. Add broth, scraping up all the browned bits on pan bottom. Add chiles, tomatillos, bay leaves, and cilantro. Reduce heat to low, cover pot, and let simmer, about 5 minutes.

Meanwhile, in a medium saucepan over medium-high heat, add the remaining 4 tablespoons oil. Add flour and stir constantly until mixture is the color of peanut butter. Remove from heat.

Remove Dutch oven from heat and uncover. While stirring constantly, slowly add flour mixture to chile mixture.

Add pork to Dutch oven, cover, and put in the oven. Cook until pork is tender, about 2½ hours. Adjust seasonings with salt and pepper.

## BEEF BRISKET TACO SALAD

See recipe pg 26

## HARMONS CHICKEN ENCHILADAS

Available in Food to Go

## KENTUCKY HOT BROWN

See recipe pg 21

## HARMONS FRIED CHICKEN

Available in the Delicatessen



## LOBSTER ROLLS

### DIFFICULTY



⌚ :45

4 人

12 oz (2 cups) cooked lobster meat,  
cut into chunks, chilled  
½ cup mayonnaise  
1 stalk celery, minced  
2 Tbsp fresh lemon juice  
1 Tbsp minced fresh flat-leaf parsley

1 Tbsp minced fresh chives  
Dash of hot sauce, such as Tabasco  
4 hot dogs buns  
Salt and freshly ground pepper  
3-4 Tbsp unsalted butter,  
at room temperature

In a medium bowl, combine lobster, mayonnaise, celery, lemon juice, parsley, chives, hot sauce, salt, and pepper. Cover and refrigerate, about 30 minutes.

Flatten hot dog buns without splitting them apart, if possible. Butter cut sides and season with salt. In a nonstick frying pan over medium-high heat, place buns in pan, buttered side down, and toast until golden brown, 4-5 minutes. Transfer to serving plates, toasted side up. Divide lobster mixture between buns.

## HARMONS BRATWURST

Available in Meat & Seafood

## RUNZA

See recipe pg 25

## HARMONS FUSILLI PASTA SALAD

Available in the Delicatessen

## MUFFULETTA

See recipe pg 24

## HARMONS OLIVE BAR

Available in the Delicatessen

## HARMONS CHEESY RED POTATO SALAD

Available in the Delicatessen



## CUBAN SANDWICH

### DIFFICULTY



⌚ :15



1 Harmons Hoagie Roll with crispy crust  
Yellow mustard  
2 dill pickle slices  
3 slices roast pork shoulder  
3 ham slices  
3 Swiss cheese slices  
Cooking spray  
Butter

Cut hoagie roll in half lengthwise. Spread a layer of mustard on inside of each half of bread. Add 1 pickle slice on the bottom piece of bread. Add slices of pork, then add alternating layers of ham and cheese. Top with a pickle slice and the other piece of bread.

Spray a frying pan, griddle, or sandwich press with nonstick spray and warm over medium-high heat. Place sandwich in pan and spread top piece of bread with a little butter. Place a heavy weight on top of sandwich, like a cast iron skillet, and press on sandwich.

Cook sandwich for about 4 minutes, then use a spatula to flip. Cook until cheese is melted and bread is toasted, another 3-4 minutes. Cut on the diagonal and serve.

## HARMONS BUFFALO WINGS

Available in the Delicatessen

## STROMBOLI

See recipe pg 27

## QUICK PULLED PORK SANDWICHES

See recipe pg 30





**CAESAR SALAD**

See recipe pg 32

**HARMONS CORN AND  
BLACK BEAN SALAD**

Available in the Delicatessen

**HARMONS  
FROGEYE SALAD**

Available in the Delicatessen

**WALDORF SALAD**

**DIFFICULTY**

● ○ ○ ○ ○

⌚ :45

4 👤

- 1 cup chopped apples, such as Granny Smith or Fuji
- 1 Tbsp fresh lemon juice
- 1 cup chopped celery
- ½ cup halved red grapes
- 2 Tbsp mayonnaise
- 2 Tbsp plain yogurt
- Salt and freshly ground pepper
- 4 leaves Bibb lettuce
- ¼ cup walnuts
- ¼ cup raisins (optional)

In a bowl, combine apples and lemon juice and toss to combine. Add celery, grapes, mayonnaise, and yogurt, season with salt and pepper and stir to combine. Cover and refrigerate, about 30 minutes.

Divide lettuce between 4 chilled salad plates. Evenly divide salad between plates. Garnish with walnuts and raisins, if using.

**HAWAIIAN HAYSTACK  
CHICKEN**

See recipe pg 33

**HARMONS COBB SALAD**

Available in Food to Go



## AHI SHOYU POKE

DIFFICULTY



⌚ :30

2 👤

⅓ cup chopped sweet onion  
⅓ cup chopped green onions  
1 avocado, diced  
1 tsp grated fresh ginger  
1 tsp toasted sesame seeds, plus more for garnish  
½ jalapeño, cored, seeded, and diced (optional)  
⅓ cup tamari soy sauce  
1 tsp sesame oil  
½ lb fresh ahi tuna, cut into cubed, bite-size pieces  
Sea salt, to taste  
1 tsp finely chopped toasted macadamia nuts (optional)

In a medium bowl, combine onions, avocado, ginger, sesame seeds, jalapeño, if using, soy sauce, sesame oil, and ahi. Season with salt and toss to combine. Garnish with sesame seeds and macadamia nuts, if using.

## JAMBALAYA WITH CHICKEN AND SPICY SAUSAGE

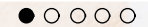
See recipe pg 31

## CLAM FRITTERS

See recipe pg 32

## CHIPOTLE-RUBBED SALMON TACOS

DIFFICULTY



⌚ :45

8 👤

4 Tbsp mayonnaise  
2 tsp fresh lime juice  
2 tsp chipotle chile powder  
2 tsp finely grated orange zest  
2 tsp sugar  
1 lb skinless salmon fillet, cut into 4 pieces  
2 Tbsp olive oil, divided  
8 corn tortillas  
Salt  
1 avocado, mashed  
1 cup finely shredded red cabbage

Preheat oven to 350°

In a small bowl, whisk mayonnaise with lime juice.

In another small bowl, combine chipotle powder with orange zest and sugar. Rub each piece of salmon with 1 tablespoon oil and chipotle-orange zest mixture. Let stand for 5 minutes.

Wrap tortillas in aluminum foil and warm until they are softened and heated through, about 8 minutes.

Meanwhile, in a grill pan over medium-high heat add remaining 1 tablespoon oil. Season salmon with salt and cook until browned and no longer translucent in the center, about 3 minutes per side. Let rest 5 minutes. Flake salmon into pieces. Spread mashed avocado on warm tortillas and top with salmon and cabbage. Drizzle each taco with lime mayonnaise.



PEACH COBBLER

DIFFICULTY



⌚ 1:45

8 🧑

Butter for greasing

Filling

- 4 Tbsp sugar
- 1 ½ tsp vanilla extract
- 1 Tbsp cornstarch
- Pinch of salt
- 2 lb (3-4) ripe peaches, pitted and cut into eighths
- 2 Tbsp Frangelico liqueur (optional)

Biscuit Topping

- ½ cup almond flour
- 1 ½ cups all-purpose flour
- ⅓ cup granulated sugar
- 1 Tbsp baking powder
- ½ tsp salt
- ½ cup (1 stick) cold unsalted butter, cut into pieces
- ⅓ cup cold heavy cream, plus more for brushing
- ¼ cup cold whole milk
- Turbinado sugar, for sprinkling

Preheat oven to 400° and butter a 9”x13” baking dish.

To make the filling, in a large bowl, add sugar, vanilla, cornstarch, and salt. Mix to combine. Add peaches and almond liqueur, if using, and gently toss to combine.

To make the biscuit topping, in a large bowl, add the flours, sugar, baking powder, and salt, and mix to combine. Cut butter into the flour mixture with a pastry cutter or two knives until the mixture resembles coarse meal.

In a small bowl, combine cream and milk and, with a fork, stir it into the flour mixture just until evenly moistened. Don’t overwork the dough.

Drop the dough in scant ¼ cups on top of the fruit mixture. Brush the tops of the dough with cream and sprinkle with sanding sugar.

Bake until fruit is bubbling, topping is golden brown, and a toothpick inserted into the center of one biscuit comes out with moist crumbs attached, 40-45 minutes. Serve warm or at room temperature.

MODERN ALABAMA LANE CAKE

See recipe pg 36

SHOOFLY PIE

See recipe pg 35

UTAH SCONES

DIFFICULTY



⌚ 1:00

Makes 25-30 🧑

- Canola oil, for frying
- 1 cup powdered milk
- 2 cups warm water
- 5-6 cups all-purpose flour

- 1 ½ tsp salt
- 8 tsp baking powder
- Powdered sugar (optional)
- Honey (optional)

In a large, heavy Dutch oven over medium-high heat, pour 3-4” oil to 375°.

In a bowl, combine the powdered milk and warm water.

In the bowl of a stand mixer fitted with the hook attachment, combine the flour, salt, and baking powder. With the mixer on low, slowly add the milk and mix until combined. Cover and set aside.

Divide dough into 2” rounds. Cover dough not in use. Lightly cover a work surface with flour. Using a rolling pin, roll the dough into an oval about ⅛” thick. Fry dough until golden brown on both sides then drain on paper towels. Let cool slightly then sprinkle with powdered sugar or serve with honey.

HARMONS HONEY BUTTER

Available in Food to Go



## BANANAS FOSTER

### DIFFICULTY

● ○ ○ ○ ○

⌚ :15

2 👤

2 Tbsp butter  
½ cup firmly packed brown sugar  
¼ tsp cinnamon  
Pinch of salt  
1 ½ oz banana liqueur  
1-2 bananas  
1 ½ oz aged rum  
Vanilla ice cream

In a frying pan over medium heat, add butter, sugar, cinnamon, and salt and stir until butter melts. Add banana liqueur and stir to combine.

Peel, halve lengthwise, and add the bananas to the pan. Cook until bananas begin to soften, 1-2 minutes. Tilt back the pan to slightly heat the far edge. Once hot, carefully add the rum, and tilt the pan toward the flame, to ignite the rum. Stir the sauce to ensure that all of the alcohol cooks out.

Serve bananas over ice cream and top with the sauce in the pan.

## DECONSTRUCTED MISSISSIPPI MUD PIE

See recipe pg 37

## HARMONS KEY LIME PIE

Available in the Bakery

## SUGAR CREAM PIE

### DIFFICULTY

● ● ○ ○ ○

⌚ 1:25

8 👤

2 cups sugar  
6 Tbsp all-purpose flour  
Pinch of salt  
2 cups heavy cream  
1 cup half and half  
3 egg yolks  
¼ tsp fresh grated nutmeg  
1 tsp vanilla  
9" pie crust  
2 Tbsp butter, cut into pea-sized pieces  
½ tsp ground cinnamon

Preheat oven to 350°

In a bowl, combine sugar, flour, and salt. Add cream and mix well.

In another bowl, combine half and half, egg yolks, nutmeg, and vanilla. Add the egg yolk mixture into the sugar mixture and stir to combine. Pour the mixture into the pie shell and dot butter around evenly on top of the pie. Sprinkle the top of the pie with cinnamon.

Bake pie until the entire pie is bubbling and is no longer jiggling in the center, about 1 hour. Let cool and then chill.



## SUMMER PUNCH

### DIFFICULTY

● ○ ○ ○ ○

🕒 :30

👤 16-18

2 (6 oz) can limeade concentrate, thawed  
1 (6 oz) can lemonade concentrate, thawed  
1 (20 oz) can unsweetened grapefruit juice  
1 (20 oz) can pineapple juice  
3 cups water  
2 (1 qt) bottles ginger ale, chilled  
1 ½ qt ice

In punch bowl, blend juices and water and chill.  
Just before serving, stir in ginger ale and ice.

## CLASSIC LEMONADE

### DIFFICULTY

● ○ ○ ○ ○

🕒 1:00

👤 2 Qt

8-10 large lemons  
1 cup sugar  
6 cups water

Ice  
Lemon slices (optional)

Wash, dry, and quarter the lemons. In a stand mixer fitted with the paddle attachment, add the lemon quarters and mix on low speed for 2 minutes. Strain the juice through a fine-mesh sieve into a large measuring cup or bowl. Add the sugar and stir until dissolved. Add water to a serving pitcher and chill. Add the lemon-sugar mixture and stir to combine. Chill the lemonade for at least 1 hour before serving. Serve the lemonade over ice with lemon slices, if using.

## SWEET TEA

See recipe pg 29

## MINT JULEP

See recipe pg 30



# SUMMER SUCCOTASH

DIFFICULTY



⌚ :45

2-4 👤

2 Tbsp olive oil  
1 ½ cups chopped onion  
Salt and freshly ground pepper  
1 clove garlic, minced  
3 cups chopped red tomatoes  
2 ¼ cups corn  
2 cups frozen edamame, thawed  
3 Tbsp thinly sliced fresh basil

In a large frying pan over medium heat, add oil. Add onion and season with salt. Cook until translucent, about 5 minutes. Add garlic and stir until fragrant, about 1 minute. Add tomatoes, corn, and edamame. Reduce heat to medium-low, cover, and simmer until corn and edamame are tender and tomatoes are soft, stirring occasionally, about 10 minutes. Season with salt and pepper. Stir in basil.



# KENTUCKY HOT BROWN

DIFFICULTY



⌚ :20

2 👤

1 ½ Tbsp butter  
1 ½ Tbsp all-purpose flour  
1 ½ cups milk  
Salt and freshly ground pepper  
¼ cup grated Pecorino Romano cheese, plus more for garnish  
¼ cup grated sharp cheddar  
Pinch of ground nutmeg  
4 slices Texas toast, crusts trimmed  
14 oz thickly sliced roasted turkey breast  
2 Roma tomatoes, sliced in half  
4 slices cooked bacon  
Pinch of paprika  
Chopped fresh flat-leaf parsley, for garnish

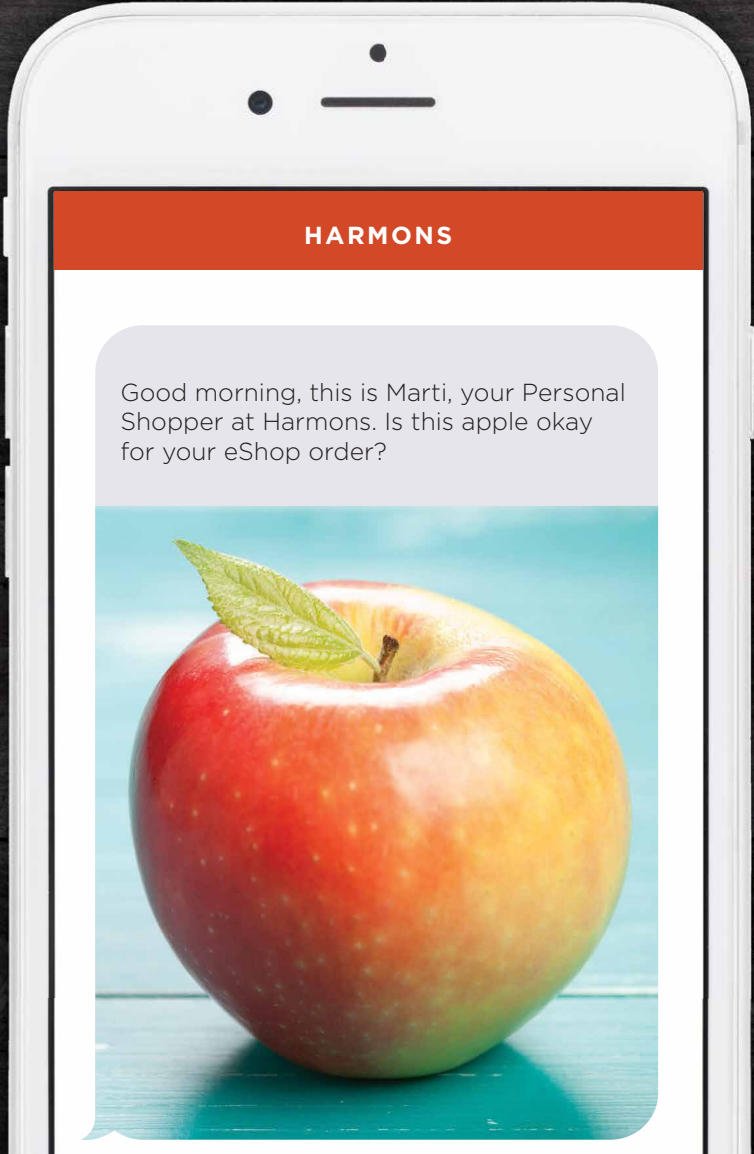
In a 2 quart saucepan over medium heat, melt butter. Add flour and stir to combine. Using a whisk, slowly add milk and continue to cook, about 5 minutes. Season with salt and pepper. Reduce heat to medium-low, add cheeses and nutmeg and stir until combined.

Place 1 slice of toast in an oven-safe dish and cover with half of the turkey. Take 2 halves of Roma tomato and cut 2 toast points and set them alongside base of turkey and toast. Pour half of the sauce over dish, completely covering it. Sprinkle with additional cheese. Place entire dish under a broiler until cheese begins to brown and bubble. Remove and cross 2 pieces of crispy bacon on top. Sprinkle with paprika and parsley and serve.



# Meet your new Personal Shopper

## Introducing Harmons eShop



Ready to experience online shopping the Harmons way? With our eShop, you can order all the products you know and love from any browser. Our Personal Shoppers will collect your items just the way you want, then let you know when your order is ready to pick up. We'll even text you when we need help getting your items just right. Visit [Shop.HarmonsGrocery.com](http://Shop.HarmonsGrocery.com), select your favorite Harmons location, and begin building your list today.



SHOP ONLINE. PICK UP CURBSIDE.

[Shop.HarmonsGrocery.com](http://Shop.HarmonsGrocery.com)



# We're LOCAL as HECK

At Harmons, our Utah roots run deep—we've been family owned and locally operated since 1932. At our stores, you'll find more than 2,300 local items from Utah farmers and food makers. From produce to popcorn, cookies to coffee, or flour to, well, flowers, we give you the best our state has to offer.

**HARMONS**  
NEIGHBORHOOD GROCER®

YOUR FOOD. OUR PASSION.™

Shop.HarmonsGrocery.com



## MUFFULETTA

DIFFICULTY	
● ○ ○ ○ ○	
⌚ 4:30	6-8 👤

### Olive Salad

1 ½ cups pimiento-stuffed olives  
1 cup chopped ripe olives  
2 Tbsp capers, drained  
3 anchovies, drained  
⅔ cup extra-virgin olive oil  
1 ½ Tbsp fresh lemon juice  
½ cup chopped fresh flat-leaf parsley  
2 cloves garlic, minced  
1 tsp dried oregano leaves

### Sandwich

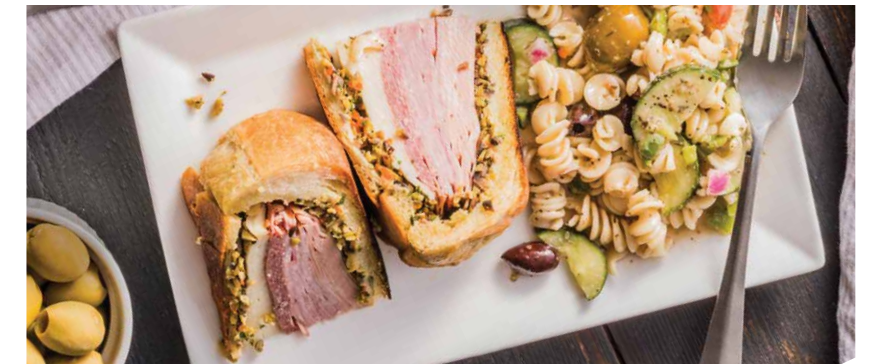
1 (8"-10") round loaf artisan bread  
Sesame seeds  
5 oz thinly sliced mortadella  
5 oz thinly sliced ham  
5 oz thinly sliced Italian salami  
5 oz thinly sliced provolone cheese

In the bowl of a food processor fitted with a blade attachment, combine olives, capers, anchovies, olive oil, lemon juice, parsley, garlic, and oregano. Pulse 3-4 times to coarsely chop. Set aside.

To assemble, cut off the top third of the bread loaf. Remove some of the soft inside bread from both the top and the bottom, leaving a ¾" thick shell.

Brush the inside of the top and bottom bread halves with the excess marinade from the bottom of the olive salad bowl. Stir the olive salad and spoon half onto the bottom round of bread.

Shingle mortadella slices over olive salad. Repeat with ham, salami, and cheese. Spoon remaining olive salad over cheese and top with top round of bread. Wrap sandwich tightly with plastic wrap and aluminum foil and refrigerate, turning occasionally, at least 2 hours or up to overnight. Cut sandwich into wedges before serving.



## GREEN BEANS WITH LEMON AND CAPERS

DIFFICULTY	
● ○ ○ ○ ○	
⌚ :20	4-6 👤

1 lb green beans, trimmed  
3 Tbsp olive oil  
2 Tbsp capers, coarsely chopped  
Zest and juice of 1 lemon  
Salt and freshly ground pepper

In a bowl, combine oil, capers, and lemon juice.

Bring a large saucepan of salted water to boil over high heat. Add beans and cook until crisp-tender, about 6 minutes. Using a slotted spoon, transfer to a bowl of ice water. Drain beans and toss with oil-caper mixture. Season with salt and pepper and toss again. Garnish with lemon zest and toss to combine.





## RUNZA

DIFFICULTY	
● ● ● ○ ○	
⌚ 2:30	12 👤

### Dough

4 ½ cups all-purpose flour, divided  
¼ cup sugar  
2 (.25-oz) packages active dry yeast  
1 tsp salt  
¾ cup whole milk  
½ cup water  
½ cup (1 stick) butter  
2 large eggs

### Filling

2 Tbsp olive oil  
1 onion, chopped  
1 lb lean ground beef (90% lean)  
3 cups chopped cabbage  
1 tsp seasoned salt  
1 tsp garlic powder  
½ tsp pepper  
Cooking spray

To make the dough, in a stand mixer fitted with the dough hook attachment, add 1 ¾ cups flour, sugar, and yeast. In a saucepan over medium heat, add the salt, milk, water, and butter. Heat to 110°. Pour over flour mixture. Add the eggs and mix on low speed until blended. Beat 3 minutes on high. Add the remaining 2 ¾ cups flour and continue to knead until smooth and elastic, 6-8 minutes. Place dough in a greased bowl. Cover and let rise in a warm place until doubled, about 1 hour.

To make the filling, in a large frying pan over medium heat, add oil. Add onions and cook until beginning to soften, about 5 minutes. Add beef and cook until no longer pink, about 7 minutes. Drain and discard oil. Add the cabbage, salt, garlic powder, and pepper and cook until cabbage is wilted, about 7 minutes.

Preheat oven to 375° and spray 2 baking sheets with cooking spray.

Punch dough down, divide into 12 portions and cover with plastic wrap. Working with one piece at a time, roll into a 6" square. Place ½ cup meat mixture in the center of each square. Fold dough over filling, forming a rectangle. Pinch edges tightly to seal and place on greased baking sheets. Bake until golden brown, 18-20 minutes.



## BEEF BRISKET TACO SALAD

DIFFICULTY	
● ● ● ○ ○	
⌚ 4:00	8 👤

### Brisket

¼ cup canola oil  
2 lb lean beef brisket  
Salt and freshly ground pepper  
1 cup finely chopped carrot  
1 cup finely chopped celery  
1 cup finely chopped yellow onion  
5 cloves garlic  
2 cups canned tomato puree  
¼ tsp ground cumin  
¼ tsp dried Mexican oregano  
5 fresh thyme sprigs  
1 bay leaf  
1 (12 oz) bottle light beer

### Salsa

Salt  
5 tomatillos, husks removed  
2 cloves garlic  
2 jalapeños, stemmed, halved, and seeded  
1 small yellow onion, quartered  
½ lime, juiced  
½ cup fresh cilantro leaves, plus more, finely chopped, for serving  
1 head romaine lettuce, finely chopped  
1 avocado, halved, pitted, and cut lengthwise into 12 wedges  
Finely chopped red onion, for garnish  
Cotija cheese, for garnish  
Lime wedges, for garnish

8 Harmons Taco Bowls

Preheat oven to 325°

To make the brisket, in a large, heavy Dutch oven over medium-high heat, add oil. Season brisket with salt and pepper, then add to pan, and cook, turning as needed, until browned all over, about 12 minutes. Transfer brisket to a plate and return pan to medium heat.

Add carrot, celery, onion, and garlic and cook, stirring occasionally, for 5 minutes. Add tomato puree, cumin, oregano, thyme, and bay leaf and cook, stirring occasionally, for 2 minutes. Stir in beer, then return brisket to pot and pour enough water into pot to cover meat and bring it to a boil over high heat. Cover with a lid and cook until brisket is very tender, about 2 ½ hours. Transfer pan to a rack, uncover, and let brisket cool in cooking liquid.

Once cooled, remove brisket from liquid and shred with 2 forks. Pour braising liquid into a blender and puree until smooth. Return liquid to pot over medium heat, stir in shredded brisket, and reheat until warmed through.

Meanwhile, to make the salsa, fill a saucepan over high heat halfway with water. Season with salt and add tomatillos, garlic, jalapeños, and onion and bring to a boil. Let cook 5 minutes, drain and transfer vegetables to a blender. Add cilantro and puree until smooth. Season with salt.

Serve in taco bowls with lettuce, brisket, salsa, avocado, cilantro, red onions, cotija cheese, and lime wedges.



*Join the club for delicious rewards*

COLLECT REWARDS EVERY TIME YOU SHOP

GET FREEBIES LOADED TO YOUR CARD AUTOMATICALLY

EARN UP TO \$1 OFF PER GALLON OF FUEL

LOAD MANUFACTURER COUPONS DIRECTLY ONLINE

Sign up and receive your first Foodie Freebie in store or visit [HarmonsGrocery.com](https://www.harmonsgrocery.com)

**HARMONS**  
NEIGHBORHOOD GROCER®

**Foodie Club**



## STROMBOLI

### DIFFICULTY



⌚ 4:00

12 👤

### Dough

1 ½ cups warm water  
.5 oz active dry yeast  
2 tsp sugar  
¼ cup extra-virgin olive oil,  
plus more for bowl and brushing  
Pinch of salt  
4 cups all-purpose flour,  
plus more for work surface

### Sauce

2 cloves garlic, finely grated  
1 (28 oz) can crushed tomatoes  
2 Tbsp olive oil  
1 ½ tsp fine sea salt  
Shredded low-moisture mozzarella  
Thinly sliced pepperoni, salami,  
or capicola  
1 egg, beaten

To make the dough, in the bowl of a stand mixer fitted with the paddle attachment, add water. Sprinkle with yeast and let stand until foamy, about 5 minutes. Add sugar, oil, and salt into yeast mixture and stir to combine. Change to dough hook, add flour and stir until a sticky dough forms. Transfer dough to an oiled bowl and brush top with oil. Cover bowl with plastic wrap and set in a warm place until dough has doubled in bulk, about 1 hour. Turn out onto a lightly floured work surface and gently knead 1-2 times before using.

To make the sauce, in a bowl, combine garlic, tomatoes, oil, and salt. Cover and chill 3 hours to let flavors come together before using.

Preheat oven to 500° and sprinkle flour on 2 baking sheets.

Divide dough in half and begin to form, until it's a rough rectangle. Cover the remaining dough. Place dough on the prepared baking sheet and push down from center outwards until evenly thin. Pour 1 cup sauce on dough and spread evenly, leaving a 2" strip at the top of dough rectangle blank.

Cover dough with an even layer of cheese and a thin layer of topping, avoiding 2" strip. Roll dough closest to you toward the blank strip, stopping when you hit the strip. Pull blank strip back towards you, over rolled dough. Pinch to seal folded dough, then tuck the ends of stromboli under. Cut several slits across stromboli to allow for ventilation. Brush top with egg wash and let rest, 15 minutes. Repeat with other half of dough. Bake until brown and cheese is bubbling through slits, 10-15 minutes. Cut into 1" slices.



*You know the difference.  
So we make it fresh.*

When it comes to your food, freshness is always our priority. We grind our beef and sausage daily, so you'll always get the freshest meat possible—each and every day of the week.

[Shop.HarmonsGrocery.com](http://Shop.HarmonsGrocery.com)

**HARMONS**  
NEIGHBORHOOD GROCER®

YOUR FOOD. OUR PASSION.™



BACON AND CORN CASSEROLE

DIFFICULTY	
● ● ○ ○ ○	
🕒 1:00	12 👤



- 4 slices bacon, finely chopped
- 6 Tbsp butter, cubed
- 4 cloves garlic, minced
- ½ cup all-purpose flour
- 3 cups milk
- 4 oz cream cheese, cubed
- ¼ cup sour cream
- 2 cups grated sharp cheddar cheese
- 1 tsp paprika
- 3 lb fresh or frozen corn kernels
- Salt and freshly ground black pepper

Preheat oven to 375°

In a heavy saucepan over medium heat, add bacon and cook until browned, about 8 minutes. Add butter and garlic, and cook until fragrant, about 1 minute. Add flour and cook, stirring, for 1 minute. Whisk in milk, increase heat to medium-high, bring to a boil and cook, stirring constantly, until thickened, about 2 minutes. Add cream cheese, sour cream, cheddar, and paprika and cook until smooth.

Remove from heat, add corn, season with salt and pepper and stir to combine. Transfer mixture to a 9"x 13" baking dish and bake until top is golden brown and bubbling, about 40 minutes.

SWEET TEA

DIFFICULTY	
● ○ ○ ○ ○	
🕒 4:15	14-16 👤



- 12 individual tea bags, such as Lipton or Luzianne
- 1 cup sugar
- Ice
- Fresh mint leaves or lemon slices (optional)

In a small saucepan over medium-high heat, bring 4 cups of water to boil. Remove from heat. Dunk the tea bags a few times in the water, then leave submerged with the strings hanging over the side of the pot. After 5 minutes, remove the bags and discard. Add sugar to the tea and stir until completely dissolved.

Pour the tea base into the pitcher. If using multiple pitchers, divide the tea evenly between them. Top off the pitchers with water. Add 3 more quarts of water to the tea base to make 1 gallon of sweet tea and stir to combine. Refrigerate for at least 4 hours or overnight. Pour the sweet tea into ice-filled glasses. Serve with mint or lemon, if using.

QUICK PULLED PORK SANDWICHES

DIFFICULTY	
● ● ● ○ ○	
🕒 3:30	8 👤

- Pork**
- ¼ cup firmly packed brown sugar
- ½ - 1 tsp cayenne pepper
- Salt and freshly ground pepper
- 3 lb boneless pork shoulder
- 1 ½ cups cider vinegar
- 4 cloves garlic, minced
- ½ cup water

- Sauce**
- 2 cups cider vinegar
- 1 ½ cups water
- ½ cup plus 2 Tbsp ketchup
- ¼ cup firmly packed brown sugar
- 5 tsp salt
- 4 tsp hot red pepper flakes
- 1 tsp freshly ground black pepper
- 1 tsp freshly ground white pepper

- Cabbage**
- 1 small green cabbage, cored
- ½ small red cabbage, cored
- 2 cups Vinegar Sauce
- Salt
- 8 Harmons Hamburger Buns, split

Preheat oven to 350° and position racks in lower and upper positions in oven.

In a small bowl, combine sugar, cayenne, 1 tablespoon salt, and 1 teaspoon pepper.

Place pork in a 5 quart Dutch oven or large heavy-bottomed pot. Rub with spice mixture.

In a medium bowl, combine vinegar, garlic, and ½ cup water and pour over pork. Cover pot, and place in oven on lower rack. Bake until pork is very tender and separates easily when pulled with a fork, 2-2 ½ hours.

Transfer pork to a work surface, reserving pan juices. With 2 forks, shred meat. Transfer to a large bowl, and toss with pan juices to moisten.

To make the sauce, in a saucepan over medium heat, add the vinegar, water, ketchup, brown sugar, salt, hot pepper flakes, and peppers and whisk until sugar and salt are dissolved. Cook for 5 minutes. and let cool.

To make the coleslaw, using a food processor with the grater attachment, chop cabbages into a bowl. Add some of the sauce and season with salt and toss to combine. Let sit 10 minutes, season and toss again. Serve pork on buns with sauce and slaw.



MINT JULEP



- 10 fresh mint leaves, plus more for garnish
- ½ Tbsp rich simple syrup (2:1 sugar to water)
- Crushed ice
- 2 oz good-quality bourbon

DIFFICULTY	
● ○ ○ ○ ○	
🕒 :10	1 👤

In a julep tin or rocks glass, muddle the mint sprig with simple syrup by gently pressing to release the oils. Pack the glass with finely crushed ice. Pour bourbon over ice, and mound more ice into the top of the glass. Garnish with mint.



## JAMBALAYA WITH CHICKEN AND SPICY SAUSAGE

### DIFFICULTY



⌚ 1:30

8-10 👤

3 Tbsp olive oil  
1 (4 lb) chicken, cut into 8 pieces  
Salt and freshly ground pepper  
½ lb andouille sausage or spicy kielbasa, sliced ½" thick  
1 sweet onion, finely chopped  
1 poblano chile or jalapeño, seeded and finely chopped  
1 medium celery stalk, finely chopped  
¾ cup corn kernels  
1 Tbsp paprika  
½ tsp dried oregano, crumbled  
2 cups medium-grain rice, such as Arborio  
3 cups lower sodium chicken broth  
Hot sauce, for serving

In a large Dutch oven over medium-high heat, add oil. Season chicken pieces with salt and pepper. Cook in batches until browned, about 6 minutes per side. Transfer chicken to a platter and set aside.

Add sausage to casserole and cook until lightly browned on both sides, 3-4 minutes. Add sausage to platter with chicken. Increase heat to high and add onion, poblano, celery, and corn to casserole. Cook vegetables, stirring frequently, until softened, about 5 minutes. Add paprika and oregano and cook until fragrant, about 1 minute. Add rice and cook, stirring constantly, until well coated and just beginning to brown, about 2 minutes.

Nestle chicken and sausage in rice and gently stir in broth, incorporating ingredients on the bottom of the casserole. Bring to a boil over medium-high heat and season with salt and pepper. Cover and reduce heat to medium-low and cook until broth is absorbed, rice is tender and chicken is cooked through, about 30 minutes. Spoon rice onto a platter, top with chicken pieces and vegetables and serve with hot sauce.



## CAESAR SALAD

### DIFFICULTY



⌚ :30

4 👤

### Dressing

6 anchovy fillets packed in oil, drained  
1 clove garlic, smashed  
Salt and freshly ground pepper  
2 large pasteurized egg yolks  
2 Tbsp fresh lemon juice, plus more  
¾ tsp Dijon mustard  
2 Tbsp olive oil  
½ cup vegetable oil  
3 Tbsp grated Parmigiano-Reggiano

### Croutons

3 cups torn 1" pieces country bread, with crusts  
3 Tbsp olive oil

### Salad

3 romaine hearts, leaves separated  
Parmigiano-Reggiano



To make the dressing, in a bowl, add anchovies, garlic, and a pinch of salt. Use a fork or butter knife to mash together. Add egg yolks, 2 tablespoons lemon juice, and mustard and whisk to combine. Adding drop by drop to start, gradually whisk in olive oil, then vegetable oil. Whisk until dressing is thick and glossy. Add cheese, season with salt and pepper, and stir to combine.

Preheat oven to 375°. On a rimmed baking sheet add bread with 3 tablespoons olive oil, season with salt and pepper and toss to combine. Bake until golden brown, tossing occasionally, 10-15 minutes.

In a large bowl, add lettuce leaves. Drizzle with dressing and toss to combine. Evenly divide salad between 4 chilled plates. Use a vegetable peeler to make parmesan ribbons to garnish salad. Sprinkle with croutons.

## CLAM FRITTERS

### DIFFICULTY



⌚ :30

4 👤

Vegetable oil  
1 ½ cups all-purpose flour  
1 ½ tsp salt  
½ tsp pepper  
2 tsp baking powder  
2 eggs, beaten  
½ cup milk  
1 (6 oz) can minced clams, undrained  
¼ cup dried onion flakes  
Sea salt, for garnish  
Lemon wedges, for garnish

In a heavy bottomed pot over medium-high heat, add 2" oil and heat to 325°.

In a bowl, combine all the ingredients. Using a small scoop, drop tablespoonfuls of batter into oil and fry until golden brown, turning once, about 4 minutes. Transfer to paper towels to drain. Season with salt and serve with lemon wedges.





HAWAIIAN HAYSTACK CHICKEN

DIFFICULTY	
● ● ○ ○ ○	
🕒 1:00	4-6 👤

- 2 cups water
- 1 cup white rice
- 1 Tbsp canola oil
- 2 boneless skinless chicken breasts
- Salt and freshly ground pepper
- 4 Tbsp unsalted butter
- 4 Tbsp all-purpose flour
- 2 cups lower sodium chicken broth, warmed
- ¼ tsp garlic salt
- ¼ cup sour cream
- ¾ cup cheddar cheese, shredded
- Chopped green onions, for garnish
- Sliced black olives, for garnish
- Halved cherry tomatoes, for garnish
- Chow mein noodles, for garnish

In a saucepan over high heat, add water and bring to boil. Add rice, cover, and reduce heat to low and cook until rice is tender and fluffy, about 20 minutes.

Preheat oven to 350°

Meanwhile, in a frying pan over medium-high heat, add oil. Add chicken breasts, season with salt and pepper and cook until golden brown and meat registers 165° on a meat thermometer, about 20 minutes. Let cool and shred. Set aside.

In a saucepan over low heat, melt butter. Add flour and stir to combine. Whisk in broth and season with salt, pepper, and garlic salt. Stir over low heat until thickened. Remove from heat and stir in sour cream and chicken.

Pour rice into bottom of an 8"x 8" baking dish. Place the chicken mixture on top, sprinkle with cheese, and cover with aluminum foil. Bake until bubbly, about 20 minutes. Serve with garnishes.



PREPPED IN OUR KITCHEN  
*Ready for Yours*



CHEF *prepared*

Want to make healthy meals, but prefer to skip some prep time? At Harmons, our chefs precut select produce items for you, so you can focus on the rest of the meal. From spiralized carrots to sliced strawberries, or diced peppers to chopped garlic, we'll help prep the fruits and veggies you're looking to add to your daily diet.

Find your local Harmons Neighborhood Grocer at [HarmonsGrocery.com](https://www.HarmonsGrocery.com)

**HARMONS**  
NEIGHBORHOOD GROCER®

YOUR FOOD. OUR PASSION.™



SHOOFLY PIE

DIFFICULTY

● ● ○ ○ ○

🕒 2:00

8-10 👤

9" pie dough crust

**Topping**  
1 ½ cups all-purpose flour  
1 cup firmly packed brown sugar  
2 Tbsp unsalted butter, cold  
½ cup creamy natural peanut butter, chilled  
¼ tsp salt

**Filling**  
⅔ cup molasses  
½ tsp baking soda  
⅔ cup boiling water

Line a deep pie plate with pie crust. Place in the refrigerator to chill.

Preheat oven to 350° and line a rimmed baking sheet with aluminum foil.

To make the topping, in the bowl of a food processor fitted with the blade attachment, add the flour, sugar, butter, peanut butter, and salt and process until blended. Chill in the refrigerator.

To make the filling, in a bowl, add the molasses, soda, and boiling water and whisk to combine. Pour molasses mixture into chilled pie shell. Distribute topping evenly over the pie.

Bake until top is lightly browned and the edges are set, 30-40 minutes.



PIE DOUGH

DIFFICULTY

● ● ○ ○ ○

🕒 1:00

1 Double Crust

2 ½ cups (12 ½ ounces) all-purpose flour  
1 tsp salt  
2 Tbsp sugar  
1 cup (2 sticks) cold unsalted butter, cut into ¼" slices  
½ cup ice water, divided

In a food processor fitted with a blade attachment, add flour, salt, and sugar and pulse to combine. Add butter and process until homogeneous dough just starts to collect in uneven clumps, about 15 seconds. Add ¼ cup water over mixture and process until dough starts to come together. Add tablespoons of water until dough just sticks together. Divide dough into two even balls and flatten each into a 4" disk. Wrap each in plastic wrap and refrigerate at least 30 minutes before using.

MODERN ALABAMA LANE CAKE

DIFFICULTY

● ● ● ● ○

🕒 3:30

8-10 👤

Cooking spray

**Cake**  
3 cups cake flour, sifted  
2 cups sugar  
1 Tbsp baking powder  
½ tsp salt  
1 cup (2 sticks) unsalted butter, cold and cut into cubes  
1 cup whole milk, at room temperature  
1 tsp vanilla extract  
8 egg whites, at room temperature

**Filling**  
8 egg yolks  
1 whole egg  
1 cup sugar  
½ cup unsalted butter, softened  
¼ cup whole milk  
1 tsp vanilla extract  
⅓ cup bourbon  
1 cup golden raisins

**Frosting**  
½ cup water  
1 ½ cups sugar  
2 Tbsp light corn syrup  
¼ tsp cream of tartar  
3 large egg whites  
1 pinch salt  
1 ½ tsp vanilla extract

**Garnishes**  
½ cup chopped pecans  
½ cup sweetened shredded coconut, toasted  
5 maraschino cherries, drained and cut in half

Preheat oven to 350°. Prepare 3 round 8" cake pans with cooking spray, line with parchment rounds, and spray parchment.

To make the cake, in a bowl, combine flour, sugar, baking powder, and salt. With an electric mixer on low, combine the dry ingredients for about 20 seconds. With mixer on low, add butter until mixture is fine crumbs. Add milk and vanilla and mix on low for 5 minutes. Slowly add egg whites and mix for 3 minutes. Pour batter equally into prepared pans. Bake until a toothpick inserted in center comes out clean, about 25 minutes. Let cool in pans for 15 minutes, then remove from pans and cool completely on cooling racks.

To make the filling, in a medium saucepan over medium-high heat, add egg yolks, whole egg, sugar, butter, and milk and bring to a boil, stirring constantly. Once boiling, cook for 2-3 minutes. Remove from heat and let cool for 5 minutes. Add vanilla, bourbon, and raisins. Refrigerate until completely cooled, about 1 hour.

To make the frosting, in a heavy saucepan over medium heat, combine water, sugar,

and corn syrup. Cover pan and bring sugar mixture to a full boil. Remove lid and continue boiling syrup, without stirring, until it reaches 242° on a candy thermometer or until syrup spins a thread when a small amount is dropped from a spoon back into boiling mixture. Remove from heat.

In a clean bowl of a stand mixer fitted with the whisk attachment, add cream of tartar and egg whites. Beat on low speed with a pinch of salt until whites reach soft peaks. Continue to beat while gradually adding hot syrup in a thin, steady stream. Add vanilla and continue beating until whites hold stiff peaks, 8-10 minutes. Transfer to a pastry bag.

To assemble cake, place one layer of cake on a cake board or platter. Pipe frosting around the edge of the first layer. Frost with one third of the filling on the top only. Do not frost the sides. Place another layer of cake on top, pipe around the edge with frosting and spread another ⅓ portion of filling. Repeat for last layer of cake, frosting and filling. Frost the sides with the white frosting. Sprinkle nuts and coconut on top. Garnish with cherry halves.





## DECONSTRUCTED MISSISSIPPI MUD PIE

### DIFFICULTY



⌚ 3:30

10-12 👤

### Cake

½ cup (1 stick) unsalted butter,  
at room temperature  
8 oz dark chocolate, chopped  
1 ½ cups sugar  
2 cups all-purpose flour  
1 tsp baking powder  
2 tsp baking soda  
½ tsp salt  
2 Tbsp plus 1 tsp instant espresso powder  
4 large eggs, beaten  
½ cup strong coffee, at room temperature  
1 Tbsp vanilla extract

### Pudding

1 cup sugar  
¾ cup dark unsweetened cocoa powder  
⅓ cup cornstarch  
¼ tsp salt  
6 large egg yolks  
3 ½ cups whole milk  
¼ cup (½ stick) unsalted butter,  
at room temperature  
1 Tbsp vanilla extract  
3 oz dark chocolate

### Whipped Cream

4 cups (1 qt) heavy cream  
⅓ cup sugar  
1 (9 oz) box chocolate wafer cookies

Preheat oven to 350°. Lightly spray a 9"x13"  
pan with nonstick cooking spray.

To make the cake, place butter and chocolate  
in a heatproof bowl. Set bowl over a  
simmering pan of water. Let melt, stir to  
combine. Remove from heat and allow to



cool. In a large bowl, whisk together flour,  
baking powder, baking soda, salt, and  
espresso powder. Add eggs, coffee, vanilla,  
and cooled chocolate mixture. Stir until  
smooth. Pour batter into prepared pan.

Bake until cake is set, about 35-40 minutes.  
Transfer to a wire rack to cool completely.  
Once cooled, cut into 1" cubes.

To make the pudding, in a medium saucepan,  
whisk together sugar, cocoa powder,  
cornstarch, and salt. Add egg yolks and whisk  
until combined. The mixture will look like a  
thick paste. Slowly pour in milk, whisking  
constantly. Place saucepan over medium  
heat and bring mixture to a boil, whisking  
constantly. Let boil for 30 seconds and  
transfer to a medium bowl.

Add butter, vanilla, and chocolate and  
whisk until combined. Continue whisking

until mixture is cooled slightly. Let stand  
at room temperature for 15 minutes.  
Press a piece of plastic wrap directly on  
the surface of pudding to prevent a skin  
from forming. Transfer to refrigerator until  
chilled, at least 2 hours.

To make the whipped cream, in a bowl  
of a stand mixer fitted with the whisk  
attachment, beat cream until soft peaks  
form, about 1 minute. Sprinkle sugar over  
cream and continue whisking until stiff  
peaks form.

Transfer wafers to a zip top bag and crush  
into small chunks. Set aside.

Using a trifle bowl, layer half of the cake  
cubes, half of the pudding, half of the  
whipped cream and sprinkle cream with half  
of the crumbled wafers. Repeat, to create  
layers. Keep chilled until ready to serve.

# Let's get cooking

From appetizers to desserts,  
we have a course for every course.

HARMONS  
COOKING  
SCHOOL

[HarmonsGrocery.com/Classes](https://HarmonsGrocery.com/Classes)







**HARMONS**  
NEIGHBORHOOD GROCER®

YOUR FOOD. OUR PASSION.

[HarmonsGrocery.com](http://HarmonsGrocery.com)

May 2019 ■ \$3.00 ■ FREE for Foodie Club Members

