

Matthew May's

TEACHING KITCHEN

“Booze and Vinyl 80’s”

November 1, 2025

SPINACH ARTICHOKE DIP

6-8-ounces fresh baby spinach, any large stems removed

1-tsp. fresh garlic, minced

¼-cup water

¼-pound artichoke hearts, quartered

4-ounces cream cheese, room temperature

¼-cup grated parmesan cheese

cracked black pepper to taste

Using a large skillet or fry pan, add chopped garlic, artichoke hearts, and water; stir. Cook over medium heat until almost all the water has evaporated (about 2-3 minutes). Add spinach. Stir and cook for 2-3 minutes, or until all the spinach has wilted and the moisture has evaporated out of the pan. Turn heat off, then add cream cheese, parmesan cheese, and black pepper to taste; stir to evenly combine. If you see any moisture (water on the bottom of the pan, turn heat back on and stir until moisture has evaporated. Transfer to individual ramekins or a larger serving dish. Serving option: Make a double or triple batch, transfer to a casserole dish, top with breadcrumbs and parmesan cheese, and bake at 375°F until top is golden brown. Serve with toast points, bread, corn chips, smashed potatoes, and/or crackers.

PROSCIUTTO-WRAPPED SHRIMP WITH TERIYAKI HONEY

12 shrimp, 16/20 or larger, peeled, cleaned, and de-veined

6 thin slices of prosciutto, sliced in half lengthwise

½-cup honey, slightly warmed (warmed in microwave for 30 seconds)

¼-cup soy sauce

¼-cup sesame oil

¼-brown sugar

¼-cup sesame seeds

¼-cup chopped fresh chives or green onions (optional)

Optional: add ¼-cup bourbon to the sauce while reducing on the stove.

Preheat grill, skillet or frying pan on medium-high heat. Cut prosciutto in half, lengthwise. Wrap each shrimp with one strip of prosciutto. In a small saucepan, combine honey, sesame oil, brown sugar, and soy sauce; bring to a gentle simmer on low heat. Place shrimp on hot grill or sauté pan and cook on each side for about 1½ - 2 minutes per side. Cook shrimp on each side so that they cook 1/3 of the way through on each side. The shrimp will be slightly raw in the very center but will continue to cook after removing them from the heat. This is called ‘carry-over cooking’. If you were to cook the shrimp halfway on each side, they will end up over cooked, tough, and chewy. Prosciutto will brown and become slightly crisp. Remove from heat. Serve on individual plates or platter. Drizzle with warm teriyaki honey and garnish with a sprinkling of sesame seeds. Garnish with optional sliced chives or green onions.

STICKY ASIAN MEATBALLS

1 ½-pounds ground beef
1 TBSP. fresh ginger, finely chopped
3 green onions, finely chopped
¼-tsp. smoked chili flakes
3 cloves garlic, finely chopped (about 1 TBSP.)
¼-cup fresh breadcrumbs
¼-cup whole milk or cream
¼-cup soy sauce
1 large egg, beaten

Sauce:

½-cup soy sauce
½-cup honey
½-cup brown sugar

Preheat oven to 375°F. In a small saucepan, combine ingredients for the sauce. Simmer on medium-low heat while occasionally stirring, until the sauce reduces by half. Set aside. In a small bowl, combine milk, soy sauce, breadcrumbs, ginger, chili flakes, garlic, and egg. This is called a 'panade' (breadcrumbs and milk.) However, we are also adding other ingredients which will help us get more even distribution once it is added to the ground beef. Set the panade aside for five minute to allow the breadcrumbs to absorb the liquid. In a large mixing bowl, combine ground beef, chopped green onions, and the panade. Mix thoroughly to combine until you don't see any streaks or pockets of breadcrumbs or other ingredients. Using your hands, form meatballs into your desired shape and size and transfer to a baking sheet pan. Bake until golden brown and the internal temperature reaches 160°F. (The internal temperature will continue to climb after removing them from the oven.) Allow meatballs to rest for about five minutes. In a large mixing bowl, combine meatballs and sauce and stir gently to ensure all meatballs are evenly coated with sauce. Transfer sticky meatballs to your serving plate or platter. Garnish with optional sesame seeds and thinly sliced green onions.

CARDAMOM CINNAMON PULL-APART MONKEY BREAD

(traditionally made, with Pillsbury biscuit dough)

(makes 8 individual desserts)

½-cup granulated sugar
1-tsp. cinnamon
1 16.3-oz. can Pillsbury Grand Biscuit Dough
½-cup chopped walnuts (optional)
1-cup firmly packed brown sugar
¾-cup butter, melted

Heat oven to 350°F. Lightly grease 8 cupcakes inserts of a cupcake pan (4 inserts will be empty) with non-stick cooking spray. Separate dough into 8 biscuits. Cut each biscuit into quarters. Form each quarter into small balls. In a medium size bowl, combine sugar and cinnamon; stir to evenly combine. Roll all the dough balls in the cinnamon-sugar mixture. Place four dough balls into each cupcake insert. Combine melted butter and brown sugar. Evenly distribute the melted butter and brown sugar mixture over the tops of the dough balls. Bake 10 minutes. After ten minutes, rotate the pan 90 degrees to allow for even browning. Bake another 7 minutes, or until golden brown and no longer doughy in the center. Cool in the pan for ten minutes. Turn pan upside down onto a baking cookie sheet pan. Serve warm.