

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

July 2023 “Spicy Summertime Favorites@”

“FOR PETE’S SAKE” SOUS VIDE & OVEN ROASTED CHICKEN WINGS

4-pounds chicken wings, tips removed
1 TBSP. “For Pete’s Sake” sea salt (found at www.eastcoastsaltcompany.com)
Blue cheese or ranch dressing for dipping

Set up your immersion circulator to 160°F for three hours. Meanwhile, place chicken wings into one or two zipper-lock plastic storage bags and season evenly with sea salt. Squeeze the outside of the bag(s) to move the chicken wings around inside the bag to coat them evenly with the seasoning. Lower bags into water bath and allow the air to escape through the top of the bag(s) before sealing. Make sure there is space all around each bag to allow the water to circulate around them. Cook for 3 hours. Preheat oven to high broiler with the top rack about 6-8 inches below the heating element. After 3 hours of sous vide cooking, remove the bags from the water, open each bag and transfer the wings into a colander in the sink to drain. Transfer wings to a baking sheet pan or cookie tray. Place wings about 8” under the broiler. Keep a close eye on the wings, as they can burn quickly. The heat from the broiler will evaporate any moisture on the wings. Once the moisture has evaporated, they will begin to brown (the Maillard reaction). When wings have browned, remove pan from oven and turn wings over and return to oven. Broil another 5-7 minutes on this second side. Remove from oven and serve with homemade ranch or bleu cheese dressing.

BLUE CHEESE DRESSING/DIP

¼-cup sour cream
¼-cup good quality mayonnaise
2-ounces blue cheese, crumbled
1 TBSP. fresh parsley, minced
1 TBSP. fresh lemon juice
Pinch sea salt
Pinch freshly ground black pepper
Milk or buttermilk to thin out dressing, optional

In a medium bowl, whisk together mayonnaise and sour cream. Stir in remaining ingredients and refrigerate for 2-hours before serving.

BARBECUED SHRIMP

1-pound 16/20 raw shrimp, tails-on, peeled, deveined, rinsed, and patted dry

1-tsp. "Barbecues Best" Sea Salt (found at www.eastcoastsaltcompany.com)

¼-tsp. Bourbon Smoked Red Chili Flakes (found at www.eastcoastsaltcompany.com)

2-tsp. dark brown sugar

1/8-tsp. cracked black pepper

Preheat oven to 425°F. In a medium-size mixing bowl, combine all ingredients until shrimp are evenly coated with spices. Wrap and store in refrigerator overnight or for at least 2 hours. Transfer shrimp to baking pan or cookie sheet and evenly spread shrimp to maintain a single layer. Roast shrimp in hot oven for approx. 8-10 minutes. Remove shrimp from oven. Using a flat spatula, toss shrimp around on the baking pan, being sure to release any spice mixture stuck on the bottom of the pan. Transfer shrimp to serving dish and enjoy! Serve with fresh lime wedges.

CHOCOLATE CHIPOTLE POT DE CREME

1-cup heavy cream

2-ounces dark chocolate chips

1-tsp. cocoa powder (unsweetened)

¼-tsp. chipotle powder

4 egg yolks

1 TBSP. sugar

2 6-ounce ramekins or glass dessert dishes

(Makes two desserts)

Preheat oven to 300°F, with rack positioned in center of oven. For custard, add cream to saucepan, along with vanilla, chipotle powder, chocolate chips and cocoa. Heat on medium heat, just long enough to incorporate; stirring to keep the chocolate from settling on the bottom. The dark chocolate chips will NOT melt completely into the cream. In a medium sized bowl, whisk egg yolks and 1 TBSP. sugar together. Slowly whisk in hot chocolate cream, a little at a time, until smooth. You may still see pieces of the dark chocolate chips as it may not melt all the way. This is natural for dark chocolate as it has less fat than milk chocolate. Pour hot chocolate cream mixture evenly into the 2 custard cups, (6–8-ounce custard cups or ramekins). Transfer the filled custard cups to a deep baking dish and pour enough water in baking pan to come halfway up the sides of the ramekins. Bake until custards are JUST set, about 40 minutes. (Remember that chocolate is in a liquid state when hot, so it will appear that it is not cooked all the way). Remove from oven and remove ramekins from hot water and allow to cool on the counter about an hour. Transfer to the refrigerator (uncovered) to cool completely. Refrigerate for at least 2 hours before serving. (May be prepared 2-3 day ahead; cooled, tightly wrapped, and stored in refrigerator.)