

Oven Ribs



4 lbs. pork ribs
4 tbsp. of your favorite dry rub
5 oz. apple juice or stock
BBQ sauce to taste

Instructions

- Remove ribs from refrigerator at least 30 – 60 min. before cooking.
- Preheat the oven to 225F.
- Flip the ribs so they are laying meat side down on a cutting board.
- Use a sharp knife and slide it under the white membrane on the back of the ribs so that the knife is between the meat and membrane. Cut a hole into the membrane.
- Use your fingers to slide under the membrane and pull it away from the meat. If it is hard to hold onto, use a paper towel for extra grip. Remove all of the outer membrane and discard.
- Flip the ribs so that they are now meat side up. Pat dry.
- Press dry rub onto the ribs so that they are evenly coated.
- Cut the rack of ribs into thirds.
- On a large piece of foil, place ribs meat side up in the middle. Fold over 3 sides of the foil to create a pocket: pour the apple juice into this pocket and then fold over and seal the 4th side.
- Tightly wrap ribs in a 2nd layer of foil and place on a baking tray.
- Cook for 4 – 4 1/2 hours. The ribs are ready when you can pierce them easily with a fork.
- Remove ribs from the oven and preheat the broiler.
- Unwrap the ribs and place them on a baking tray, meat side up. Baste ribs with BBQ sauce.
- Place ribs under broiler and broil until BBQ sauce is bubbling and browning. Watch carefully so they don't burn – the more sugar there is in the BBQ sauce, the quicker that will happen. Remove and serve.
- <https://meatified.com/how-to-cook-ribs-in-the-oven/>

Crockpot Beer Carnitas Tacos

5-6 lb. pork shoulder roast (or butt)
1 tablespoons canola oil
8 ounces of your favorite beer
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 tablespoons smoked paprika
1/2 tablespoon cumin
1 1/2 teaspoons onion powder
1 1/2 teaspoons chili powder
1/2 teaspoon garlic powder

For serving: corn tortillas, guacamole, fresh cilantro, freshly chopped mango.



1. Combine seasonings together in a bowl and mix until combined. Heat large skillet over medium-high heat and add oil. Once hot, add pork and sear on all sides until golden brown (about 2 min. per side).
2. Add pork to crockpot and sprinkle seasonings all over. Pour in beer, then cook on low for 10-12 hours. Check once or twice if possible and if needed, add more beer (I did not add any). Before serving, use forks or kitchen tongs to shred pork. Let sit on low or warm for another 20-30 min. before serving. Serves at least 6 with leftovers.

Jalapeno Lime Sour Cream

1 cup sour cream
1 jalapeno, seeded and diced
juice of 2 limes
2 tablespoons chopped cilantro
a pinch of salt and pepper
Whisk all ingredients together then serve. Refrigerate for up to 3 days.
<https://www.howsweeteats.com/2012/05/crockpot-beer-carnitas-tacos/>

Fish Fillets with Tomatoes, Squash, and Basil



2 cups very thinly sliced assorted summer squash (such as zucchini, yellow crookneck, and pattypan)
1/4 cup thinly sliced shallots
1/4 cup thinly sliced fresh basil, divided, plus 1/4 cup basil leaves
20 cherry tomatoes, halved
4 tbsp. dry white wine
4 tbsp. extra-virgin olive oil, divided
Kosher salt, freshly ground pepper
4 6-ounce skinless white flaky fish fillets (such as Atlantic cod or halibut)

1. Place four 14x12" sheets of parchment paper, or heavy-duty foil if grilling, on a work surface. Divide squash among parchment sheets, arranging on one side of sheet in thin layers. Sprinkle shallots and sliced basil over, dividing equally. Scatter tomato halves around squash. Drizzle each packet with 1 Tbsp. wine and 1/2 Tbsp. oil (add 1/2 Tbsp. water to each if grilling). Season with salt and pepper. Place a fish fillet atop each portion. Season with salt and pepper; drizzle 1/2 Tbsp. oil over each.
2. Fold parchment over mixture and crimp edges tightly to form a sealed packet. DO AHEAD: Can be made 4 hours ahead. Chill. Let stand at room temperature for 15 min. before continuing.
3. Preheat oven to 400°. Place packets in a single layer on a large rimmed baking sheet. Alternatively, build a medium fire in a charcoal grill, or heat a gas grill to medium-high. Bake or grill fish until just cooked through (a toothpick poked through the parchment will slide through fish easily), about 10 min. Carefully cut open packets (steam will escape). Garnish with basil leaves.
https://www.bonappetit.com/recipe/fish-fillets-with-tomatoes-squash-and-basil?mbid=synd_buzzfeed

LOBSTER BLTS WITH SWEET AND SMOKY MAYO

4 (or just 2) lobster tails
1 tablespoon olive oil
1 tablespoon unsalted butter
1 garlic clove, minced
1 tomato, sliced (and seasoned with salt and pepper)

a few leaves of butter lettuce
8 sliced of cooked bacon
4 slices of bread, toasted

Sweet and Smoky Mayo

1/3 cup mayonnaise
1 tablespoon Dijon mustard
2 teaspoons honey
1/2 teaspoon smoked paprika



DIRECTIONS:

Pat the lobster tails dry with a paper towel. Heat a skillet over medium heat and add olive oil and butter. Once the butter is melted, add the garlic clove and then add the lobster, tossing to coat. Cook the lobster, flipping occasionally, until it is just opaque and bright red, about 4 to 5 minutes.

Immediately assemble the BLTs. Spread the mayo on both insides of the toast. Add the lettuce, the tomato, the bacon and the lobster tails. Serve and devour. Serves 2.

Sweet and Smoky Mayo

Whisk all ingredients together until smooth. Store in a sealed container in the fridge for a few days.
<https://www.howsweeteats.com/2014/06/lobster-blts/>

Sweet Potato, Avocado and Black Bean Tacos



1 3/4 lb. sweet potatoes, scrubbed and cut into 1/2" chunks
1 tbsp. olive oil
1 tsp. chili powder
1 can (15 oz.) no-salt-added black beans, rinsed and drained
1/2 c. salsa verde
1 avocado, thinly sliced
8 corn tortillas
1/4 c. crumbled cotija or feta cheese
Cilantro, for garnish

Directions

1. Toss sweet potatoes with olive oil, chili powder and 1/2 teaspoon salt. Arrange on large rimmed baking sheet; roast 30 minutes in 450°F oven.
2. In saucepan, combine black beans with salsa verde; cook on medium until warm, stirring.
3. Serve sweet potatoes and beans with avocado, corn tortillas, cotija or feta cheese and cilantro.

<https://www.goodhousekeeping.com/food-recipes/easy/a44227/sweet-potato-avocado-black-bean-tacos-recipe/>

Enjoy summer!

~Tricia
Spencer's Fresh Markets
Morro Bay and Santa Maria

Taco Dogs

8 oz. ground beef sirloin
1 tbsp. chili powder
1/2 c. salsa verde
6 hot dogs
6 hot dog buns
Shredded cheddar cheese
Crushed tortilla chips
Shredded lettuce



1. Using a grill pan, grill 6 hot dogs. Toast 6 hot dog buns. Set aside.
2. In a 10 inch skillet, heat 2 tsp. olive or canola oil on medium-high. Add ground beef sirloin, and 1 tbsp. chili powder. Cook for 2 min. or until cooked through, breaking up the meat with a thin, stiff spatula or wooden spoon.
3. Stir in 1/2 cup prepared salsa verde and cook for 1 minute.
4. Divide this mixture among the 6 hot dogs.
5. Top each hot dog with 3 tbsp. shredded cheese, a handful of crushed tortilla chips, and shredded lettuce.

<https://www.goodhousekeeping.com/food-recipes/a38874/taco-dogs-recipe/>



"Chasing the ice cream truck does not count as a summer fitness program."