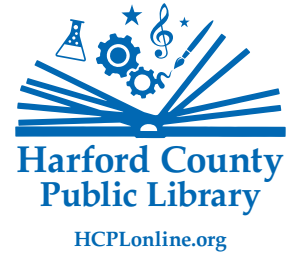




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CORN, CRAB, & RED PEPPER SALAD

SERVES 6

This recipe makes a refreshing summer salad from some of Maryland's most famous foods - sweet corn and crab. Simply serve this salad on a bed of butter lettuce, or as a party appetizer, place into a decorative bowl with fresh tortilla chips on the side and it magically transforms into a marvelous dip.

INGREDIENTS

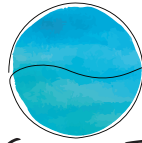
3 tbsp extra-virgin olive oil
1 tbsp sherry vinegar
1 large garlic clove, peeled, and
mashed
Juice of 1 lime
½ pound fresh or pasteurized
backfin crabmeat, picked over for
shells
1 small red onion, peeled and finely
minced
1 medium red bell pepper, cored,
seeded, cut in fine dice
4 cups fresh Silver Queen (or other
sweet corn) corn kernels
3 tbsp fresh cilantro leaves
¼ tsp Old Bay or seafood seasoning
Salt and freshly ground black
pepper

DIRECTIONS

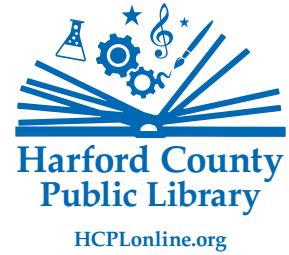
- 1** | Combine oil, vinegar, garlic, lime juice, and whisk thoroughly.
- 2** | Place crab, red onion, red pepper, corn, and cilantro together in a bowl and toss gently, taking care not to break up the lumps of crab. Pour the lime dressing over top and gently toss again.
- 3** | Season with Old Bay, salt, and pepper to taste. Cover and chill for at least one hour before serving.



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Our Common Table
NEW CHESAPEAKE
KITCHEN
with John Shields



EZ LEMON ICE CREAM

INGREDIENTS

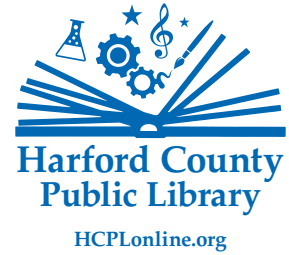
- 1 can (14-ounce each)
sweetened condensed milk
- 2 cups whole milk
- 2 cups half and half
- 3 tsp dehydrated lemon,
or to taste
- 8 pieces Lemon Head candy,
or to taste - crushed into a
fairly fine mixture

DIRECTIONS

- 1 | Whisk all ingredients together and place in the ice cream freezer. Process according to manufacturer instructions.



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MISS LORRAINE'S BARBECUED CHICKEN

SERVES 5-6

Miss Lorraine is famous for her Rappahannock River cookouts. She used to love getting her grill hot and loading it up with chicken while sipping beer. Once, when she piled too much chicken on the grill, the flames shot up and her wig caught fire, which she recalls as “quite the sight.” Due to her now-jangled nerves, she’s adapted the recipe for the oven.

For you outdoor barbecuers, don’t pile too much chicken on at one time, and only baste the chicken with the sauce during the last ten to fifteen minutes. Once you start basting, keep the chicken moving, as it tends to burn.

INGREDIENTS

Barbecue sauce:

- ½ cup ketchup
- ¼ cup apple cider vinegar
- 1 tbsp brown sugar
- ¼ cup water
- 1 tbsp Worcestershire sauce
- 2 tbsp fresh lemon juice
- 2 tbsp grated onion
- 1 tsp chopped garlic
- 2 tsp dry mustard
- ¼ tsp cayenne
- Tabasco Sauce, to taste

Chicken:

- 2 frying chickens (3 to 4 pounds each), cut into quarters
- Vegetable oil or melted butter

DIRECTIONS

- 1** | Combine all the barbecue sauce ingredients in a small pot. Simmer for 15 minutes. Remove from the heat and let stand for at least 1 hour before using.
- 2** | Meanwhile, preheat the oven to 400°F.
- 3** | Put the chicken in a roasting pan and brush the skin with oil. Place in the oven and roast for about 1 hour. Baste the chicken occasionally with the pan juices during the first 40 minutes. Baste it with the barbecue sauce for the last 20 minutes. Serve with plenty of napkins for sticky fingers.