

THIS OLD BUTCHER SHOPPE

FRESH LOCAL MEATS

BLT, Chicken, and Pasta Salad

Gifted By: Mama and Papa Roosa

Ingredients:

½ cup mayonnaise or salad dressing
⅓ cup water
1 tbsp bbq sauce
1½ tsp distilled white vinegar
1 ½ tsp freeze-dried chives
¼ tsp garlic powder
¼ tsp pepper
1 lb skinless, boneless chicken breast halves
8 oz pasta twists (rotini)
6 slices bacon
3 cups torn, bite-size pieces boston, romaine,

or iceberg lettuce
1 large tomato, seeded, and coarsely chopped

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FRESH LOCAL MEATS

Chinois Grilled Lamb Chops

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Ingredients:

2 racks of lamb, trimmed and cut into individual chops
salt
pepper
1 cup soy sauce
1 cup mirin
1 tbsp Asian sesame oil
2 cups chopped scallions
1 tbsp dried red chile flakes
1 cup peanut oil
½ cup rice wine vinegar

¼ cup coarsely chopped mint, cilantro, and parsley
1 tbsp honey
½ tbsp chopped ginger
chili oil

Directions:

Mix mayonnaise (or salad dressing), water, bbq sauce, vinegar, chives, garlic powder, and pepper until well combined. In a 6-quart pot, add chicken and just enough water to cover. Bring to a boil, reduce heat to low, and simmer for 8-10 minutes until the chicken is no longer pink in the center. Remove chicken and cool. Replenish the pot with enough water to cook the pasta. Bring to a boil. Add pasta and cook for 9 minutes or until firm tender. Drain well. While the pasta is boiling, cook bacon in a skillet until crisp. Drain on a paper towel. Cut into small pieces. Add hot pasta to dressing in a salad bowl, toss to mix, and coat. Cut chicken into bite-sized pieces and add to the salad bowl along with the bacon, lettuce, and tomato; toss gently to mix.

Directions:

Prepare the marinade: in a bowl, mix together the soy sauce, mirin, sesame oil, scallions, and chile flakes. In a large shallow dish, pour the marinade over the lamb chops and refrigerate, covered, for 1 hour. While the lamb chops are marinating, prepare the vinaigrette. To make the vinaigrette, combine the vinegar, mint, cilantro, and parsley in a blender, and blend until smooth. Slowly add the peanut oil. Season with salt and pepper. Preheat the grill. Remove the lamb chops from the marinade and place them on the hot grill. Grill the chops until medium rare, about 3 minutes on each side. Or, saute them in a skillet over high heat for about 2 minutes on each side.