

Show #71. Championship Chomps

Buffalo Wings

4 pounds chicken wings
salt and pepper
oil for deep frying
¼ cup butter
¼ cup hot pepper
1 tablespoon white vinegar

Sprinkle chicken wings with salt and pepper. Heat oil in deep fryer to 370 degrees. Fry wings in batches until crispy and cooked, about 10 minutes. Transfer to paper towels to drain; keep warm.
In a small saucepan, melt butter, stir in hot sauce and vinegar. Pour over wings and toss to coat wings thoroughly. Serve with the Blue Cheese dip.

Blue Cheese Cheerleader Dip

¾ c mayonnaise
1 clove garlic, minced
2 tablespoons finely chopped fresh parsley
½ cup sour cream
1 tablespoon white vinegar
½ cup crumbled blue cheese
salt and pepper

Combine all ingredients; chill for an hour or two. Serve as a dip for the Buffalo wings. Makes about 1 ½ cups of blue cheese dip.

Chocolate Caramel Concussion

4 (2-ounce) chocolate candy bars (recommended: Mars Bars or Milky Way)
½ stick unsalted butter
2 ½ cups crunchy sweetened corn cereal (recommended: Corn Flakes)

approximately 40 mini-muffin papers

Break the candy bars into bits and drop them into a saucepan (use a double boiler if possible). Add the butter and melt, over low heat, stirring frequently with a rubber spatula. When everything is melted (the nougat –like layers take the longest), fold in the cereal and turn with rubber spatula in the chocolate mixture until they are all pretty well coated.

Fill the mini muffin papers with the mixture and put in the refrigerator, on a small sheet pan or tray, for at least 1 hour.

Arti-chokehold and Spinach Slam-dunk

1 package frozen spinach thawed
1 jar marinated artichokes, chopped
8 oz. Philly cream cheese
8 oz. sour cream
¼ cup shredded Parmesan cheese
8 oz. Shredded Monterey Jack cheese
½ onion, finely chopped
1 stick of butter
red pepper flakes to taste

Saute onions in butter, adding ingredients while mixing and blending well after each addition.
Add ingredients in this order: Spinach, Cream Cheese, Sour Cream, Parmesan Cheese, Artichoke Hearts, Crushed Red Pepper Flakes.

Remove from heat and put in crocks of microwave dish. Top with Monterey Jack Cheese, and melt.

Serve hot with chips or bread.
(may also add Mozzarella Cheese on top, lightly brown)

Matterhorn Downhill Dogs

4 hot dogs
4 potatoes
butter
cream
salt and pepper

Combine potatoes and 1 tablespoon garlic in boiling water. Cook together until very soft – Drain, puree with about 1 cup cream, ¼ cup butter salt and pepper to taste.

Slice hot dogs in half, cook in a sauté pan, place on top of the plated potatoes. Top with cheese and jalapenos. Serve.

Seven Layer Dip

For Guacamole:

3 small avocados
1 small onion minced
4 garlic cloves minced or pressed
1 medium tomato, finely chopped
3 tablespoons of lemon juice
1 small jalapeno pepper, seeded
salt and pepper to taste

Place all ingredients in food processor and coarsely chop. Or mash the avocado, finely mince the garlic and onion and finely chop the tomato, mix all ingredients thoroughly together.

In a bowl, do layers of refried beans, guacamole, sour cream, black olives, diced tomato, jalapenos, jack cheese, and green onion.