



Recipes from the YOU kitchen featuring Market Quality Preserves

Market Quality Preserves are made by local youth employed in the Enterprise Services program of Youth Opportunities Unlimited. Enterprise Services provides valuable job training, skills development and work experience to help youth build positive futures. All proceeds from sales go to programs and services for local youth.

BBQ Spice Dip with MQP Spice Mix

1 clove garlic, finely chopped 2 tbsp **BBQ Spice Mix**
 2 tbsp chopped fresh chives 2 cups sour cream
 2 tbsp chopped fresh parsley 1 cup mayonnaise
 ½ small onion, finely chopped

Combine all ingredients. Chill. Serve with crackers or tortilla chips. Makes 3 cups.



Pulled Pork Sandwiches with MQP Black Jack BBQ Sauce and BBQ Spice Mix

2 cups water 1 tbsp **BBQ Spice Mix**
 1 bottle **Black Jack BBQ** sauce 1 medium pork tenderloin

Place first three ingredients in slow cooker on low. Cook for 10 to 12 hours. Drain liquid and shred pork. Mix in one bottle of Black Jack BBQ sauce. Cook for a further one and a half hours on low. Serve with coleslaw on Kaiser bun or roll.

Serves 8



Chicken Satay with MQP Peach Salsa

4 boneless breasts of chicken 4 tbsp olive oil
 2 cloves garlic, chopped 2 tbsp balsamic vinegar
 ½ tsp dried crumbled rosemary **Peach Salsa**

Cut each breast into 6 to 8 pieces and place in bowl. Mix chicken with olive oil, balsamic vinegar, rosemary and garlic. Marinate for at least 1 hour. Weave chicken strips onto skewers. Grill for about 5 minutes.

Serve with Peach Salsa. Serves 4



Mini Jalapeno Corn Muffins with MQP Jalapeno Jelly

2 cups all-purpose flour 1 cup cornmeal
 6 tbsp granulated sugar 1 tbsp baking powder
 1 tsp baking soda ½ tsp salt
 2 cups buttermilk ¼ cup vegetable oil
 2 fresh jalapenos, finely chopped 2 eggs

Jalapeno Jelly

In bowl combine flour, cornmeal, sugar, baking powder, baking soda and salt. In separate bowl, combine eggs, oil and buttermilk. Add to dry ingredients and stir until just combined. Spray mini muffin tins with vegetable spray and fill. Bake at 375 °F for 10 to 15 minutes.

Serve with Jalapeno Jelly. Makes 36 mini muffins.



Brie with MQP Cranberry Chutney

1 sheet puff pastry 4 tbsp **Cranberry Chutney**
 Egg wash (1 egg well beaten) 1 small wheel brie

Lay puff pastry sheet on cutting board. Place brie in the centre of puff pastry sheet. Spread Cranberry Chutney on top of brie.

Invert brie so Cranberry Chutney is between cheese and puff pastry. With a knife cut out squares of pastry at each corner and in the middle of each side. This will allow the pastry to lie flat on the baking sheet. Place brie right side up on baking sheet lined with parchment paper. Brush with egg wash.

Bake at 375 °F for 20 minutes or until golden brown.

Serves 5 to 6



Mini Buttermilk Scones with MQP Strawberry Rhubarb Jam

3 cups flour ¼ cup sugar
 ¾ tsp baking powder 1 tsp baking soda
 ½ cup shortening ½ tsp salt
 1 cup buttermilk Egg wash (1 egg beaten)
 ½ cup cold butter, cut into small cubes

Mix dry ingredients together. Add shortening and butter and lightly mix into a crumbly mixture. Do not over mix. Add buttermilk and mix lightly until it just holds together. Gather into a ball and knead a few times. Roll out dough to about ½ inch thickness.

Cut to desired size or shape with cookie cutter. Place on parchment lined baking sheet. Bake at 375 °F for 15 minutes.

Serve with Strawberry Rhubarb Jam or other Market Quality Preserves. Makes 24 to 30 mini scones.

