

# Recipes from Walshtown Retreat/Cabin

## **Grilled Vegetables**

Toss: ½ cup Recipe Secrets for Potatoes with 2 pounds of sliced carrots, onions, bell peppers, squash or eggplant, or potatoes cut into chunks or wedges. Put into 18X20 heavy-duty foil. Wrap loosely. Grill pouch, turning occasionally, 20 minutes or until tender.

## **Corn in Foil**

Remove the husks and pull off the silky threads. Rub with butter and sprinkle with salt and pepper. Wrap in foil and cook over the coals as directed.

## **Mustard Onions**

2 large red onions  
6 T butter, melted  
2 T prepared mustard (regular or Dijon)  
Peel and sliced ½ inch thick  
Salt and pepper to taste  
Wrap in foil and place on grill. Turn occasionally.

## **Grilled Chicken**

Pour 1/3 cup Recipe Secrets for Potatoes over 4 boneless skinless chicken breast halves. Grill until done.

## **Barbecued Spareribs**

6 lbs pork spareribs, in 2 slabs  
Salt & pepper  
1 jar barbecue sauce  
Have fire ready for indirect cooking. Season ribs with salt and pepper on both sides. Place on grill. Cook for 50 minutes, turning once. Brush the tops of the ribs with barbecue sauce, cook 10 minutes more. Turn over, brush again and cook for a final 10 minutes. Cut into single-rib pieces.

## **Pork Chops and Apple Rings**

4 1-inch pork chops      3 large apples  
6 t butter (melted)      Salt and pepper  
2 t sugar                      ½ t cinnamon  
Have fire ready for indirect cooking. Core the apples, do not peel them, slice into ½ rings. Stir together the butter, sugar and cinnamon. Season with salt and pepper. Grill for 15 to 20 minutes, turning occasionally, until no longer pink inside. Place the apple rings on the grill the last 10 minutes, turning occasionally and brushing two or three times with the butter-sugar mixture. Arrange the chops and rings together on warm platter.

## **Marinated Grilled Catfish**

½ c soy sauce              12 small catfish fillets  
½ c lemon juice          1 c water  
Mix soy sauce, lemon juice and water. Marinate fillets in mixture for 24 hours. Remove from marinade and grill until done, about 1 to 2 minutes.

## **Oven-Baked Fish**

4 (4 ounce) fish fillets  
1/2 (2 ounce) bottle hot sauce  
1 1/2 teaspoons salt  
1/2 to 3/4 cup cornmeal  
4 teaspoons melted butter  
Sprinkle fillets with salt. Arrange fish on an oiled shallow baking pan. Sprinkle each portion with hot sauce and chill for 2 hours turning occasionally. Place on lightly greased baking pan. Bake at 425° for 15 to 18 minutes, or until tender

## **Charcoal-Grilled Pan-Dressed Fish**

4 8-10 ounce fresh or frozen fish (pan-dressed)  
2 T Italian dressing  
2 T dry red wine  
2 green onion, sliced  
1 T lemon juice  
1 T catsup  
Have fire ready for indirect cooking. In a small bowl, mix Italian dressing, red wine, lemon juice, catsup and green onion. Rub on fillets. Sprinkle Creole seasoning on fillets. Allow to marinate for 10 minutes in refrigerator. Brush each fish with a little sauce. Place in a well greased wire basket. Grill, uncovered for 4 minutes. Brush occasionally with remaining basting sauce. Grill 3 to 5 minutes more until fish flakes with a fork

## **Slow Cooker Rotisserie Chicken**

1 whole chicken      Olive oil cooking spray  
Lawry's Seasoned Salt  
Clean chicken inside and out. Spray with cooking spray. Sprinkle seasoned salt inside and out. Grease interior of slow cooker with cooking spray. (Do not put any water into the slow cooker). Roll several balls of foil and place into the bottom of the slow cooker. Place the chicken, back side down, on the foil balls. Cook on high for 4 to 6 hours.