

Slow-cooker pork sandwiches bring in second-place finish

Nostalgia for her college days helped Heather Morse come up with her second-place recipe.

"I went to school in Charleston, S.C. Once a month, they would (barbecue) a whole pig, so I was kind of missing that," Morse said as she began work on her Slow Cooker Pulled BBQ Pork Sandwiches with Spicy Chipotle Cheddar Sauce.

Since she had only 45 minutes to demonstrate a dish that would normally need at least two days to marinate and cook, Morse worked quickly to demonstrate the different elements: marinade, barbecue sauce, pork and cheddar sauce.

The marinade came together quickly — "you just throw it all in a plastic bag" — as Morse combined savory soy sauce and Worcestershire sauce with sweet brown sugar, spicy red pepper flakes and other flavors.

For the barbecue sauce, Morse said would normally be prepared the day before "so the flavors can come together." Although she called the sauce "simple" and "easy," she brought complexity to it by presenting three different ver-

sions of the same sauce — one plain, one flavored with cumin and one with a hint of orange.

"I like just the basic one — it's pretty traditional, which is the way I like it," Morse said with a smile.

Once the sauce was put together, Morse brought out her pre-cooked pork shoulder to demonstrate how to shred it.

"All I do to pull it is use two forks, and it just kind of falls apart," Morse said, revealing how tender the meat had become after being marinated and braised slowly over low heat.

Finally, Morse began putting together the chipotle cheddar sauce, a simple cheese sauce spiced up with hot peppers.

"I usually seed (the peppers)," Morse said, "because the seeds make it hotter," but she pointed out that the seeds could be left in for those who prefer a spicier sauce.

Stirring in her shredded cheese, Morse watched the sauce carefully, adding that more milk can be added to reach the desired thickness. With the sauce nearly ready, Morse split several small rolls, buttered them and placed

them in a frying pan to toast.

"I'll serve you guys the way I serve my family," Morse said to the judges, presenting them with a large white dish filled with warm, savory pulled pork. Toasted rolls were tucked into a basket lined with a brightly colored cloth, and a copper tray held matching bowls of barbecue and cheese sauce, each neatly labeled with a small card.

The judges gave Morse high marks for preparation and presentation, and judge Joe Poon said the texture of the pork was "perfect."

Although she feared there would be too much left over, Morse's succulent sandwiches disappeared quickly as the audience lined up for samples. For her second-place finish, Morse received \$50 gift certificates to Edward Teleky Jeweler, the Tunnicliff Inn and the Pepper Mill, and two passes to Ski Windham.

Heather Morse displays her finished bowl of Slow Cooker Pulled BBQ Pork Sandwiches with an assortment of three sauces to serve with the finished sandwiches.



BREADS

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EASY PUMPKIN MUFFINS

Lisa Loucks
Schenevus

Ingredients:

1 box butter recipe cake mix
1 15-ounce can pumpkin
2 teaspoons pumpkin pie spice
½ cup chopped walnuts

Directions: Mix all above ingredients together in bowl. Fill 12 muffin cups and bake at 350 F for 20-25 minutes.

ORANGE CINNAMON ROLLS

Dianne Dirig
Otego

Ingredients:

Rolls
2 teaspoons dry yeast (1 package)
½ cup warm water
½ cup flour
1 cup cooked, mashed, butternut squash or sweet potato
1 egg

1 cup lukewarm milk with 1 teaspoon vinegar
⅓ cup sugar
2 tablespoons butter, melted

2 tablespoons vegetable oil
½ teaspoon salt
1 teaspoon baking soda
zest of one orange
juice from ½ fresh orange

(reserve other half for topping)

5½ cups flour
Filling
2 tablespoons softened butter

2 teaspoons cinnamon
½ cup brown sugar

Topping
juice of ½ orange
1 teaspoon vanilla
2 tablespoons softened butter

1 tablespoon milk or cream
1 cup powdered sugar

Directions:
Rolls
Mix together first three ingredients in large bowl.

Add remaining ingredients, mixing flour in last to form soft dough. Knead on floured surface until dough is smooth. Place dough in greased bowl; cover and let rise for about 1 hour.

Place dough on floured surface. Punch down, and roll out to form a long rectangle about 24 inches by 10 inches and ½ inch thick.

Filling

Combine cinnamon and sugar. Spread dough with butter, and sprinkle with cinnamon sugar.

Starting at one long side, roll up like a jelly roll and seal.

Slice into pieces about 1½ inches thick. Set in greased baking pan leaving space in between. Cover and let rise about 1 hour.

Bake at 350 F until lightly browned, about 12-15 minutes.

Topping

Combine ingredients in a small bowl, and mix until smooth. Apply to top of rolls.

SECOND PLACE — COMMUNITY

SLOW COOKER PULLED BBQ PORK SANDWICHES WITH SPICY CHIPOTLE CHEDDAR SAUCE

Heather Morse
Oneonta

Ingredients:

1 4- to 5-pound boneless pork shoulder roast

Marinade

2 cups soy sauce
¼ cup packed brown sugar
¼ teaspoon coarse black pepper

½ cup Worcestershire sauce
6-8 garlic cloves, crushed
1 to 2 teaspoons crushed red pepper, or to taste

Barbecue sauce

1 bay leaf
Barbecue sauce
3 cups ketchup
1 cup apple cider vinegar
1 cup dark brown sugar

1 cup Worcestershire sauce
1 tablespoon Dijon mustard
black pepper
1 tablespoon honey

Chipotle cheddar sauce
1 tablespoon butter
1 tablespoon flour
1 cup milk

8 ounces grated sharp cheddar cheese

1 chipotle pepper (from canned Chipotle in Adobo sauce), minced and seeded

Directions:

Marinade

Combine all ingredients in a sealable plastic bag or large container. Marinate pork for 24-48 hours, turning once. Strain out bay leaf and garlic before cooking.

Barbecue sauce

Combine all ingredients and refrigerate overnight.

Cheddar sauce

Melt butter in a sauce pan and add flour to make a roux. Cook for 1 minute. Whisk in 1 cup cold milk and stir to combine.

Add cheddar cheese and stir until melted. Add chipotle peppers to taste. Add milk if sauce is too thick.

Pork

Place pork in slow cooker with ¼ cup marinade and cook on low for about 8 hours.

Let cool for 30 minutes. Shred pork using two forks. Add barbecue sauce to moistened meat. Serve on rolls with chipotle cheddar sauce.