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Summertime **Grillin'** *& Outdoor Livin'*

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Enjoy Safe Backyard Barbecues this summer

Backyard barbecues are synonymous with warm weather. And why wouldn't they be?

Grilling over an open flame when the weather is warm embodies the relaxing spirit of spring and summer, prompting many people to leave their oven ranges behind in favor of charcoal and gas grills.

As relaxing as backyard barbecues can be, they can quickly take a turn for the worse if cooks don't emphasize safety when grilling out. According to the National Fire Protection Association, an average of 9,600 home fires are started by grills each year. In fact, the Consumer Product Safety Commission notes that, between 2012 and 2016, an average of 16,600 patients went to the emergency room each year because of injuries involving grills.

Such statistics only highlight the need to balance the fun of grilling with safety when hosting a backyard barbecue or cooking for the family. The following are some steps people can take to ensure their backyard barbecues are safe.

- **Recognize that gas grills pose a threat as well.** It's easy to assume gas grills don't pose as great a threat as charcoal grills, which produce soaring flames once the charcoal is lit. But the NFPA notes that gas grills are involved in 7,900 home fires per year. No grill is completely safe, and cooks must emphasize safety whether they're using gas grills, charcoal grills or smokers.
- **Only use grills outdoors.** Grills should never be used indoors. Even if rain unexpectedly arrives during a backyard barbe-

cue, keep the grill outside. If unexpected rain is accompanied by lightning and thunder, extinguish the fire in the grill and go indoors.

- **Place the grill in a safe location.** Grills should be placed well away from the home. Avoid locating grills near deck railings or beneath eaves and overhanging branches. Cut overgrown branches before lighting a grill fire if they are in close proximity to the grill.

- **Keep your grill clean.** The buildup of grease and fat, both on the grill grate and in trays below the grill, increases the risk of fire. Clean the grill routinely.

- **Properly light the grill.** Lighting gas and charcoal grills requires caution. Before lighting a gas grill, make sure the lid is open. If you must use starter fluid to light a charcoal grill, the NFPA advises using only charcoal starter fluid. Never add any fluids to the fire after it has been lit.

- **Do not leave a grill unattended.** Cooks should never leave a lit grill unattended. If you must leave the grill, only do so if another adult can stand in your stead. Lit grills pose a threat to children and pets, and unattended grills can be blown over by gusts of wind or tipped by wild animals, such as squirrels. Standing by a lit grill at all times can protect against such accidents and injuries.

Grilling is a favorite summertime activity. For more information about grilling safety, visit www.nfpa.org.

Steak and a Barbecue staple

The following recipe for “Grilled Rib-Eye Steaks with Mushroom-Shallot Butter” from Laurie McNamara’s “Simple Scratch” (Avery) is sure to please, especially when coupled with McNamara’s recipe for “Baked Beans,” a must-have staple for any backyard barbecue.

Grilled Rib-Eye Steaks

with Mushroom-Shallot Butter

(Serves 4 to 6)

- 8 tablespoons (1 stick) plus 3 tablespoons unsalted butter, at room temperature
- 1/2 cup sliced shallot
- 1 heaping cup sliced cremini mushrooms
- 2 large cloves garlic, minced
- 1 teaspoon coarsely chopped fresh thyme leaves
- 1/4 teaspoon kosher salt, plus more as needed
- 1/4 teaspoon coarsely ground black pepper, plus more as needed

4 to 6 steaks (such as rib-eye, New York strip or porterhouse)

Melt 1 tablespoon of the butter in a medium skillet over medium-low heat. Add the shallot and cook until golden and slightly crispy, 7 to 8 minutes. Use a slotted spoon to transfer the shallot to a clean plate. In the same skillet, melt 2 tablespoons of butter, then add the mushrooms, garlic, thyme, salt, and pepper. Stir and cook until the mushrooms are softened, about 5 minutes. Transfer to the plate with the shallot and let cool.

In a small bowl, use a rubber spatula to blend the remaining 8 tablespoons of butter with the cooled mushroom mixture until combined.

Place the butter in the center of a piece of parchment paper. Bring the edges together and press with your fingers to form the butter into a log. Roll and twist the ends before popping the butter into the refrigerator for at least 20 to 30 minutes.

Set the steaks on the counter for 30 minutes to bring them up to room temperature. Meanwhile, preheat a grill or grill pan to medium-high or about 400 F. Season both sides of the steaks with 2 pinches of salt and a pinch of pepper.

Grill each steak for 6 to 8 minutes per side, depending on the thickness and the desired doneness. Tent with aluminum foil and let rest for 5 minutes.

Slice the mushroom butter into coins and top each of the steaks with two coins before serving.



Baked Beans

(Serves 10)

- 2 15-ounce cans navy beans, drained and rinsed
- 4 slices applewood- or pecan wood-smoked bacon, cut into 1-inch pieces
- 1 cup diced yellow onion
- 1 1/2 cups ketchup
- 1/4 cup plus 2 tablespoons unsulphured molasses
- 1/2 cup packed dark brown sugar
- 1 1/4 teaspoons ground mustard
- 1 teaspoon ground cloves
- 1 teaspoon kosher salt

Preheat the oven or ceramic grill to 350 F. for cooking.

Combine the bacon and onion in a medium Dutch oven. Slowly cook over medium heat until the onion is tender and the bacon is cooked.

Meanwhile, in a medium bowl, whisk together the ketchup, molasses, sugar, ground mustard, ground cloves, and 1 cup water to combine. Add the cooked beans and pour the mixture into the pot with the bacon and onion. Stir, cover and bake for 1 hour, stirring every 20 minutes.

Add the salt and stir. Uncover and let sit for 15 to 20 minutes before serving.



GAS *vs* CHARCOAL:

Dishing on popular grilling methods

Any time of year has the potential to be grilling season. Grilling is not only a way to prepare meals; for many, it's also a passion.

"Barbecuing is no longer just a pastime, but an integral part of the North American lifestyle," said Jack Goldman, president and CEO, Hearth, Patio & Barbecue Association. "We expect consumers' passion for flavorful food and entertaining their family and friends to continue to increase."

The HPBA's 2017 industry survey found that 70 percent of adults in the

United States own a grill or smoker. Those numbers are even greater in Canada, where 80 percent of adults have a grill to call their own. Flavor, lifestyle and entertainment are the prime reasons people grill.

When it comes time to replace or upgrade a grill, the age-old question remains: Do I choose a charcoal- or gas-fueled grill? That decision can spark heated debate among grillmasters, but for many it may boil down to a number of factors.

Cost: Charcoal grills tend to be the less expensive than gas grills. The food and beverage trend reporter Chowhound indicates that a low-end grill can be purchased for around \$25. However, deluxe charcoal kettles and other charcoal alternatives tend to be considerably more expensive. The most popular gas grills may cost anywhere from \$130 to \$300. Those who prefer more options and high-end offerings can pay between \$800 and \$1,500.

High heat searing: When cooking expensive, well-marbled steaks or other dishes that benefit from high-heat searing, charcoal grills seem to outperform gas ones, at least according to the experts behind The Sweethome, a product recommendation site owned by The New York Times Company. That isn't to say gas counterparts can't come very close. And deploying a cast-iron pan on top of the grates can help concentrate the heat and allow the meat to cook in its own fat.

Convenience: There is no doubt that gas grills are a marvel in regard to convenience, especially when they are directly tied into a home's propane or natural gas system. In such instances, one never has to worry about running out of gas. Gas fuel tends to be cheaper than charcoal and easier to clean, and some gas grills come with side burners that enable cooks to prepare side dishes right next to their grilled entrees.

Portability: For those who want to grill at home and on the go, then a charcoal grill is the right investment. A charcoal grill can be brought to a campsite or a park without going to great lengths.

Clean-up: Gas grills generally are easier to clean, and home chefs do not have to wrangle much ash or leftover coals once they're done cooking. Charcoal and gas grills each have their merits. It is up to consumers to decide which features reign supreme as they shop for new grills.

Turkey Burgers

offer tasty, but lean option to the grill

One of the joys of grilling is that there is a seemingly endless array of foods that can be cooked over an open flame.

Grilled foods can be lean and healthy while still providing that unmistakable flavor unique to the grill. People who want to expand their grilling horizons while still providing juicy, delicious fare can try the following recipe for “Tandoori Turkey Burgers with Grilled Red Onions and Tomatoes” from Karen Adler and Judith Fertig’s “The Gardener & The Grill” (Running Press).

Tandoori Turkey Burgers

with Grilled Red Onions and Tomatoes

Serves 4

Turkey Burgers

- 1 pound ground turkey
- 1/4 cup fine, dry breadcrumbs
- 2 tablespoons plain yogurt
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon fine kosher or sea salt

Cumin Yogurt Sauce

- 1/2 cup plain yogurt
- 1/2 teaspoon ground cumin
- Kosher or sea salt and freshly ground black pepper to taste

Toppings

- 2 large red onions, thickly sliced
- 2 large beefsteak tomatoes, thickly sliced
- 4 seeded hamburger buns
- Olive oil, for brushing
- Kosher or sea salt and freshly ground black pepper to taste
- 1 cup shredded lettuce
- 2 tablespoons chopped fresh cilantro

Prepare a medium-hot gas or charcoal grill.

In a large bowl, combine the ground turkey, breadcrumbs, yogurt, turmeric, coriander, cumin, and salt until well-blended. Form into four 3/4-inch-thick patties.

For the cumin yogurt sauce, combine the cumin and yogurt together in a bowl until smooth. Season to taste with salt and pepper.

Toss the shredded lettuce and cilantro in a bowl and set aside.

Lightly brush the sliced onions, tomatoes and cut side of the hamburger buns with olive oil and season with salt and pepper. Grill the patties, onions and tomatoes directly over the fire.

Grill the tomatoes for about 2 to 3 minutes on each side. Turn the burgers once after 7 to 8 minutes, then grill for another 7 to 8 minutes, or until the burgers are no longer pink inside and an instant-read thermometer registers 160 F in the center of each patty.

Grill the onions for about 8 to 9 minutes, turning once halfway through the cooking time, or until softened and slightly charred. During the last minutes of grilling, toast the buns, cut side down, directly over the fire.

To serve, place a patty on each bun. Top with a slice of grilled onion, tomato and 1/4 cup of lettuce mixture and a dollop of yogurt sauce. Serve the extra grilled onion and tomato slices on the side.



Did you know?

According to the U.S. Food and Drug Administration, cooks should avoid reusing plates or utensils used to prepare raw meat, poultry or seafood for serving. Even if the plates only momentarily came into contact with uncooked food, they should be thoroughly washed in hot, soapy water after coming into contact with raw foods. Bacteria from the raw juices of food can easily spread to cooked or ready-to-eat foods, potentially contributing to illness. The FDA recommends cooks keep clean platters and utensils next to their grills that they can use to serve food. In addition, if using a bristle brush to clean cooking surfaces prior to firing up the grill, inspect the brush to make sure it's clean and that the bristles do not still contain any specks of food or other foreign objects from a previous grilling session. Once the grill has been cleaned, make sure none of the bristles fell off and onto the grill.



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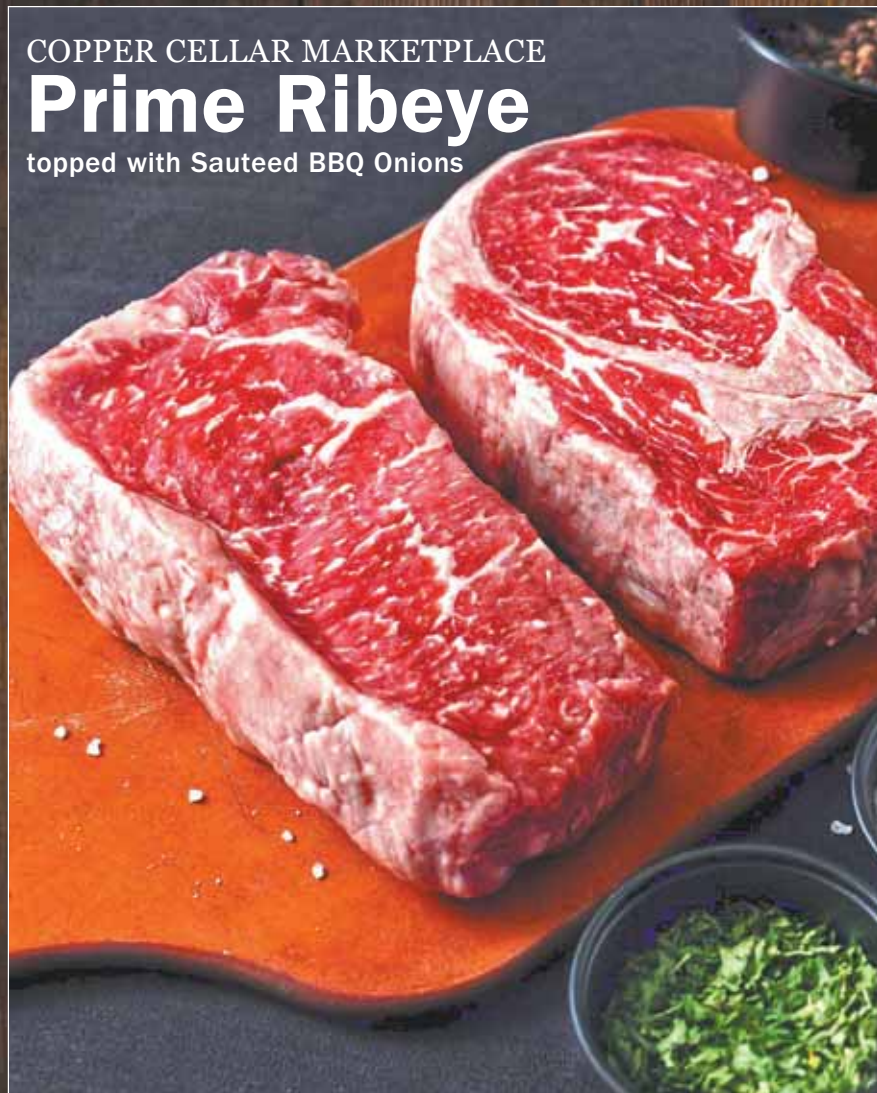


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Prime Ribeye

topped with Sauteed BBQ Onions



BBQ Onions

Yield: 2 to 3 orders

Ingredients

Large Yellow Onion
Calhoun's BBQ Sauce
Calhoun's BBQ Rub seasoning
Calhoun's Char Grill seasoning

Quantity

1
1 cup
2 Tblsp
3/4 tsp

Procedure

1. Combine all ingredients in a sauté pan until blended. Sauté on medium heat for approximately **20 minutes**, caramelized but not burnt. Cook longer if needed.
2. Remove from heat and allow to cool.
3. Place onions on top of the grilled ribeye or strip.

Ribeye

(can also use strip or filet)

1. Grill on medium-high heat, seasoning to taste with Calhoun's Char Grill seasoning, until the desired temperature has been reached.
2. Top ribeye with BBQ onions
3. Serve with twice baked potatoes and collard greens from Copper Cellar Marketplace.
4. Don't forget to end your meal with a piece of Peanut Butter Pie.

All ingredients and serving suggestions can be found at Copper Cellar Marketplace.

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Enjoy Restaurant-Style Wings

M A D E O N Y O U R O W N G R I L L

Chicken wings are beloved by people of all ages and appetites. While many people only eat wings when out on the town, this lovable bar food can be enjoyed at home as well.

Virgil's Smoked Chicken Wings

With Blue Cheese Dip | (Serves 4)

Blue Cheese Dip

2 cups blue cheese crumbles, divided

1 cup mayonnaise

1/2 cup buttermilk

2 teaspoons hot sauce

1 teaspoon Worcestershire sauce

1/2 teaspoon kosher salt

1/4 cup finely chopped scallions

1/4 cup finely chopped celery

Marinade

1/2 cup vegetable oil

1/2 cup hot sauce

4 tablespoons Virgil's Dry Rub (see below)

4 tablespoons granulated garlic

4 tablespoons granulated onion

Juice of 1/2 lemon

Wings

8 large chicken wings

1/2 cup Virgil's Dry Rub (see below)

Sauce

10 tablespoons unsalted butter

1 teaspoon cornstarch

4 tablespoons white vinegar

3/4 cup hot sauce

1/4 teaspoon cayenne pepper



1. To make the dip, combine 1 cup of the blue cheese, mayonnaise, buttermilk, hot sauce, Worcestershire sauce, and salt in the bowl of a food processor and blend on low until smooth.

2. Remove to a medium mixing bowl and fold in the rest of the blue cheese, scallions and celery, being sure to break up the larger blue cheese crumbles. Place in a covered container and refrigerate overnight.

3. Mix all the marinade ingredients in a large mixing bowl. Place the wings in a large container with a lid and pour the mixture over the wings. Toss until the wings are thoroughly coated. Cover and refrigerate for 2 days.

4. Preheat the grill or smoker to 245 F.

5. Spread out the wings on a sheet pan and wipe away any excess marinade. Sprinkle liberally with the dry rub, coating the wings all over.

6. Position the wings on the grill away from the direct heat of the coals or burners, and add hickory to the smoker or hickory chips on the coals or gas burners.

7. Cook the wings for about 3 hours, flipping every 30 minutes (their internal temperature should be about 165 F when cooked).

8. While the wings are cooking, cut the butter for the sauce into 1-inch cubes and refrigerate. Whisk the cornstarch into the white vinegar, in a small bowl.

9. In a medium sauté pan over medium heat, bring the hot sauce to a simmer and whisk in the thickened vinegar. Return to a simmer, cook for 1 minute, and remove from the heat.

10. Add the cayenne and slowly whisk in the cold butter. Keep warm until serving.

11. Remove the wings from the smoker or grill and put half of them into a bowl, cover with the sauce, and toss. Repeat with the remaining wings and serve on a platter, with the blue cheese dip on the side.

Virgil's Dry Rub

Makes 5 to 5 1/2 cups

2 1/2 cups sweet paprika

1 cup granulated sugar

1/2 cup Texas-style chili powder

1/2 cup minced onion

1/2 cup granulated garlic

1/4 cup dried parsley flakes

6 tablespoons kosher salt

Combine ingredients in a medium bowl and whisk together until completely incorporated. Store in a cool, dry place.

Who invented the Hamburger?

Claims of invention

The origin of the hamburger is unclear, with its invention thought to have occurred in the United States and commonly attributed to either Charlie Nagreen, Frank and Charles Menches, Oscar Weber Bilby, Fletcher Davis, and Louis Lassen. White Castle traces the origin of the hamburger to Hamburg, Germany with its invention by Otto Kuase. However, it gained national recognition at the 1904 St. Louis World's Fair when the New York Tribune referred to the hamburger as "the innovation of a food vendor on the pike". No conclusive argument has ever ended the dispute over invention. An article from ABC News sums up: "One problem is that there is little written history. Another issue is that the spread of the burger happened largely at the World's Fair, from tiny vendors that came and went in an instant. And it is entirely possible that more than one person came up with the idea at the same time in different parts of the country."

Louis Lassen

According to Connecticut Congresswoman Rosa DeLauro, the hamburger, a ground meat patty between two slices of bread, was first created in America in 1900 by Louis Lassen, a Danish immigrant, owner of Louis' Lunch in New Haven. Louis' Lunch, a small lunch wagon in New Haven, Connecticut, is said to have sold the first hamburger and steak sandwich in the U.S. in 1900. New York Magazine states that "The dish actually had no name until some rowdy sailors from Hamburg named the meat on a bun after themselves years later", noting also that this claim is subject to dispute. A customer ordered a quick hot meal and Louis was out of steaks. Taking ground beef trimmings, Louis made a patty and grilled it, putting it between two slices of toast. Some critics like Josh

Ozersky, a food editor for New York Magazine, claim that this sandwich was not a hamburger because the bread was toasted.

Charlie Nagreen

One of the earliest claims comes from Charlie Nagreen, who in 1885 sold a meatball between two slices of bread at the Seymour Fair now sometimes called the Outagamie County Fair. The Seymour Community Historical Society of Seymour, Wisconsin, credits Nagreen, now known as "Hamburger Charlie", with the invention. Nagreen was fifteen when he was reportedly selling pork sandwiches at the 1885 Seymour Fair, made so customers could eat while walking. The Historical Society explains that Nagreen named the hamburger after the Hamburg steak with which local German immigrants were familiar.

Otto Kuase

According to White Castle, Otto Kuase was the inventor of the hamburger. In 1891, he created a beef patty cooked in butter and topped with a fried egg. German sailors would later omit the fried egg.

Oscar Weber Bilby

The family of Oscar Weber Bilby claim the first-known hamburger on a bun was served on July 4, 1891 on Grandpa Oscar's farm. The bun was a yeast bun. In 1995, Governor Frank Keating proclaimed that the first true hamburger on a bun was created and consumed in Tulsa, Oklahoma in 1891, calling Tulsa, "The Real Birthplace of the Hamburger."

Frank and Charles Menches

A bacon cheeseburger, from a New York City diner

Frank and Charles Menches claim to have sold a ground beef sandwich at the Erie County Fair in 1885 in Hamburg, New York. During the fair, they ran out of pork sausage for their sandwiches and substituted beef. Kunzog, who spoke to Frank

Menches, says they exhausted their supply of sausage, so purchased chopped up beef from a butcher, Andrew Klein. Historian Joseph Streamer wrote that the meat was from Stein's market not Klein's, despite Stein's having sold the market in 1874. The story notes that the name of the hamburger comes from Hamburg, New York not Hamburg, Germany. Frank Menches's obituary in The New York Times states that these events took place at the 1892 Summit County Fair in Akron, Ohio.

Fletcher Davis

Fletcher Davis of Athens, Texas claimed to have invented the hamburger. According to oral histories, in the 1880s he opened a lunch counter in Athens and served a 'burger' of fried ground beef patties with mustard and Bermuda onion between two slices of bread, with a pickle on the side. The story is that in 1904, Davis and his wife Ciddy ran a sandwich stand at the St. Louis World's Fair. Historian Frank X. Tolbert, noted that Athens resident Clint Murchison said his grandfather dated the hamburger to the 1880s with 'Old Dave' a.k.a. Fletcher Davis. A photo of "Old Dave's Hamburger Stand" from 1904 was sent to

Tolbert as evidence of the claim.

Other hamburger-steak claims

Various non-specific claims of invention relate to the term "hamburger steak" without mention of its being a sandwich. The first printed American menu which listed hamburger is said to be an 1834 menu from Delmonico's in New York. However, the printer of the original menu was not in business in 1834. In 1889, a menu from Walla Walla Union in Washington offered hamburger steak as a menu item.

Between 1871 and 1884, "Hamburg Beefsteak" was on the "Breakfast and Supper Menu" of the Clipper Restaurant at 311/313 Pacific Street in San Fernando, California. It cost 10 cents—the same price as mutton chops, pig's feet in batter, and stewed veal. It was not, however, on the dinner menu. Only "Pig's Head," "Calf Tongue," and "Stewed Kidneys" were listed. Another claim ties the hamburger to Summit County, New York or Ohio. Summit County, Ohio exists, but Summit County, New York does not.

~ Source Wikipedia



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