

4th Of July Recipes!

King Salmon Bake (Alaska)

This state's prized fish is the King Salmon, and this is the most requested Alaskan recipe, a delicious baked King Salmon with a delicately balanced honey and mustard sauce. Try this recipe for perfectly baked salmon every time.

Serves: 4 - Prep Time: 5 minutes - Cook Time: 12–15 minutes

Ingredients

- 4 Alaska King Salmon fillets (with the skin)
- Salt and freshly ground black pepper
- 2 tablespoons Dijon-style mustard
- 2 tablespoons melted butter
- 1 tablespoon honey
- ¼ cup fresh breadcrumbs
- ¼ cup finely chopped pecans
- 3 tablespoons fresh chopped parsley (divided; 1 tablespoon for garnish)

Directions

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Season the Alaska King Salmon fillets with salt and pepper.
3. In a shallow dish, combine the breadcrumbs, pecans and 2 tablespoons of the parsley.
4. In another bowl, mix Dijon mustard, butter, and honey to make the honey mustard mixture.
5. Place the salmon on the parchment paper, skin-side down.
6. Lightly brush the honey mustard mixture over the flesh side of the salmon, ensuring it is well coated with the sticky honey sauce.
7. Take the combined breadcrumb mixture and pat it on top of the sticky sauce, ensuring the salmon fillets are evenly coated.
8. Bake in the oven for 12–15 minutes until cooked through, depending on the thickness of the fillets.
9. Remove from the oven, sprinkle with parsley, if desired, and serve.

Nutrition Information

*Calories 415, Total Fat 18g, Saturated Fat 5g, Carbs 27g,
Fiber 3g, Sugars 4.4g, Sodium 350mg, Protein 40g,*

Kansas-City-Style Ribs

(Kansas)

This traditional Kansas-style rib recipe features a dry rub, big flavors and a great spicy sauce that sets it apart from other barbecue ribs and gives it an authentic Kansas City flavor.

Serves: 6+ - Prep Time: 15 minutes, plus 1–12 hours marinating time - Cook Time: 5 hours 20 minutes

Ingredients

- 3 slabs baby back pork ribs
- Favorite sides for serving

Rub ingredients

- 2 cups brown sugar
- ½ cup dry mustard
- 1 tablespoon cayenne pepper
- 1 tablespoon smoked paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon celery salt
- 1 tablespoon salt
- 2 teaspoons freshly ground black pepper

Barbecue sauce

- 2 tablespoons vegetable oil
- 1 onion, finely diced
- 3 cups water
- 1 cup tomato paste
- ½ cup brown sugar
- ⅔ cup apple cider vinegar
- ¼ cup molasses
- ¼ teaspoon cayenne pepper
- ¼ teaspoon smoked paprika
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper

Directions

1. Prepare the ribs by patting them down with paper towels to remove any excess moisture. Remove the white membrane with a paring knife.
2. Mix all the rub ingredients in a bowl and apply generously to all sides of the ribs so that they are heavily coated. Place the ribs in the refrigerator for at least 1 and up to 12 hours.
3. Prepare the barbeque sauce by heating the oil over low heat in a saucepan. Add the diced onion and sauté for 1–2 minutes. When the onion is translucent, add the water, tomato paste, vinegar, molasses, cayenne pepper, paprika, salt, and pepper. Bring to a boil, reduce heat to low, and allow to simmer for 30 minutes.
4. Cook the ribs in a smoker for 3–4 hours, turning and basting with the sauce every 40 minutes, until the ribs are cooked through and tender.
5. Place ribs on a serving platter and serve with your favorite sides.

Note: To cook the ribs in an oven, preheat the oven to 350°F. Baste the ribs with the sauce and cover with aluminum foil. Repeat the basting process every 30 minutes for 2½ hours. Remove the foil and turn the broiler on for the last 30 minutes.

Nutrition Information (4 ounces)

Calories 260, Total Fat 17g, Saturated Fat 6g, Carbs 6g, Fiber 0g, Sugars 1g, Sodium 600mg, Protein 19g

N.C. Pulled Pork Sandwich

(North Carolina)

North Carolina is well known for its barbecue. It boasts many barbecue festivals and has one of the highest rate of BBQ restaurant per capita. This pulled pork sandwich recipe is typical of the area, basted in barbecue sauce and topped with slaw.

Serves: 10 - Prep Time: 30 minutes - Chilling Time: 2-12 hours - Cook Time: 4-6 hours

Ingredients

- 5-6 pounds Boston butt pork roast
- 6 cup hickory wood chips
- 10 large hamburger buns
- Apple juice in a spray bottle
- 1 medium-sized cabbage, finely shredded
- ½ cup apple cider vinegar
- ½ cup ketchup
- ½ cup sugar
- 1 teaspoon celery seeds
- 1 tablespoon red chili pepper flakes
- 1 teaspoon hot pepper sauce, such as Texas Pete
- Kosher salt and freshly ground pepper

Dry rub

- 2 tablespoons brown sugar
- 2 tablespoons sweet paprika
- 2 tablespoons ground black pepper
- 2 tablespoons sea salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

Barbecue sauce (yields 1½ cup)

- 1 cup white vinegar
- ⅓ cup ketchup
- ⅓ cup apple juice
- 2 tablespoons brown sugar
- ½ tablespoon salt
- 1-2 teaspoons crushed red chili pepper
- 1 teaspoon black pepper

Directions

1. To prepare the rub, mix all the ingredients in a mixing bowl, and combine well. Smear the rub all over the pork shoulder, and massage gently. Place the roast in a shallow dish, and cover with plastic wrap. Let it rest in the refrigerator at least 2 hours and up to 12 hours. Let the pork roast rest at room temperature about 45 minutes before starting to cook it.
2. If you have a smoker, prepare for smoking and have the heat reach 225°F before cooking the pork. Place the soaked hickory chips in the smoker's box. Make sure the grates are clean and oil them with vegetable oil. Place a dripping pan below where the pork will be cooked to collect dripping juices. When the smoke starts, place the pork butt on the grill. Cook for about 4–6 hours, with the cover down, until the internal temperature reaches 190°F on a meat thermometer. To keep the pork moist, spray with apple juice every 30 minutes after the first 2 hours of cooking.
3. You can also make this recipe on a regular barbecue. Prepare the charcoal or gas barbecue for indirect heat. Clean and oil the grates. The temperature should be maintained around 225°F. If your barbecue is equipped with a smoking box, fill it with soaked wooden chips. If not, you can prepare a large double layer foil packet with the soaked wooden chips. Perforate the packet several times to let the smoke out. Place the packet below the grill directly above one of the burners. Place a dripping pan where the pork will be cooked. Start the barbecue on high temperature. When the smoke starts, reduce the temperature to low or 225°F, and place the pork on the grill over the dripping pan. Cover and cook for 4-6 hours.
4. Check once an hour, and add fresh coals and wood chips as needed.
5. While the pork is cooking, prepare the red slaw. Add cider vinegar, ketchup, sugar, red pepper chili flakes, celery seeds, and hot sauce to a large mixing bowl. Whisk vigorously until the sugar has dissolved. Add the cabbage, and mix well. Season with salt and pepper to

taste. Cover with a plastic wrap, and let rest in the refrigerator for at least 1 hour before serving.

6. To prepare the barbecue sauce, also known as the Lexington dip, mix all the ingredients in a sauce pan. Bring to a boil on medium-high heat. Reduce heat to low and let simmer 15 minutes. Remove from heat, and set aside for later use.

Nutrition Information (4 pieces)

Calories 382, Total Fat 11g, Saturated Fat 3g, Carbs 33g

Fiber 2g, Sugars 6g, Sodium 724mg, Protein 28g

Chimichangas

(Arizona)

Considered to be the 'soul food' of Arizona, chimichangas are taken seriously by locals. This is a deep-fried chimichanga with a chicken-and-melted-cheese filling. One you try this traditional chimichanga recipe, you'll understand its legendary status in Arizona.

Serves: 8 - Prep Time: 15 minutes - Cook Time: 20 minutes

Ingredients

- 8 flour tortillas
- 1 ½ pounds cooked chicken breast, shredded
- 1 medium onion, chopped
- ½ teaspoon garlic powder
- 1 tablespoon chili powder
- ¼ teaspoon ground oregano
- ½ teaspoon ground cumin
- Salt and pepper to taste
- 2 tablespoons vegetable oil
- Vegetable oil (for deep frying)
- 1 (4½-ounce) can green chilies, chopped
- 2 cups shredded cheddar cheese

Garnish

- Salsa (optional)
- Sour cream (optional)
- Guacamole (optional)

Directions

1. Wrap the stack of tortillas and heat according to instructions.
2. Place a large skillet over medium heat and heat the oil. Add the onion and cook until translucent.
3. Add the drained green chilies and cook for 1–2 minutes, stirring. Add in the shredded chicken and then mix in the cumin, chili powder and garlic powder.
4. Season the chicken mixture with salt and pepper and continue cook on a low heat for 3–4 minutes, stirring continuously. Set the pan aside, allowing the mixture to cool.
5. Preheat the deep fryer to 375°F.
6. Scoop some shredded cheese and then spoon the chicken mixture into the center of each tortilla. Don't overfill, as it will expand.
7. Carefully fold the ends of each tortilla, and then the sides, over the center to ensure the mixture doesn't spill. As they are going into the deep fryer, use a toothpick to secure each chimichanga. Fry until golden brown, about 1½–2 minutes per side.
8. Place the chimichangas on a plate lined with paper towels to drain excess oil.
9. Sprinkle with additional cheese on top, let melt, and serve with sides of sour cream, salsa, and guacamole dip, if desired.

Nutrition Information

Calories 553, Total Fat 38g, Saturated Fat 12g, Carbs 29g, Fiber 2g, Sugars 2g, Sodium 690mg, Protein 23g

Funeral Potatoes

(Utah)

This traditional potato hot dish was named for its popularity at funerals as a tongue-in-cheek joke among locals, but it's also served as a side with most holiday spreads. A creamy potato casserole, oozy inside with a melted cheese topping, really is perfect for any occasion.

Serves: 4–6 - Prep time: 10 minutes - Cook Time: 55 minutes

Ingredients

- 4 tablespoons butter
- 1 small onion, diced
- 1 32-ounce package frozen shredded hash browns, at room temperature
- 2 cups shredded sharp cheddar cheese
- 1 (10.5-ounce) can cream of celery soup
- 2 cups sour cream
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1½ cups corn flakes cereal, coarsely crushed
- ½ cup parmesan cheese, grated
- Cooking spray

Directions

1. Preheat the oven to 375°F and lightly grease a 9×13-inch baking dish with cooking spray.
2. Place a small skillet over medium heat and add the butter. As it melts, add the onion and sauté for 2–3 minutes until fragrant and translucent. Add in the garlic and stir for 1 more minute.
3. To make the potato mixture, use a large bowl and add the onions, hash browns, cheese, soup, salt and pepper, and sour cream. Mix until all ingredients are well combined.
4. Place the potato mixture in the baking dish and sprinkle the parmesan cheese and the crushed cereal on top.
5. Bake for 45–55 minutes or until golden brown.
6. Allow the potatoes to cool for a few minutes before serving as they will be piping hot.

Nutrition Information (1 serving)

Calories 605.9, Total Fat 34.9g, Saturated Fat 11.7g, Carbs 60.3g, Fiber 4.7g, Sugars 2.7g, Sodium 1.321mg, Protein 13.3g

Key Lime Pie (Florida)

A light and refreshing pie that strikes the perfect balance of sweet and tart, this is a classic and all-time favorite directly from Florida Keys.

Serves: 8 - Prep Time: 30 minutes - Cook Time: 10–12 minutes

Ingredients

- 1 prepared graham cracker crust (9 inches) or basic graham crust recipe
- 3 egg yolks
- 1 teaspoon grated lime zest
- 1 (14-ounce) can sweetened condensed milk
- $\frac{3}{4}$ cup freshly squeezed key lime juice
- 1 cup whipping cream
- 1 teaspoon vanilla extract
- 3 tablespoons confectioners' sugar

Directions

1. To prepare the filling, add the egg yolks to a large electric mixing bowl and beat until light and fluffy, about 4 minutes on medium speed. Add the lime zest and continue beating for 1 minute on high speed.
2. Reduce speed to medium and add the condensed milk. Beat for 4–5 more minutes until creamy and smooth.
3. Add the key lime juice, and mix just to blend all the ingredients together.
4. Preheat the oven to 350°F. Take the filling and pour it into the pie crust carefully. Place in the oven and bake for 10–12 minutes or until the lime custard sets. Remove from the oven and let cool down before refrigerating for 2–3 hours before serving. Alternatively, you could place it in the freezer for 20 minutes.
5. Meanwhile, to make the topping, take a small mixing bowl and whip the cream so that it forms peaks. Add the sugar and vanilla and whisk until it stiffens. Refrigerate.
6. Before serving, you can either pipe the topping around the pie or spread it evenly over the filling.

Nutrition Information (1 slice)

*Calories 364, Total Fat 16g, Saturated Fat 4g, Carbs 49g,
Fiber 1g, Sugars 26g, Sodium 309mg, Protein 5g*

*****These recipes and more are found in Louise Davidson's *American Cooking: State-by-State Iconic Recipes*. To get your own copy, click on the cover below or click [here](#).**

