

HLN Weekend Express Super Bowl Recipes:

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Buffalo Chicken Meatball sliders with blue cheese fondue

Buffalo Chicken Meatballs

Ingredients:

- 1 lb ground chicken
- 1 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 2 teaspoon grated Parmesan cheese
- 1 egg
- 1/2 cup Italian breadcrumbs
- 10 Kings Hawaiian rolls or slider buns

****about 2 tablespoons Canola oil for frying only****

Recipe:

- 1.) Preheat oven to 375 degrees
- 2.) Add all ingredients (except slider rolls) into a medium sized bowl, and mix together until well incorporated.
- 3.) Place ground chicken mixture in fridge for about 15 to 20 mins to allow to firm up.
- 4.) Roll and form chicken meatballs into small golf ball size balls.
- 5.) Add about canola oil to a large cast iron pan, bring to medium high heat.
- 6.) Brown meatballs on all sides until golden brown, about 10 to 12 minutes.
- 7.) Place cast iron pan into oven and cook for an additional 12 to 15 minutes, flipping meatballs after 6 mins. Fully cook meatballs through (165 degrees).
- 8.) In a large mixing bowl gently toss meatballs in about a cup of the buffalo sauce.
- 9.) Serve on slider buns or Hawaiian rolls with bleu cheese fondue and bleu cheese crumbles.

Yield: About 10 Buffalo chicken meatballs

Buffalo hot sauce

Ingredients:

- 1 cup Texas Pete hot sauce (or favorite hot sauce)
- 1 teaspoon Worcestershire sauce
- 1 teaspoon ground dry mustard
- 3 tablespoons honey
- 1 stick (4 oz) unsalted butter cubed

Recipe:

- 1.) In a small sauce pot add hot sauce, Worcestershire sauce, dry mustard, and honey; whisk until well incorporated.
 - 2.) Bring contents to a boil, about 4 to 5 mins.
 - 3.) Remove from heat and whisk in cubed butter.
 - 4.) Set aside buffalo sauce until ready to toss chicken meatballs with.
- *To make buffalo sauce spicier, use less honey and omit dry mustard.

Yield: 1.5 cups of buffalo sauce

Bleu Cheese fondue

Ingredients:

- 1/2 cup bleu cheese crumbles
 - 1/2 small diced yellow onion
 - 2 minced garlic cloves
 - 1.5 cups heavy cream
 - 1 oz unsalted butter
- *Kosher salt & white pepper to taste

Recipe

- 1.) In a small sauce pot on medium high heat, add butter to pot and melt.
- 2.) Add onion and garlic, and reduce heat to medium and cook until tender and caramelized, about 10 mins.
- 3.) Add heavy cream and bring to a boil, add bleu cheese and reduce to medium heat; simmer for about 5 to 7 mins until sauce thickens and coats the back of spoon. Season to taste with salt & white pepper.
- 4.) Remove from heat and immediately serve with Buffalo Chicken Meatball Sliders.

Yield about 1.5 cups of bleu cheese fondue

Super Bowl Sangria

Ingredients:

- 1 bottle white wine (750 ml) (Pinot Grigio or Sauvignon Blanc)
- 1 cup spiced rum
- 1/2 cup elderflower liqueur
- 2 cups limeade
- 2 cups orange juice
- 8 oz mango nectar
- Juice of 3 whole limes
- 1 cup water (*for mint simple syrup)
- 1/2 cup white sugar (*for mint mint syrup)
- 20 mint leaves (*for mint simple syrup)

Mint simple syrup

Recipe:

- 1.) Whisk water and sugar in a small sauce pot, bring water to a boil, until sugar dissolves.
- 2.) Remove from heat, and place mint leaves in simple syrup about 12 to 15 mins, until simple syrup imparts mint flavor.
- 3.) Remove mint leaves from simple syrup.
- 4.) Cool to room temperature.

Super bowl Sangria

Recipe:

- 1.) In a large pitcher combine all ingredients and whisk together until incorporated.
- 2.) Place orange, lime slices, and ice in pitcher.
- 3.) Garnish in glass with fresh mint sprig, orange and lime slices.

Yield: 10.5 cups of Super Bowl Sangria

****To make "Virgin" Super Bowl Sangria omit wine, rum, and elderflower liquer****