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# Whet Your Appetite

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## Superbowl Snacks & Stats

An exciting day each year for millions of Americans is Superbowl Sunday. This year Superbowl LVI will be on Sunday February 2, 2020 at Hard Rock Stadium, home of the Miami Dolphins. Superbowl Sunday is a day to get together with friends and family and binge on our favorite snack, comfort, junk and party foods. Supermarkets are just as busy around Superbowl Sunday as they are for Thanksgiving! Americans consume all different types of foods in astonishingly high numbers! In 2016, The Global News Website shared a study that was done by the Snack Food Association showing some of those incredibly high numbers. Written by Sarah Kelsey in February 2016, check the column to the right for some of the incredible amounts that are sold.

They also shared that pizza deliveries increase by almost 60% and there are double digit increases to the sales of sour cream, hummus, and cream cheese.

In an article written by Caroline Picard and Samantha Zabell (1/30/14) for Good Housekeeping.com, they say that 325.5 million gallons of beer will be consumed on Super Bowl Sunday. They say that is enough to fill an Olympic sized swimming pool nearly 2,000 times!

In this issue, our staff share some of their favorite Superbowl recipes with you!

## Supersized Stats



**1.25 Billion  
Chicken Wings**

**12.5 Million Pounds  
of Bacon**

**11.2 Million Pounds  
of Potato Chips**

**10 Million Pounds  
of Ribs**

**8.2 Million Pounds  
of Tortilla Chips**

**2.8 Million Pounds  
of Popcorn**

**3 Million Pounds  
of Nuts**

# Superbowl LIV

## Our staff shares their favorite recipes

### CRABMEAT TASTES

*By Debbie Secondo, Catering Assistant Manager*

3 cans flaked crabmeat, drained  
1 jar cheese spread – like Cheese Wiz  
1/4 cup butter, softened  
1 1/2 pkg English muffins, split apart

Mix first 3 ingredients together. Spread on English muffins and cut in half and then in half again making triangles. Place on cookie sheet and bake at 350 degrees for about 10-15 minutes or until just a little golden on top. They also freeze well, so a great make ahead item and cook day of.

### CHILI

*By Nicole Davis, Administrative Assistant*

This recipe can be altered to fit your tastes however you'd like. Spicy or not, thick or thin. If you like a very tomato based chili, add more tomato sauce. If you like a thick chili- see below about how to mix a few teaspoons of corn starch with cold water, or add less beef broth.

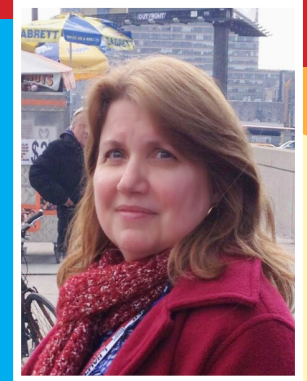
1 tablespoon olive oil	Salt & pepper to taste
1 Lb. ground beef	Beef broth- 2-4 Cups- <i>depending on how thick or thin you like it</i>
3/4 cup onions - chopped	3/4 - 1 cup Tomato Sauce
1-2 cloves garlic- chopped	1 can black or red beans with their liquid
1 can of tomatoes with green chilies	<i>liquid optional (it will help thicken)</i>
1-2 tablespoon chili powder	Jalapenos if desired for extra heat. With ribs
1 teaspoon cumin	and seed for extra spice or remove for less heat.
1 tablespoon steak sauce or Worcestershire Sauce	Cornstarch- optional

Heat olive oil in a sauce pan. Sautée onions on high heat until almost translucent. If you were going to add jalapenos, you would do that now and sauté with the onions. Add ground beef, cook until brown. Add chopped garlic, sauté garlic stirring quickly so it won't burn. 2 minutes. Add chili powder and cumin, some salt and pepper to taste. Stir and toast the spices to bring out the flavor for 1 minute. Add 2 cups beef broth to deglaze bottom of the pot. Scrape brown bits off bottom while stirring. Add tomato sauce and can of tomatoes with green chilies. Add steak sauce or Worcestershire sauce. Add can of beans. Cover and simmer for 15 minutes. If chili is too thin, add cornstarch mixture and boil to thicken. You may need to repeat this step until desired thickness is achieved. If too thick add more beef broth to thin. Taste for seasoning. Add more of any of the spices if you'd like to make the chili flavor stronger if that's how you like it. You could even add cayenne pepper if you don't like jalapenos.

Serve with different toppings such as sour cream, tortilla chips/strips, cheese, corn bread, chopped scallions, or even bacon crumbles.



## Meet Our Assistant Managers



### DEB SECONDO

*I grew up in Tolland, CT one of 5 siblings who all live in the area. I have been married for 29 years to my husband Mike, on February 1st, and together we have two sons, two daughters and four grandsons. I worked at the Acadia Restaurant for nine years as a bartender and waitress. I followed the owners to Teggiano Restaurant in Willington for four years. I also, worked at Red Rock Café for three years before joining the team here at University Catering. I started part time as a food production clerk 14 years ago. I moved up to Catering Supervisor shortly after starting. I was promoted to Asst. Manager last year. I love that every day is different, bringing new challenges.*

*Outside of work I volunteer my time at my Church, Blessed Sacrament Parish, Tolland. I have run the Frosty Village Bazaar, our Christmas Bazaar, for 20 years. Everyone at work will tell you that Christmas is my favorite time of year. I have been known to start playing Christmas music in October. It's not unusual for Mike and I to play Christmas music by the pool in the summer. I enjoy cooking for family and friends.*

# Superbowl LIV

## Our staff shares their favorite recipes

### BAKED JALAPENO POPPER DIP

By *Bethe Greene, Sales Coordinator*

1 package cream cheese 8 oz. (softened)  
2 1/2 cups shredded mozzarella  
3-5 fresh jalapenos depending on heat preference, stemmed seeded, and finely minced  
2 tablespoons mayonnaise  
1 garlic clove peeled and minced or pressed through a garlic press  
3/4 teaspoon kosher salt  
1/8 teaspoon ground cayenne pepper  
2 tablespoons salted butter (melted)  
1/2 cup panko bread crumbs

Preheat oven to 400F degrees

Butter a small casserole dish and set aside. Smash the cream cheese, mozzarella cheese, jalapenos, mayonnaise, garlic, salt, and cayenne pepper together with a potato masher or sturdy spoon until everything is evenly combined.

Spoon into the buttered casserole dish and even the top. Toss the melted butter and bread crumbs together then scatter them evenly over the dip. Place the buttered casserole on a rimmed baking sheet in case of bubble-overs. Bake for 20-28 minutes, or until the dip is bubbly and the bread crumbs are golden brown. Serve hot or warm with tortilla chips, vegetable sticks, crackers, or crusty bread.

### Baked Sticky General Tso's Chicken Wings

By *Kathy Halgren, Chef Assistant*

Servings: 24 Wings | Prep Time: 10min | Cook Time: 50 minutes

**Ingredients:** 24 wings with skin, rinsed & patted dry (approximately 3lbs)

#### Rub:

2 tablespoons baking powder  
2 tablespoons ground ginger  
1 tsp each salt, onion powder, garlic powder  
1/2 teaspoon black pepper  
1/4 teaspoon cayenne pepper

#### Sauce:

1/3 cup reduced sodium soy sauce  
1/3 cup Japanese sweet rice wine/mirin  
(may substitute dry sherry)  
1/3 cup water  
1 tablespoon toasted sesame seed oil  
1/2 – 1 1/2 teaspoons Sriracha/Asian hot chili sauce

#### Sauce cont.

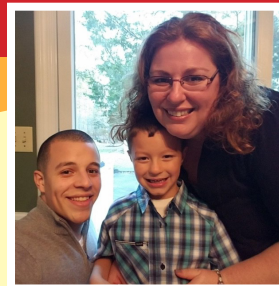
1 1/2 tablespoons freshly grated ginger  
3 garlic cloves, minced  
1/4 teaspoon salt  
Dash of pepper  
1 tablespoon cornstarch

#### Caramel Sauce:

1/2 cup sugar  
2 tablespoons water

1. Preheat oven to 400F degrees. Line baking sheet with foil for easy cleanup. Top baking sheet with baking rack/oven proof cooling rack and lightly spray with nonstick cooking spray.
2. In a medium bowl, mix rub ingredients together. Add half of the rub to a large freezer bag. Add half of the wings and shake until coated evenly. Line wings on prepared baking rack so they are not touching. Add remaining rub ingredients and wings to freezer bag and repeat.
3. Bake on upper middle rack for 45-50 minutes or until golden. Move oven rack approximately 6-8" from broiler and broil to desired crispiness, watching closely so wings don't burn. Flip chicken wings over and broil the other side until crispy.
4. In a medium bowl, whisk together sauce ingredients (not caramel sauce). Set aside.
5. To make the caramel sauce, add 2 tablespoons water and 1/2 cup sugar to large skillet and boil over medium heat for 1 minute – don't overcook or it will harden! Add reserved sauce and simmer the sauce until thickened, about 2 minutes.
6. Remove the sauce from the heat and allow to cool down slightly. Add cooked chicken to a large bowl and add sauce. Toss until evenly coated with a spatula. There will be a little extra sauce which is amazing on rice.

## Meet Our Assistant Managers



### KRISTIN TELLIER

*I was born and raised in Windham, Connecticut. As a child, I spent many days here at UConn. In the winter months, my family would all come together for hours and slide down Horsebarn Hill. In the summer, my grandparents brought me here for many adventures at the barns and fields. Of course, we ended our day with a scoop of Dairy Bar ice cream. I studied Psychology at ECSU but loved the hustle and bustle of the hospitality business so I followed my passion and joined University Catering about 15 years ago. I started off as a kitchen assistant and moved up to different positions throughout the years and was recently promoted to a Catering Assistant Manager.*

*I am a mother of two boys, 8 and 25. My oldest is in the military and deployed at the moment. My youngest is full of life and loves soccer, animals, art and math. I traveled this past summer with my 8 year old to Thailand where we walked in the jungle with elephants, fed and bathed them, ate delicious street food in Bangkok, met some of the most pleasant local people and swam at the most exotic beaches. Our first trip together was to Jamaica where we were able to swim and dance with dolphins, kayak in the surrounding ocean at sunset and relax in the sun. This year we will be going to Alaska where he is hoping to see a bear and much more. We fully enjoyed Thailand and plan on going back in a few years to come. I am very blessed to say the least, that I have a job I love and a healthy family.*



# Superbowl LIV

## Our staff shares their favorite recipes

### NACHOS

*By Caroline Johnson, Sales Coordinator*

Who doesn't love nachos for super bowl Sunday? This is not a recipe per-se, but it's an easy item to bring and it's always so well received because it is set up like a nacho bar! What screams Super bowl more than nachos? I found that bringing it like this is so much better than bringing it all put together- only to get soggy the longer it sits out.

We all have a Tupperware container for veggies and dip. Most of them have seven or eight sections. The sections are perfect for all of your nacho ingredients- keeping everything separated, clean, and offering your guests the opportunity to make the nachos the way they want. There are some items you can offer:

**Guacamole** - Peel several avocados, mash and then add some lime juice, salt and cilantro.

**Roasted Corn and Bean Salsa** - Toss corn with oil, salt, pepper, cumin, and some parsley- roast for 10 minutes. Allow corn to cool before adding to black and white beans. Add a little bit of oil- season with salt, pepper, garlic and toss.

**Mango Salsa** - Dice the mango, add a little lime juice, diced onions, diced red peppers or if you don't like peppers you can even do strawberries, minced jalapenos, cilantro and salt. Toss together.

**Salsa Verde** - This is a nice twist on regular salsa and I like to make it a little spicy. Drained can of tomatillos and the pulse them in a food processor. Add a small amount of red pepper flakes or jalapenos for heat- I like the red pepper flakes because it also gives some color. Add a pinch of salt, lime juice, garlic, cilantro and even some chopped onion if you like.

And the rest is easy! Sour cream, shredded lettuce, diced tomatoes, and shredded cheese right off the grocery store shelf totally works as a filler for the rest of the compartments.

Next- I have a small two part crock pot that I like to offer ground turkey on one side, and chicken on the other. Simply cook each separately with taco seasoning and then keep warm during game time in the crock pot.

I also have a small crock pot that I sometimes offer nacho cheese in rather than putting the shredded cheese out.



### "Super" Cubano Stromboli

*By Dorothy Hamerstrom, Sous Chef*

Yield: 6-8 servings

1 large pizza crust, thawed rolled into rectangle  
1/4 lb. butter (softened)  
1 cup yellow mustard  
1 pound Swiss cheese, thinly sliced, divided

2 lb. pulled roast pork (even leftovers are ok)  
1 1/4 lb ham, deli style, folded  
1 small jar sliced sandwich dill pickles  
1 large egg whisked

With crust rolled out, spread butter down half of the crust, long way, and then spread mustard over the entire inside of crust.

Lay out Swiss (1/2 amount) down the center, then pork, folded ham, remainder of Swiss and dill pickles. Carefully fold 1st side over center, roll up ends and then fold over second side. Pinch seams and brush top with egg.

Bake at 350F degrees for 30-40 minutes, until crust is crisp and gold. Allow to cool for 5 minutes. Slice across in desired size. Serve warm.

# New Items in Catering

## See What's New This Spring & Beyond

Catering is now offering creamer sticks (cream variety only).



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Ireland's fertile soils, temperate climate, clean winds, and abundant rain water provide natural advantages for farming.

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- Long shelf life
- Ultra High Temperature Pasteurization (UHT)
- UHT preserves the freshness

## Coming Soon! Nut Free Baklava

The history of baklava is quite controversial, and not very well documented. Many regions such as Greece, Turkey, and the Middle East claim baklava as their own, and prepare it in their own ways. Now, we introduce UCONN's own nut free Baklava. Using pumpkin and sunflower seeds, layered with raisins and apricot, and coconut.

# UConn

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