

DENVER BUSINESS JOURNAL

Every accomplished entrepreneur and business person must find the right ingredients to blend, to mix, to create their own recipe for success. The 2015 winners of the Denver Business Journal's 40 under 40 were asked about their recipe for success. They also were asked for the recipe for their favorite dish. Here are the recipes that add spice to their personal lives.

Renee Azerbegi, Ambient Energy

Pomegranate Khoresh with Chicken

(From New Food of Life cookbook, by Najmieh Batmanglij) http://www.najmiehskitchen.com/nk_new_cookbooks.html

Ingredients:

2 large onions, peeled and thinly sliced
2 lbs. chicken legs or duck breast, cut up with skin removed
5 tbsp. oil or butter
1 tsp. salt
½ cup pomegranate paste dissolved in 2½ cups water, or 4 cups fresh-squeezed pomegranate juice
1 cup peeled and cubed butternut squash (optional)
½ lb. or 2 cups very finely ground shelled walnuts or pistachios
½ tsp. cinnamon
¼ tsp. ground saffron dissolved in 1 tbsp. hot water
2 tbsp. sugar (optional)
Seeds of a whole fresh pomegranate

Directions:

1. In a Dutch oven, brown onions and chicken in oil. Add 1 tsp. salt.
2. Heat 2 tbsp. oil in nonstick skillet and brown both sides of butternut squash, then set aside.
3. In a food processor, finely grind walnuts, add diluted pomegranate paste, cinnamon and saffron water, then mix well to create a creamy paste.
4. Add butternut squash and nut paste to Dutch oven, stirring gently. If pomegranate paste is too sour, add 2 tbsp. sugar. Cover and simmer for 1½ hours, stirring occasionally with wooden spoon to prevent nuts from burning.
5. If stew is too thick, add warm water to thin. Taste sauce and adjust for seasoning and thickness. The khoresh should be sweet and sour, according to your taste. Add pomegranate paste to sour the taste of the khoresh or sugar to sweeten.
6. Transfer the khoresh from Dutch oven to a deep ovenproof casserole. Cover and place in a warm oven until ready to serve with chelow (saffron-steamed rice). Just prior to serving, sprinkle 2 tbsp. fresh pomegranate seeds on top.

Justin Ball, Bespoke Event Group

Bara and Curried Channa

("Doubles" street food of Trinidad and Tobago)

(From "The Multi-Cultural Cuisine of Trinidad & Tobago & the Caribbean," published by Naparima Girls' High School, Trinidad and Tobago.)

<http://www.naparimagirlscookbook.com/store.html>

Ingredients:

2 cups flour
1/2 tsp. salt
1 tsp. turmeric powder
1/2 tsp. ground cumin
1/4 tsp. sugar
1 tsp. instant yeast
1/2 lb. channa (chickpeas) soaked overnight
1 tbsp. vegetable oil
3 cloves garlic, minced
1 onion, sliced
2 tbsp. curry powder
1 1/4 cup water
Pinch cumin
1 tsp. salt
1 cup oil for frying
Pepper sauce
Mango chutney

Directions:

1. In a large bowl combine flour, salt, turmeric, cumin, sugar and yeast. Add enough lukewarm water to make a soft bread dough (bara); mix well, cover and let rise for 1 1/2 hours.
2. Boil soaked channa in salted water until tender and drain well.
3. Heat oil in heavy skillet or iron pot, add garlic, onion and curry powder mixed with 1/4 cup water; sauté for a few minutes. Add channa, stir to coat well and cook for 5 minutes; add 1 cup water, cumin, salt and pepper to taste.
4. Cover, lower heat and simmer until chickpeas are soft; add more water if necessary. When channa is finished; it should be soft and moist. Adjust seasoning.
5. Punch down bara dough and allow to relax for 10-15 minutes.
6. To shape bara, take about 1 tbsp. of dough, pat with both hands to flatten into a circle of 4- to 5-inch diameter; use water to moisten hands to prevent sticking.
7. Fry a few bara at a time in hot oil; turn once and drain on a paper towel. Make a sandwich by placing 2 tbsp. cooked channa between two baras. Add pepper sauce and mango chutney condiments to taste. Serves 8.

Jason Battista, Mercy Loan Fund

"I don't have a favorite recipe, but my favorite meal is grilled chicken and steamed broccoli. I'm really into diet, health and fitness," said Battista.

David Beller, Recht Kornfeld

Flour Tortillas

("In terms of recipes, the one that comes to mind is flour tortillas. In my family, they are a staple at every meal. They contribute greatly to family gatherings (and waistlines)," said Beller.)

Ingredients:

3 cups flour
2 tsp. baking powder
1 tsp. salt
5 tbsp. shortening
1 cup warm water

Directions:

1. Blend dry ingredients together. Cut in shortening until dough holds together when squeezed. Add the warm water and mix dough quickly. Knead dough so it's no longer sticky (about 12 folds). Let dough rest 5-10 minutes.
2. Pinch off 1-inch diameter balls. Roll dough balls out on a floured surface to flatten. Heat a cast-iron skillet to medium-high. Place raw tortilla on skillet and allow to cook until it begins to puff up with air pockets, 1-2 minutes. Turn over for 1-2 minutes longer.

Loren M. Brown, Ciancio Ciancio Brown PC

Spicy Red Sauce

Ingredients:

2 lbs. ground spicy Italian sausage
5 cloves garlic
½ tbsp. salt
½ tbsp. black pepper
1 tbsp. dried parsley
1 tbsp. dried oregano
1 tbsp. dried basil
4 bay leaves
3 tbsp. cider vinegar
4 8 oz. cans Contadina tomato sauce
2 8 oz. cans Contadina tomato paste
2 tbsp. extra virgin olive oil

Instructions:

1. Add olive oil to a large pot. Heat oil over medium.
2. Add sausage. Brown and continually chop until cooked completely.
3. Crush garlic into meat with a garlic press. Grind all spices and add to the meat (except for bay leaves). Add vinegar. Stir continually for 3 minutes.
4. Cover and allow to cook for 2 minutes over medium heat.
5. Add tomato sauce and paste. Cook over medium heat for 5 minutes, stirring constantly.
6. Add bay leaves. Reduce heat to low, and allow to cook for 3 hours, stirring occasionally. Serve over your favorite pasta with a good glass/bottle of Chianti.

Chris Colón, USA Pro Challenge

Arroz Con Pollo (Rice With Chicken)

(This is a recipe of Chris' Puerto Rican grandfather.)

Ingredients:

1 chicken (plus extra pieces, if you want), bone in with skin but in pieces
2 tsp. oregano
6 tsp. salt
4 tbsp. olive oil
2 cloves crushed garlic
2 tbsp. vinegar

Directions:

1. Marinate chicken in large covered bowl with above ingredients.
2. In large roaster-type pot, add a little olive oil with achiote, then melt in oil (Sazon Goya, with cilantro and achiote).
3. Sauté the following:
½ lb. cooking ham
2 slices bacon, cut up
3 tomatoes, cut in pieces (or can of whole tomatoes)
2 chopped onion
1 green pepper, chopped
2 tbsp. stuffed olives (or more to taste)
2 tbsp. capers (or more to taste)
1 whole pimento cut up (or small jar, chopped)
2 tbsp. parsley
4. After ingredients sautéed together, add chicken and stew chicken for a little while, but don't let it get too done. Add 3 cups Uncle Ben's uncooked rice. Mix and add 5 cups water and/or white wine and/or beer.
5. Cook over high fire uncovered until almost dry. Cover and cook until rice is done, slowly. Stir and scrape the bottom of the pan often to avoid burning on the bottom. Serve with small can of peas spread over top with whole pimentos.

Red Bean Side Dish

Ingredients:

Cans of red beans (as many as you like)
2 tsp. sofrito (Latin sauce) per can of beans
1 tbsp. recaito (Puerto Rican base seasoning sauce) per can of beans
1 package ham seasoning (per couple of cans)
Few tbsp. tomato sauce or small can tomato sauce, if you have several cans of beans. Cook beans per can directions.

Justin Cooper, GE Johnson Construction Co.

Chocolate Mousse

(Recipe from Justin's mom.)

Ingredients:

- 2 cups chilled heavy cream
- 4 large egg yolks
- 3 tbsp. sugar
- 1 tsp. vanilla
- 7 oz. fine-quality bittersweet chocolate (not unsweetened), chopped

Preparation:

1. Heat 3/4 cup cream in a 1-quart heavy saucepan until hot. Whisk together yolks, sugar and a pinch of salt in a metal bowl until combined well, then add hot cream in a slow stream, whisking until combined. Transfer mixture to a saucepan and cook over moderately low heat, stirring constantly until temperature registers 160° F on an instant-read thermometer. Pour custard through a fine mesh sieve into a bowl and stir in vanilla. (Sieve step optional.)
2. Melt chocolate in a double boiler or metal bowl set over a pan of simmering water (or in a glass bowl in a microwave at 50 percent power 3-5 minutes), stirring frequently. Whisk custard into chocolate until smooth, then cool. This means cool, so stick some place such as the garage until cool.
3. Beat remaining 1 1/4 cups cream in a bowl with an electric mixer until it just holds stiff peaks. Whisk 1/4 of cream into chocolate custard to lighten, then fold in remaining cream gently but thoroughly.
4. Spoon mousse into 8 (6 oz.) stemmed glasses or ramekins and chill, covered, at least 6 hours. Let stand at room temperature about 20 minutes before serving. (You can also freeze it.) Garnish with lightly sweetened whipped cream
5. Cook's notes:
 - Mousse can be chilled up to 1 day.
 - To vary the flavor, you can replace the 1 tsp. vanilla with 2 tsp. instant espresso powder dissolved in the hot cream, or 3 tbsp. Grand Marnier orange-flavored cognac liqueur or 2 tbsp. cognac (either one whisked into strained custard).
 - The most important thing is the chocolate! Justin's mom uses Callebaut, which is sold in high-end grocery stores such as Dean & DeLuca and Whole Foods or specialty stores. This is very important to the flavor and makes a thicker mousse.

Brandon Davis, Swan Energy Inc.

"I really don't cook, by my favorite thing is a country breakfast. My grandmother used to make biscuits and cream gravy, bacon, eggs over easy and bacon. The bacon was always burnt; I don't know if she did it on purpose or not. It was simple, simple, simple. When I stayed with my grandparents, my grandmother would make that breakfast for me, so it brings back those memories. That's still my favorite meal, and there's no recipe for it," says Brandon.

Cristal Torres DeHerrera, Denver City Attorney's Office

Posole

("Like all great recipes, there are no real measurements here, just amounts suited to taste.," says Cristal.)

Ingredients:

Dry hominy
Pork roast, medium size
Garlic
Seasoned salt
Rosemary

Preparation:

1. Slow cook in water 1 package of dry hominy, with 1 medium-size pork roast for 6 to 8 hours.
2. Add spices to taste, including garlic, seasoned salt and rosemary.

Erik Estrada, Level 3

Berry-Kale Smoothie

(From Health.com. <http://search.health.com/results.html?Ntt=Kale+Berry+Smoothie> "For 6 months of the year, I bike to work, so I drink this smoothie along with my breakfast," said Erik Estrada.)

Ingredients:

1 1/2 cups fresh or frozen raspberries
1/2 cup shredded kale
1 cup ice
3/4 cup fat-free plain yogurt
1/2 banana
1 tbsp. honey
1 cup almond milk
1 tbsp. flaxseed

Directions:

In a blender, combine all ingredients and fill to top with water. Blend until smooth.

Caitlyn Fagan, Zenman Productions

Lobster Mac n' Cheese

(From the "Mizuna" <http://mizunadenver.com/cookbook>, by Frank Bonanno, owner of Denver's Mizuna restaurant, and Jill Zeh Richter. For a variation, go to Epicurious.com via the following link: <http://www.epicurious.com/recipes/food/views/lobster-macaroni-and-cheese-230624>.)

Ingredients:

2 (1 1/2 lb.) lobsters
8 oz. mascarpone
12 oz. elbow pasta
1 lb. high-quality butter
1/2 cup heavy cream

½ cup white wine
1 large shallot, sliced
1 tbsp. black peppercorns
½ cup white wine vinegar
Salt & white pepper to taste

Tools:

2 large pots, ice, colander, 2 medium pots, lobster cracker, small bowl; sauté pan, whisk, sieve (colander lined with cheese cloth or coffee filter will do), small bowl; 4 serving bowls

Preparation:

For lobster:

1. Place large pot of well-iced water and colander in sink.
2. Set large pot of salted water on high heat. While waiting for water to come to a boil, separate tails and claws from the lobsters. Place claws in a container large enough to cover completely with water; do same with tails.
3. Once water boils, pour it over tails and claws. (Rinse pot and refill with salty water, and set to boil for pasta.) Meanwhile, let tails sit for 6 minutes; strain through colander and plunge into ice bath. Wait another 2 minutes for claws (so they've been immersed in the hot water a total of 8 minutes); strain and plunge into ice bath. (Wash these pots now; one will be used for the lobster oil.)
4. When lobster parts are cooled, remove meat from shells and refrigerate until ready to use.

For sauce:

1. Place white wine, vinegar, peppercorns and shallots in a nonreactive pan and reduce until almost dry. Add heavy cream; reduce by 2/3 more. Slowly drop in 3/4 of the butter, whisking constantly.
2. Strain through fine mesh sieve and hold warm till ready to use. (Clean sauté pan to use for the final step.)

For pasta:

1. Bring large pot of salted water to a boil and cook elbow pasta 1 minute less than the package indicates. Drain, cool and hold until ready for use.

For lobster oil:

1. Take the bodies from the lobster and place in a pot with 2 cups of vegetable oil. Bring to very hot (almost frying) temperature, turn off flame and let sit for 10 minutes.
2. Add 1 tbsp. paprika and let rest 30 minutes more. Strain through fine mesh sieve.

To assemble:

1. In a large sauté pan, melt remaining butter then add chilled lobster. When lobster begins to warm, add mascarpone. Melt, stirring constantly.
2. Add macaroni and heat until just warmed through. Pour in enough of the beurre blanc (butter sauce) to make the noodles saucy. Season with salt and white pepper to taste.
3. Divide among 4 serving bowls, top with chervil garnish and drizzle with lobster oil. Serves 4.

Andrew Freedman, State of Colorado

Peanut Butter

Ingredients:

1 jar Skippy brand peanut butter, preferably unopened
1 spoon

Prep time:

20 seconds

Directions:

1. Grab peanut butter. Grab spoon.
2. Sit down on couch. Pull up your email. If time allows, turn on The Simpsons.
3. Remove lid from peanut butter.
4. Enjoy. Helpful tip: For a more authentic peanut taste, try chunky.

Christopher Herndon, Denver City Council

Seasoned Salmon Filets

Ingredients:

1 lb. salmon filet, sliced into thirds
4 tbsp. Private Selection Sweet & Spicy Seafood Seasoning Rub

Directions:

1. Preheat oven to 375 degrees F.
2. Lay salmon on nonstick foil. Lightly sprinkle seasoning rub over entire salmon pieces.
4. Cook 12-14 minutes.

Genia Herndon, University of Colorado Denver

Heinz 57 Meatloaf

Ingredients:

1 lb. ground beef
4 tbsp. minced onions
1½ slices of bread, diced
1 egg
4 tbsp. Heinz 57 Sauce

Directions:

1. Preheat oven to 350 degrees F.
2. Mix and mush all the above ingredients together in a medium-size mixing bowl. Grease loaf baking pan with Pam olive oil cooking spray.
3. Place "smooshed" (a very technical cooking term) ingredients in loaf baking pan. Use a little Heinz 57 to spread on top of the loaf before putting in the oven for 60 minutes.

Ryan Huff, University of Colorado Boulder

Fall-Off-the-Bone BBQ Ribs

Ingredients, ribs:

Pork baby back ribs

Garlic powder

Salt & pepper

Ingredients, barbecue sauce:

3 cups ketchup

1 tbsp. red wine vinegar

1 tbsp. Worcestershire sauce

2 tsp. liquid smoke

1½ cups brown sugar

1 tsp. Tabasco

Directions:

1. Preheat oven to 250 degrees F.

2. Season both sides of ribs with garlic powder, salt and pepper. You can cut the slab of ribs in half or into thirds.

3. Put ribs in a baking dish and cover with aluminum foil.

4. Let them cook until "fork tender," approximately 2½ to 3 hours. The meat should almost be coming off the bone.

5. While ribs are cooking, mix barbecue sauce ingredients and let stand so flavors can mix.

6. Once the ribs come out of the oven, slather barbecue sauce on both sides.

7. You could eat them now, or slap them on the BBQ grill (on low) for about 5-10 minutes. But keep an eye on them because the brown sugar in the sauce can make them burn easily. Enjoy!

Aaron Hyatt, Brownstein Hyatt Farber Schreck

The Morning Shake

Ingredients:

Almond milk

Spinach or kale

Fruit (banana, blueberries, mango, pineapple)

Chia seeds

Hemp seeds

Wheatgrass powder

Flaxseeds

Ice

Directions:

1. Add ingredients to blender, blend and serve.

Brian Jensen, FirstBank Holding Co.

Nebraskan Runzas

(From Amy Thielen for Food Network Magazine.) <http://www.foodnetwork.com/recipes/amy-thielen/nebraskan-runzas.html>

Ingredients

For dough:

- 1 1/4-oz. packet active dry yeast
- 3 tbsp. sugar, plus a pinch
- 4 large eggs
- 3 3/4 cups bread flour, plus more for the counter
- 12 tbsp. (1 1/2 sticks) salted butter, softened, plus more for the bowl
- 2 tsp. fine sea salt

For filling:

- 1 lb. 85% to 90% lean ground beef
- Fine sea salt and freshly ground black pepper
- 3 tbsp. salted butter
- 1 large Vidalia onion, diced
- 3 cloves garlic, minced
- 2 tsp. minced fresh thyme (or 1 1/2 tsp. dried)
- 1 tsp. minced fresh rosemary (or 1 1/2 tsp. dried)
- 1 tbsp. canola oil, plus more for the baking sheets
- 8 oz. baby spinach

Directions

1. Make the dough: Combine 3/4 cup warm water (approximately 110 degrees F.), yeast and a pinch of sugar in a large mixing bowl and let sit until foamy, about 10 minutes.
2. Add 3 eggs and whisk to combine. Add half the bread flour and beat with a wooden spoon until good and thready, about 3 minutes. Add butter, remaining 3 tbsp. sugar, remaining flour and salt, and mix well. The dough will be a little sticky. Let rest 15 minutes.
3. Knead dough to develop gluten until it feels tight and smooth, about 5 minutes. Transfer dough to a lightly buttered bowl, cover and let rise for 1 hour at room temperature. Then chill in the refrigerator, 1-2 hours or overnight.
4. Remove dough from refrigerator and divide into 8 even portions. Roll each portion into a ball and leave on the counter, covered loosely, to warm up, about 30 minutes.
5. Meanwhile, make the filling: Heat a large skillet over medium-high heat. Add beef, season with 3/4 tsp. salt and 1/2 tsp. pepper and cook, breaking up the beef until lightly browned, about 5 minutes. Use a slotted spoon to transfer meat to a bowl.
6. Drain and discard all but a film of fat from the skillet. Add butter; when melted, add onion. Cook over medium heat, stirring occasionally until light golden brown, about 15 minutes. Add the garlic, thyme and rosemary, and cook 3 minutes. Add mixture to bowl containing the beef.
7. Without cleaning the skillet, add 1 tbsp. canola oil. Sauté spinach over high heat until wilted and excess liquid has evaporated, about 1 minute. Chop spinach, then add to beef mixture and set aside to cool.
8. Roll out the dough:
Flatten a dough ball on a heavily floured surface and roll out into a 3-by-5-inch rectangle. Then make wrapping flaps from the four corners of the rectangle by rolling out each corner thinly, so

you have a thick rectangle with four thinner triangular wings at the corners.

9. Fill the runzas: Spoon 1/2 cup of beef filling into the center of the dough rectangle and wrap the flaps over it, pinching to close. Flip bundle over in your hands, gently forming the runza into a fat football shape. Set runza seam-side down on an oiled baking sheet. Repeat with the remaining filling and dough balls, arranging them on 2 oiled baking sheets. Let runzas rise about an inch, uncovered, about 45 minutes. Meanwhile, preheat oven to 375 degrees F.

10. Whisk remaining egg and 2 tbsp. water to make an egg wash and brush it thinly over the tops of the runzas. Bake until golden brown, 25 minutes. Serve hot. Makes 8 large runzas.

LaMar Jost, Wheeler Trigg O'Donnell

Nutella Pancakes

(From Grouprecipes.com. <http://www.grouprecipes.com/1881/nutella-pancakes.html> "My boys and I eat this for breakfast and dinner, multiple times per week," says LaMar.)

Ingredients:

1 1/4 cups all-purpose flour
1 tsp. baking soda
1/4 tsp. salt
1 tbsp. sugar
2 tbsp. Nutella
1 large egg
1 1/2 cups buttermilk

How to make it:

1. In large bowl, whisk together flour, baking soda, salt and sugar.
2. In medium bowl, whisk together Nutella and egg. When smooth, beat in buttermilk.
3. Pour wet ingredients into the dry ingredients and stir until just combined.
4. Heat a griddle or frying pan over high heat until a drop of water on the surface skips around. Lightly grease it with butter or oil, and drop batter into 3-inch rounds. (The color is a bit hard to judge with chocolate pancakes, but they are ready to flip when the edges look slightly dry and the center of the pancake stops producing bubbles.)
5. Turn over and cook another minute or 2 on the other side. Serve immediately, with more Nutella or maple syrup. Serves 2.

Lauren Karsh, Oakwood Homes

Smoked Salmon Cheddar Chipotle Corn Chowder

("My husband travels to Kenai, Alaska, each summer for the salmon run, and brings home hundreds of pounds of salmon and halibut. This is also one of our favorites," says Lauren.)

Ingredients:

4 oz. smoky bacon, diced
3 tbsp. olive oil
3 cups diced yellow or sweet Walla Walla onions
2 tbsp. butter
1/4 cup flour

1 tsp. salt
1/2 tsp. ground black pepper
1/4 tsp. turmeric
6 cups chicken stock or broth
3 cups medium diced Yukon Gold potatoes
5 cups corn kernels fresh (5 ears) or frozen (1 1/2 lbs.)
1 cup half & half
1/4 lb. sharp white cheddar cheese, grated
1 1/2 cups smoked salmon, cut in small pieces
Chipotle seasoning, to taste

Directions:

1. In a large stockpot on medium-high heat, cook bacon and olive oil until bacon is crisp — about 5 minutes. Remove bacon with slotted spoon and reserve.
2. Reduce heat to medium, add onions and butter to bacon fat and cook 10 minutes until onions are translucent. Stir in salt, flour, turmeric and pepper, and simmer for 3 minutes.
3. Add chicken stock and potatoes. Bring to a slow boil and simmer uncovered for 15 minutes until potatoes are tender.
4. If using fresh corn on the cob, blanch for 3 minutes in a pot of boiling salted water. When corn ears are cool enough to handle, cut corn off cob. If using frozen corn, skip this step.
5. Add corn, salmon, half & half and cheese to soup. Season to taste with chipotle seasoning, salt and pepper. Do not return soup to a boil after adding cheese and half & half. Serve hot with a garnish of bacon. Serves 6.

Kara Lentz, Parsons Brinckerhoff

Thai Carrot Burger

(Adapted from “Veggie Burgers Every Which Way: Fresh, Flavorful and Healthy Vegan and Vegetarian Burgers—Plus Toppings, Sides, Buns and More,” by Lukas Volger <http://lukasvolger.com/books/>)

Ingredients:

2 tbsp. olives, divided
1 bunch scallions, sliced thinly 1 inch into the dark green part
3 cloves garlic, minced
2-inch piece fresh ginger, grated
1 Serrano pepper, chopped finely, seeded or not, depending on your personal heat threshold
4 cups grated carrots (from about 8 medium-size carrots)
3/4 tsp. ground turmeric
1 tsp. ground coriander
1/2 tsp. ground cinnamon
1 tsp. salt
Juice of 1/2 lime
2 egg whites
2 tbsp. natural peanut butter
1/4 cup unseasoned bread crumbs (gluten-free bread crumbs work well)

Directions:

1. Preheat the oven to 350 degrees F.

2. Heat a large frying pan, which has a lid, over medium heat. Add 1 tbsp. oil, and when hot, add scallions. Cook about 2 minutes, just until scallions begin to soften, and then add garlic, ginger and pepper. Stir for 30 seconds, until fragrant, and then stir in carrots, spices and salt. Cover and let cook for 6-8 minutes, until soft but not mushy.

3. In a mixing bowl, whisk together the egg whites, peanut butter and lime juice. Fold in carrot mixture, making sure everything is well combined, and then fold in bread crumbs. Let sit for about 10 minutes, allowing bread crumbs to absorb some of the liquid. Adjust seasoning, particularly salt and lime juice. Shape into 4 patties.

4. Heat remaining 1 tbsp. of oil in an oven-safe skillet or frying pan over high heat. When hot, add burgers, in batches if necessary, cooking until browned on each side; it will only take 1-1½ minutes per side. Transfer pan to the oven for 5 minutes, where burgers will finish cooking.

5. Serve on a bun of your choice. Add condiments as desired. (I typically add pickled red onions and a barbeque sauce and ketchup mixture.) Makes 4 burgers.

Brian Mankwitz, Mantucket Capital

Kraft macaroni and cheese

Follow instructions on the box.

Kynnie Martin, Xcel Energy

Ranger Pudding

(a military recipe)

Ingredients: crackers, peanut butter, hot cocoa, coffee and sugar.

Directions: Pulverize the crackers in their packaging. Open package of crackers about half-inch from edge and tear straight across (this becomes the top of the preparation). Open sides of the crackers' package so that with the opening on top there's a makeshift cup. Add peanut butter then a little water. Stir the crackers into desired crunchy consistency. Add the sugar, hot cocoa, and coffee to taste.

Erika Reyes Martinez, North Denver Cornerstone Collaborative

Posole

A traditional Mexican soup, usually made with pork and hominy base, then garnishes or add-ins to taste.

Erika advises, "I would substitute the tostada shells with bolillos, a variation of a baguette but shorter. Cut the bolillo in half, butter on the inside and put it over a comal to toast."

A comal is a smooth, flat griddle.

For the complete recipe, go online to Simply Recipes.
www.simplyrecipes.com/recipes/posole_rojo

Will McCollum, Uber Technologies Inc.

Grilled Steak and Mushrooms

Will's favorite dish comes from Simply Recipes.

It's a grilled flank steak with mushrooms that are sautéed twice — first dry sautéed, then sautéed with butter, shallots and cooked down in a red wine reduction.

For the complete recipe, go online to Simply Recipes. http://www.simplyrecipes.com/recipes/grilled_flank_steak_with_mushrooms/#ixzz3UC3bvZO3

Brandon Mencini, HealthOne

Smoked pork shoulder.

Pork: 8-10 pound pork shoulder or butt (bone-in).

Dry Rub:

1 cup brown sugar

½ cup smoked paprika

2 tbsp. cumin

2 tbsp. coarse salt

2 tbsp. garlic pepper

2 tbsp. garlic salt

2 tbsp. onion powder

1 tablespoon Chipotle powder

Injection/Marinade:

2 cups apple cider vinegar

1 cup ginger ale

1 cup dry apple cider

Directions: Season the shoulder, mix the spices together and massage blend all over. Place in bowl, keep sealed in refrigerator overnight. Prepare the smoker. Load applewood chunks (soaked in water prior for at least 30 minutes.). Get the temp to 225-250 degrees F. Place the shoulder on the smoker. Smoke pork for two hours, keeping temperature at least 200 degrees F. Give it one injection and baste with marinade. Return it to the smoker for another hour. Repeat these steps hourly for another 2 hours. Remove pork from smoker, wrap in aluminum and return to smoke until the pork has an internal temperature of 200 degrees F. When you can stick a fork in it and move with little resistance, it's done.

Katy Michael, Crocs Inc.

Grandmother Kirk's Chocolate Pecan Pie

Ingredients:

1 stick oleo melted
1/4 tsp. salt
1 1/2 cups sugar
1/2 cup flour
3 eggs slightly beaten
1/2 cup cocoa
1 cup evaporated milk, undiluted

Directions:

Cook in double boiler to desired consistency. Remove from heat and add: 1 cup chopped pecans, 1 tbsp. vanilla, pour into cooked pie shell and place in refrigerator.

For topping: Beat 8 ounces whipping cream until it peaks. Add 1 tbsp. sugar, one tsp. vanilla. Beat five seconds longer. Be sure pie is cold before adding cream topping.

Dr. Tamaan Osbourne-Roberts, Colorado Medical Society

Passion Fruit Sorbet

Ingredients:

4 cups frozen passion fruit pulp, defrosted but still well-chilled
1 cup of sugar
2 tbsp. of gold Caribbean rum.

Directions:

Combine all ingredients (consider using a blender to mix them well), keeping them as cold as possible.

Pour into a home ice cream freezer, and freeze per manufacturer instructions (usually 20-30 minutes).

Transfer to a container, allow to harden in the freezer overnight, and serve in small portions at the end of a spicy meal.

Melinda Pollack, Enterprise Community Partners

Breakfast burrito

Place scrambled eggs, salsa, any and all available vegetables and chicken sausage on a locally made flour tortilla.

Top the mixture with avocado, shredded cheese and more salsa.

Roll-up tortilla.

Darshan Puttannaiah, Qwinix Technologies

Chicken Biryani

Darshan's favorite meal is a traditional Pakistani/Indian dish that can require a lengthy prep time. This particular recipe includes 2 pounds of chicken, 4 garlic cloves, 6 onions, yogurt and lots of spices, such as cloves, cardamom, cinnamon, coriander, cumin, poppy seeds, mace and saffron. For the complete recipe, go to the Food Network. <http://www.foodnetwork.com/recipes/chicken-biryani-recipe.html>

Cyrus Rajabi, Jones & Keller PC

French Silk Pie

(From a friend, Bert Smith)

Ingredients:

1/4 lb. butter
2 squares unsweetened chocolate
3/4 cup white sugar
1 tsp. vanilla extract
2 eggs

Directions:

Cream together butter and sugar. Separately, beat eggs for three minutes. Melt unsweetened chocolate. Beat eggs into butter and sugar. Add chocolate and vanilla, beating until smooth. Pour into baked or graham cracker pie crust and chill.

Randy Roberts, formerly with Kendall, Koenig & Oelsner PC, now with Craft Companies LLC

Grandma's famous cinnamon rolls

3 cups warm water
1/2 cup sugar
1/2 cup oil
1 tsp. salt
2 packages yeast
2 eggs, well beaten
7-9 cups flour

Directions: Preheat oven to 350 degrees F. Put flour in large bowl and make a well in the center. Add water, sugar, salt, oil and eggs. Sprinkle yeast on top of this. Mix with spoon until it gets too hard to stir, then finish mixing by hand. Add more flour if needed. Work every 15 minutes four times. Make into cinnamon rolls and let raise for 1 hour. Bake for 20 minutes. This bread can also be made into dinner rolls.

Caramel topping: Equal parts of brown sugar and whipping cream, however much you want to make. Combine in a sauce pan, heat on low until sugar is dissolved. Pour over cinnamon rolls.

Tinesha Ross, United Launch Alliance

Tinesha's Famous Baby Back Ribs

1 slab baby back ribs

½ Jar of Sweet Baby Ray's BBQ Sauce

¼ cup of Agave Nectar Light

The following seasonings:

"As my grandmother would say 'I don't measure ; I just KNOW. I season to my taste.' With that said, cover the rib in the following seasonings in this order," says Tinesha.

Meat Tenderizer, Garlic powder, Seasoning Salt, Greek Seasoning, cinnamon, and ½ cup of brown sugar

Grill Preparation:

Charcoal Grill

Charcoal (no lighter fluid)

Chimney

Mesquite Wood chips

1 whole onion

Aluminum Foil

When setting the grill, place the coals, wood chips and chopped whole onion such that you use indirect heat (coals on one side of the grill and meat — bone side down — on the other.)

NOTE: After coals and wood chips are smoking, place seasoned ribs — bone side down — on the grill and keep the lid closed for 50-55 minutes. DO NOT CONTINUE TO OPEN THE GRILL!! Let the process work. Remember: "IF YOU ARE LOOKIN' YOU AINT COOKIN'!"

After 50-55 minutes, remove ribs from grill.

Spread out a sheet of aluminum foil and cover pour on BBQ sauce and agave nectar.

Place ribs (meat side down on the foil and cover)

Return the covered ribs to grill for 20 minutes

Remove ribs and let cool

Jeff Steepleton, Galloway Group

Colorado Calzones

(from the Creme de Colorado Cookbook) <https://www.jld.org/?nd=cookbooks>

1 loaf frozen white or French bread dough

1 egg white or butter

Italian Sausage filling:

1 lb. mild Italian sausage

1 cup shredded provolone cheese

1 cup shredded mozzarella cheese

1/4 cup grated Parmesan cheese

Dash dried basil

Dash of salt
Dash fresh ground pepper
Dash dried rosemary

Roll out dough to 1/4 inch thickness. Prepare filling and spread over dough. Roll up and pinch sides and long edge. Place rolled loaf on greased cookie sheet, seam side down. Glaze with egg white or butter before baking. Bake at 350 degrees F for 30-40 minutes or until golden brown.

For Sausage Filling: Cook sausage and drain. Combine sausage, cheeses, basil, salt, pepper and rosemary; mix well.

Conrad Steller, The Steller Group

Teriyaki Chicken

Ingredients:

1/4 cup honey
1/2 cup chicken broth
1/4 cup soy sauce or tamari sauce
2 tbsp. ketchup
1/4 tsp garlic salt
1/8 tsp dry ginger
4 boneless, skinless chicken breasts
1/2 2 tbsp. cornstarch

1. Pound chicken breasts with meat mallet to 1/4" thickness
2. Combine first six ingredients and place half the mixture in a sealable bag, and marinate chicken for at least one hour. Reserve the other half of the mixture for a glaze.
3. Preheat and prepare grill.
4. Reduce grill heat to medium, and grill chicken for 4 minutes on each side, and then turn once more, cooking chicken until it reaches an internal temperature of 160 degrees F or until juices run clear.
5. While chicken is cooking, place reserved liquid mixture in a saucepan. Combine cornstarch with 2 tbsp. water and add to mixture. Stir well. Heat over medium heat until it achieves desired thickness for a glaze.
6. Transfer cooked chicken to a platter and drizzle with glaze.

John Swieringa, Dish Network

Software Release Breakfast Burritos

Your traditional scrambled eggs, cheddar cheese, salsa and sour cream wrapped in a warm flour tortilla gets an extra kick from Schlereth's Pork Green Chile Sauce (Hot).

"While it is not quite the same as bringing in burritos from Santiago's for your IT team when they are doing something really big, this recipe gets you pretty close," says John.

1 package Schlereth's Pork Green Chile Sauce (Hot)
8 eggs

1 package 8-inch tortillas
mounds of shredded cheddar cheese
sour cream
chunky salsa
Step 1 – heat sauce in a sauce pan over low heat
Step 2 – scramble eggs (however you do it)
Step 3 – microwave tortillas to soften
Step 4 – combine sauce, eggs and cheese on an open tortilla
Step 5 – fold tortilla into a burrito shape
Step 6 – smother with a bit of extra sauce and top with a spoonful of sour cream and salsa;
that's it!

Warren Thomas, MegaStar Holdings LLC

ST's Outer Banks Crab Cakes

Ingredients:

1 lb. jumbo lump fresh crabmeat
1 egg slightly beaten
¼ cup Dukes mayonnaise
1 tbs. celery seed
¼ tbs. garlic salt
1 tbs. dry mustard
1 tbs. wet yellow mustard
1 tbs. parsley flakes
2 tbs. old bay seasoning
1 tbs. season-all
1/8 cup dry bread crumbs

Preparation:

Mix all ingredients, adding the crabmeat last.

Shape into 6 crab cakes.

Gently roll with additional bread crumbs.

Place in frying pan with 3 tbs. of olive oil and 3 tbs. of real butter. Brown on both sides for 1-2 minutes per side. Do not overcook.

Grant Van Der Jagt, Denver Property Management

Turkey Paleo Chili

(Courtesy of the Paleo Wagon) <https://www.facebook.com/pages/Paleo-Wagon-Food-Fit-for-a-Barbarian-by-Simply-Pure-Nutrients/172743416121321>

Ingredients:

2 lbs. ground turkey
2 gloves garlic
2 sweet potatoes (diced)
1 medium onion (diced)

1 can diced tomatoes
1 can tomato sauce
1 tbsp. chili pepper
Salt and pepper to taste

Sauté ground turkey with gloves of garlic
Add tomato sauce and diced tomatoes
Add diced onions to mix
Add sweet potato to turkey
Let simmer for 60-120 minutes for flavors to combine
Salt and pepper to taste

Kelly Underell, Colorado Innovation Network

Kelly's favorite recipe is for beef bourguignon, a well-known, traditional French dish. Beef is braised in red wine and is usually slow cooked for a long period at a low heat with garlic, onions and spices. The recipe Kelly uses is from Ina Garten of the Food Network. It also includes carrots and a touch of Cognac.

For the complete recipe go online to Food Network. <http://www.foodnetwork.com/recipes/ina-garten/beef-bourguignon-recipe.html>

Jennifer Van Vleet, MWH Global

Leprechaun Quiche

This rendition of the popular French dish comes from [yourecipies.com](http://www.yourecipies.com/recipe/tv0fi2nz/leprechaun-quiche.html). <http://www.yourecipies.com/recipe/tv0fi2nz/leprechaun-quiche.html>

1 (10 oz.) frozen creamed spinach
1 (8 oz.) pkg. refrigerator crescent rolls
1 cup shredded cheddar cheese
3 eggs
1 cup evaporated milk
2 tsp. Worcestershire sauce
1/2 tsp. salt
1/2 tsp. garlic salt
1/8 tsp. pepper
1/4 cup sliced mushrooms
8 slices bacon, diced and dried crisp
Grated Parmesan cheese

Cook spinach according to package directions. Unroll crescent rolls and press into 10-inch quiche or pie pan to form crust. Sprinkle cheese evenly over crust. Combine eggs, milk and all seasonings in bowl. Add creamed spinach, mushrooms and half the bacon. Pour over cheese. Bake at 350 degrees F for 20 minutes. Sprinkle remaining bacon on top of quiche and bake additional 20 to 25 minutes or until knife inserted in center comes out clean.

Tania Zeigler, Kaiser Permanente Colorado

Sticky Rice

“Sticky rice always makes me think of family, celebration, and togetherness. It is a very simple modern twist on a classic dish — the result of an appreciation for food nurtured by my husband’s grandmother and adapted for future generations. We often serve it with Kenneth’s tea smoked duck, but you can really enjoy it as a side dish with anything,” says Tania.

Ingredients:

8 cups sweet rice
1 package Chinese sausage
8-10 dried shiitake mushrooms
2 Knorr pork flavored bouillon cubes
Soy sauce

Thoroughly wash the sweet rice (8 cups) in a large bowl and then fill the bowl with water so that there is at least an additional two inches of water above the level of the rice. Let the rice soak at least 4 hours or overnight in the refrigerator. The rice will soak in the water and increase in volume.

Finely slice up 8 Chinese sausages. I typically cut the sausages into fourths and then dice them. Finely chop 8-10 shiitake mushrooms. I usually use dried mushrooms. You need to rehydrate with boiling water and I typically cut off the stems. Set the chopped sausage and mushrooms aside.

Drain the soaked rice and put it into one or more microwave safe deep casserole dishes with a cover. Crumble the two cubes of pork bouillon and mix it into the uncooked rice. Boil 2-3 cups of water and pour it over the rice until the rice is fully covered. Cover the casserole dish and microwave on high for 5 minutes.

While the rice is in the microwave, lightly sauté the chopped up sausage and mushrooms. You can combine them. Do not overcook or the sausage will get hard. Remove from heat and set aside.

After 5 minutes mix the sausage and mushrooms into the rice. There should still be quite a bit of water in the dish. Try to mix in the sausage and mushrooms evenly. Put the cover back on and cook on high for another 5 minutes on high in the microwave.

At this point most of the water should be mostly absorbed into the rice, watch out for escaping steam when you remove the cover. Stir the rice mixture again and add a tablespoon of soy sauce for color and flavor, then replace the cover and cook for another 5 minutes. Allow to cool a little and enjoy!