

That's so 70s Recipes



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Enjoy these fun 70s inspired recipes with an @offthepepper twist!

FRENCH ONION MISO DEVILED EGG



DIRECTIONS

In a small sauce pan on medium heat, place butter and allow it to melt. Add onions and let them begin to saute, season with salt & pepper. Once they begin to saute, place heat on low. Allow them to sit on the stove for 15-20 minutes, until they have caramelized. Set aside to cool while you get the eggs ready.

Place eggs in a small pot and cover with enough water so that there's 1 1/2 inches of water above the eggs. Cook for 12 minutes, covered, over medium heat. Then, rinse under cold water continuously for 1 minute. Crack the egg shells and carefully peel under cool running water.

Slice the eggs lengthwise, removing the yolks carefully into a medium bowl and placing the whites on a serving platter. Mash the yolks into a fine crumble using a fork, and then add the caramelized onions, mayonnaise, mustard, miso paste and Worcestershire sauce. Mix well to incorporate all ingredients, and then evenly disperse heaping teaspoons of the yolk mixture back into the egg whites. Sprinkle with shredded gruyere and serve.

INGREDIENTS

- 3 Eggs
- 1/2 Onion, chopped
- 1/4 tsp. Garlic
- 1 Tbsp. Mayonnaise
- 1 tsp. Mustard
- 1/2 tsp. Miso Paste
- 1/2 tsp. Worcestershire Sauce
- Salt & Pepper to taste
- 1 tsp. Butter
- 1 Tbsp. Gruyere, shredded

Finger foods were a serious thing in the 1970s and deviled eggs were the perfect finger food.

CURRY CHICKEN HELPER



DIRECTIONS

Bring 3 cups of water to a boil and season with salt. Cook the penne pasta until it is al dente.

In a medium skillet, heat 2 Tbsp. olive oil and add curry powder to begin seasoning your oil. Add the onions, garlic and ground chicken to begin sauteing and cooking your chicken all the way through. Season with salt & pepper to taste as the chicken gets coated in the seasoned oils for 5-8 minutes.

Once the chicken is thoroughly cooked, add bok choy, bell pepper, carrots and chicken stock. Cover and allow vegetables to absorb the flavor.

Strain the pasta and add to the chicken & vegetable mixture, combine and serve.

INGREDIENTS

- 1 Tbsp. Curry Powder
- 2 Tbsp. Olive Oil
- 1 tsp. Apple Cider Vinegar
- 1/2 lb. Ground Chicken
- 1/2 Onion, chopped
- 1 tsp. Garlic, minced
- 2 cups Bok Choy, chopped
- 1/4 cup Carrots, shaved
- 1/2 Bell Pepper, chopped
- 1/4 Scotch Bonnet Pepper, chopped
- 1/2 cup Chicken Stock
- 2 cups Penne Noodles
- Salt & Pepper to taste

Fun fact: Hamburger Helper came out in 1971! It was all the rave of the 70s.



BROWN SUGAR PINEAPPLE BAR



One recipe that is as old as time is the Pineapple Upside Down Cake, a delicious cake that is made by cake batter being poured over brown sugar caramelized pineapples. So why not make it into a bar so that you can enjoy the same flavors in bite size food.

INGREDIENTS

SHORTBREAD CRUST:

- 1 cup All- Purpose Flour
- 1/4 cup Granulated Sugar
- 1/4 cup Shredded Coconut
- Pinch of salt
- 1/2 cup (1 stick) Unsalted Butter, cubed
- 1 Tbsp. Pineapple Juice

FILLING:

- 3/4 cup Granulated Sugar
- 2 Eggs + 1 Egg Yolk
- 3 Tbsp. Unsalted Butter, melted and cooled
- 2 Tbsp. Half & Half
- 1 tsp. Vanilla
- 2 Tbsp. Flour
- 1/4 tsp. Salt
- 1/2 tsp. Cinnamon
- 3/4 cup Crushed Pineapple
- 1/4 cup Brown Sugar
- 2 Tbsp. Dark Rum

DIRECTIONS

Preheat the oven to 350' F. Line or grease an 8 inch square dish with melted butter. Set aside.

In a sheet pan, place shredded coconut and allow it to toast for 3 minutes in the oven. Set aside to cool.

In a small skillet, add 1 Tbsp. butter, 3/4 cup crushed pineapple, and 1/4 cup brown sugar on medium heat to begin caramelizing. After 2 minutes, add rum and allow to cook on low heat for 8 minutes. Set aside and allow to cool while working on the crust.

To make the shortbread crust, combine flour, sugar, cinnamon, salt, and toasted coconut in a large mixing bowl. Using a pastry blender or two forks, cut butter into dry ingredients until the largest pieces are the size of small peas. Mixture will be dry and crumbly. Add pineapple juice and combine - it will still be a bit crumbly. Transfer mixture to prepared pan and use clean fingers to press into an even layer on the bottom of the pan. Bake for 10 minutes while working on the filling.

For the filling, place the granulated sugar in a mixing bowl. Whisk egg and yolk one at a time, mixing after each addition. Whisk in melted butter followed by half & half and vanilla, incorporating all ingredients. Mix in all-purpose flour, salt and crushed pineapple mixture and mix thoroughly. The mixture will be thin, but beautifully colored. Pour filling over the shortbread crust and bake for 40 minutes.

Remove from the oven and set aside to cool for 5 minutes. Slice a beautiful square and top with your favorite ice cream. At Off The Pepper HQ, there is always a tub of vanilla sitting in the freezer just for when dessert is on the menu.