Top-notch tailgating recipes

Note to readers: This story originally published Sept. 10, 2012.

College football season is a big deal in Iowa, and so is tailgating. Our state’s top programs kick off a week from Saturday. Iowa hosts Wyoming at 11 a.m. on Sept. 2, and Northern Iowa travels to Iowa State for a 7 p.m. game.

With all due respect to the people who actually watch the games, let’s cut to the chase — the most important purpose for football is food. Well, beer and food. The tailgate party has become just as big a part of the season as yelling at the refs.

So you might as well do it with style. Tell the Vevelda dip to vamoose. Think outside the box of Cheez-Its. Renounce the family-size packs of mysterious pig part winers.

Trade it all in for some real Iowa tailgate treats created for you by real Iowa chefs. But don’t forget the nacho cheese.

**PORK BELLY SANDWICH WITH APPLE SLAW**

From Katie Routh, Wallace Centers of Iowa

“I love the combination of the pork belly with the apple slaw. It’s great for tailgating because everything can be done ahead of time, and on game day all you need to do is grill or pan sear the belly to warm. And of course, it’s pretty tasty with a cold beer!”

**Sandwich ingredients**
- 1 tablespoon coriander seeds
- 1 tablespoon fennel seeds
- 1 tablespoon black peppercorns
- 1 clove
- 2 dried ancho or guajillo chile, crumbled
- 2 pounds fresh pork belly
- 2 tablespoons olive oil
- 1 onion, sliced
- 3 cloves garlic, crushed
- 3 cups chopped stock, vegetable stock or water
- Whole grain mustard
- 4 sandwich rolls or ciabatta buns, toasted

**Directions**
1. In a small skillet, toast the spices and the chile over moderate heat until fragrant, about 2 minutes; cool completely and then coarsely grind the spices in a spice grinder or with a mortar and pestle. Score the belly and rub with the spices; marinate at least 6 hours or up to overnight.
2. Preheat the oven to 325 degrees. Heat olive oil in a large ovenproof pan over medium heat. Season the belly with salt and add to the pan fat side down, searing until golden brown. Flip and sear the bottom side (about 3 minutes on each side). Turn off the heat and add the onion, garlic and stock. Cover with a lid or foil and braise in the oven until the pork is tender, about 1-1/2 hours. Remove from the pan and refrigerate for at least 2 hours or in advance. The belly can be cooked up to 3 days in advance.

**Apple slaw ingredients**
- 1 small head of cabbage, julienne (about 3 cups)
- 2 small carrots, thinly sliced rounds (about ½ cup)
- 1 fennel bulb, thinly sliced (about 1 cup)
- 2 Red Apple, thinly sliced
- 2 tablespoons red wine vinegar
- ¼ cup extra virgin olive oil
- 1 tablespoons honey
- ½ teaspoon salt
- 1 teaspoon pepper

**Directions**
Mix the vegetables, apples and parsley in a medium bowl. In a small bowl mix the vinegar, olive oil, honey and salt and pepper. Pour the vinaigrette over the slaw and toss. The slaw can be made up to a day in advance.

**DAGON WINGS**

From Joe Tripp, Alba

“At the restaurant we use duck wings. We cure the wings overnight then confit them in duck fat at 200 degrees for approximately 4 to 5 hours. However, a fine substitute is chicken wings, which can skip the cure/confit process altogether. The plate is inspired by a Korean dish (which I will not try to spell correctly) but is made up of dried squid in a spicysweet sort of marinade (sounds odd but I assure you it is delicious). To balance out the heat we serve the wings with lightly pickled cucumbers from Tabletop Farms in Nevada and with dragon carrots and herbs (mint, carrot greens, chamomile) from my own garden.”

Gochujang is a fermented Korean condiment made from red chili, glutinous rice, fermented soybeans and salt. Furikake is a salty rice seasoning commonly found on Japanese tables. The seasoning comes in various flavors, but the yasai fumi type is generally made with seaweed (nor), sesame seeds, pumpkin and other flavors.

**Ingredients**
- 2 dozen chicken wings
- ½ cup Korean chili paste (gochujang)
- ½ cup rice wine
- ½ cup honey
- 4 cloves garlic, finely chopped
- 2 tablespoons sesame oil
- 1 tablespoon soy sauce
- 5 tablespoons furikake (yasai fumi type)
- ½ cup sugar
- 2 cups warm water
- 1 cup rice vinegar
- Cinnamon stick, broken into pieces, peppercorns, star anise
- 2 cucumbers, sliced

**Directions**
1. Combine all ingredients except for furikake. Rub half of the marinade over the wings and marinate at room temperature for about an hour.
2. Grill wings over medium-high heat until the wings are cooked through and nicely charred; or place in a 450-degree oven for about 30 minutes, moving wings around occasionally. Place cooked wings in a bowl and toss with remaining marinade and the furikake and serve.
3. For the cucumbers, dissolve the sugar in warm water; add rice vinegar and aromatic spices. Pour over cucumbers and let marinate 15-30 minutes before serving.

Black Bean Chili

From Susan Hogue, Ho

“I chose chili for a couple reasons. First, because you do so many things with it — can serve it as a dip, on top of hot dogs, or in a bowl with the toppings. Also, football season usually means it’s getting cold soon, and chili is great for warming you up, especially when you’re spending the day outside. Chili keeps well in the fridge, so you can make a big batch with leftovers. This recipe easily be made vegetarian by omitting the beef, or even by leaving out the beef, so cream and cheese. It’s also gluten-free so everyone can enjoy it!”

Using organic meat and Iowa-fresh produce and dairy products raises classic chili to new levels of delicious.

**Ingredients**
- 2 pounds ground beef
- ¾ cup chopped onion
- 1 ½ cups chopped carrot
- 2 tablespoons chopped garlic
- 3 cups diced tomatoes
- 4 cups chicken stock
- 2 cinnamon sticks
- 3 bay leaves
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon ground cumin
- 1 ½ teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon black pepper
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- Cheddar, sour cream, chopped jalapenos, cilantro

**Directions**
1. Soak the beans overnight.
2. Brown the ground beef in a large, heavy-bottomed pan over medium-high heat, stirring occasionally, until browned. Drain off excess grease.
3. Add in the onions, carrots, garlic, cinnamon sticks, bay leaves, and cumin. Stir to combine, then add in the chicken stock, cumin, oregano, black pepper, salt, and cayenne pepper. Bring to a simmer over medium heat.
4. Reduce heat to low and simmer for 1 hour, stirring occasionally.
5. Add in the beans and bring to a simmer again. Reduce heat to low again and simmer for another 30 minutes longer, stirring occasionally.
6. Serve hot with sour cream, cheddar, and chopped jalapenos.