

The DISH



VICKI RASMUSSEN

FOOD COLUMNIST
vickir@windomnews.com

I'm guessing in the world of social media that you've heard of the platform called Tik Tok, with which people make videos of anything and everything and post it for those interested in that topic to see. I have been in a couple of my daughters' Tik Tok videos but I haven't made a video on my own.

Now, I've really tried to back away from some social media forms such as Facebook and Twitter. I'm not saying I don't go on them, just not as much any more. But I have enjoyed the cooking and baking aspect of Tik Tok and have actually tried a bunch of recipes from watching the videos. So, I thought I'd post just a few of my favorites so far. My absolute favorite (my family's, too) has to be the baked feta pasta! This recipe makes me even more excited to get my cherry tomatoes growing. You can bet we'll be having that quite often.

Baked Feta Pasta

2 pints cherry or grape tomatoes
1 shallot, quartered
3 (or more) cloves garlic, smashed
½ cup extra virgin olive oil, divided
Salt and pepper
Crushed red pepper flakes
8 oz. block feta (crumbled feta also works)
10 oz. pasta
Zest of 1 lemon (opt.)

Preheat oven to 400 degrees. In a large ovenproof skillet or medium baking dish, combine tomatoes, shallot, garlic and most of the olive oil. Season with salt, pepper and red pepper flakes and toss to combine.

Place feta into the center of the tomato mixture and drizzle top with remaining olive oil. Bake for 40 to 45 minutes or until tomatoes are bursting and feta is golden on top.

Meanwhile, in a large pot of salted boiling water, cook pasta according to package instructions.

To skillet with tomatoes and feta, add cooked pasta and lemon zest (if using) and stir until completely combined. Garnish with basil before serving.

Tik Tok Ramen

1 pkg. ramen noodles
1 Tbsp. brown sugar
1 Tbsp. soy sauce
1 egg
Dried chili pepper flakes
Everything but the Bagel seasoning
1 to 2 Tbsp. butter

Open the ramen noodles and discard the seasoning packet, or set it aside to use for something else. Boil the ramen noodles in one cup of water then drain.

Melt the butter in a skillet, add the brown sugar and cook on low until the butter and brown sugar are melted into one another. Add the soy sauce and red chili pepper flakes. Add as many chili flakes as you like.

Add the drained ramen noodles to the pan and sauté until the noodles are covered in the sauce. Make a little room on the side of the skillet and crack and egg, scramble the eggs then toss it into the ramen noodles.

Alternatively, you can fry an egg separately and top the ramen with a fried egg instead. Scrambled is delicious too.

Add your ramen to a bowl and top with a sprinkle of the Everything but the Bagel seasoning and some green onions, if you choose.

Lime Margaritas

2 limes, quartered
½ cup sugar
1 cup tequila
¼ cup cointreau
2 cups ice cold water
Pinch salt

Put all ingredients (including whole limes, skins and all) in blender. After well blended, pour liquid through a strainer into a glass with ice rimmed with salt.

Shredded Brussels Sprouts in the Oven

1 lb. brussels sprouts, trimmed and sliced thin
2 Tbsp. olive oil
½ tsp. kosher salt
1/8 tsp. pepper
1 tsp. smoked paprika
2-3 garlic cloves, pressed
Cooked bacon, crumbled
¼ cup freshly grated Parmesan

Toss the shredded Brussels sprouts with the oil, salt, pepper, paprika and garlic on a baking sheet. Spread in a single layer and roast for 30 minutes, flipping halfway through. Top with bacon and grated Parmesan and serve immediately.

Best Rice Krispies Treats

6 Tbsp. butter
½ cup sweetened condensed milk
1 tsp. vanilla extract
16 oz. marshmallows
6 cups Rice Krispies
½ tsp. salt
1 cup dark chocolate chips

Line a 9-by-13-inch baking dish with parchment paper.

Melt butter and add sweetened condensed milk until caramelized. Add vanilla and stir. Stir in marshmallows until mostly melted (leave some chunks).

Remove from heat and add Rice Krispies. Pour layers into the pan. Add chocolate chips between layers. Press flat and top with sprinkles and let set.