

## **Hot + Tasty Snacks for Super Bowl from Chef Eric Crowley! #CookingforaCrowd**

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Often times when parties and events occur, we go with the easiest, fastest way to get food out there. However if you do fast food “fill in the blanks”, the food doesn’t taste as great as the first bite and later on it’s a case of regretful eating. Instead slim down that menu (and the cost of prepared foods) and try something that will make serious points with guests on your kitchen savvy-by cooking great food.



Enter Chef Eric Crowley into the picture and vicariously virtual entrance into your kitchen! His amazing classes — both in real life and online- are fabulous. Who wouldn’t love to eat these fabulous skewers for a main course or small plates! These are two different skewered recipes based on two diverse cuisines (Spanish and Asian) yet they work well together and the condiments and side-dishes can be pulled from another type of cuisine. Don’t be afraid to experiment!

### **Super Bowl Snacks and Meals:**

These two skewered meat presentations are from two different ethnic food categories: Spanish and Asian!

## Red Wine, Rosemary and Garlic-Marinated Grilled Beef on Skewers

Yield: 4-6 Servings



NY Steak or Tenderloin, Cubed 2 pounds  
Garlic Cloves, mashed 2 cloves  
Salt 3/4 teaspoon  
Sweet Paprika 1/2 teaspoon  
Pepper 1/4 teaspoon  
Red Wine 1 cup  
Bay leaf 1 leaf  
Fresh Rosemary and Thyme sprig 1 each  
Olive Oil 2 Tablespoons

### Method:

1. Cut the beef into 1 inch cubes. Thread onto skewers that have been soaked in water for 30 minutes. Place the skewers onto a baking dish.
2. Rub the paprika, salt, garlic and pepper over the meat. Add the wine, bay leaf and herbs. Refrigerate the skewers for 2 hours.
3. Preheat an outdoor grill or grill pan over high heat. Remove the skewers from the marinade.
4. Brush the meat with oil and grill until the surface is crispy and the inside is tender. Serve.

## Thai-Style Five Spice Chicken Skewers with Spicy Peanut Sauce

Yield: 2-3 Servings



Chicken tenders or sliced breast 2 pounds

Soy sauce 1/4 cup

Onion, chopped fine 2 Tablespoons

Garlic clove, minced 2 each

Ginger, minced 1 teaspoon

Five spice powder 2 teaspoons

### **Method:**

1. Skewer the tenders or breast slices with metal skewers or wooden ones that have been soaked in water for 2 hours.
2. Marinate the chicken in the soy sauce, onion, garlic and ginger for 1-2 hours.
3. Remove the chicken from the marinade and pat dry.

4. Sprinkle the five spice powder on the chicken. Grill over medium heat for 2-3 minutes per side. Serve hot or room temperature with the Thai-Style Noodle Salad with Spicy Peanut Sauce.

**Spicy Peanut Sauce** Yield: 1 Cup

Peanut butter, creamy or chunky 1/2 cup

Coconut milk or heavy cream 1/2 cup

Chili flakes to taste

**Method:**

1. Place the peanut butter in a small pot over medium low heat. Add the coconut milk and whip together. Be sure not to let the mixture burn. If the sauce is too thick, thin it with more coconut milk.
2. Add chili flakes to taste. Let the sauce simmer for 10 minutes. Cool and store in the refrigerator for several weeks. When reheating, the sauce may need to be thinned with water, coconut milk or heavy cream.
3. Serve warm.

**About Chef Eric**

Chef Eric Crowley graduated with honors from the prestigious Culinary Institute of America in Hyde Park, New York. After traveling abroad to master European cooking techniques, Chef Eric returned to the US and landed a prominent position at Patina Catering, of the renowned *Patina Restaurant Group*. With his experience and training, and his innate passion for cooking, Chef Eric seeks to help others develop their cooking skills and gain confidence through the culinary arts.

Chef Eric and the Culinary Classroom have been featured in, and on, major media outlets that include *E! Entertainment*, *KCAL 9*, *NBC Channel 4 Los Angeles*, *Good Day LA*, *BET*, *Los Angeles Business Journal* and many others.

For more information on Chef Eric, visit [culinaryclassroom.com](http://culinaryclassroom.com).

For more about cooking classes: <http://culinaryclassroom.com/>

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Thanks to Chef Eric Crowley for these amazing recipes!!

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