

Our State eats

Published in the April 2024 issue of Our State

Buckwheat Blueberry Pancakes

Yield: 6 to 8 servings.

- 1 1/3 cups buckwheat flour
- 2 teaspoons baking powder
- 2 large eggs, room temperature
- 2/3 cup whole buttermilk
- 1 teaspoon vanilla extract
- 2 tablespoons sour cream
- 1 cup fresh blueberries
- 2 tablespoons unsalted butter
- 2 to 4 tablespoons vegetable oil
- Maple syrup, for serving
- Butter pats, for serving

In a large bowl, whisk together buckwheat flour and baking powder.

In a separate bowl, whisk together eggs, buttermilk, vanilla, and sour cream.

Gradually fold flour mixture into wet ingredients until well incorporated. Batter should be thick but pourable; if batter is too thick, add 1 to 2 tablespoons of buttermilk. Gently fold in blueberries until well incorporated.

Heat butter and oil in a nonstick frying pan or griddle over medium heat. Once pan is hot, add about 1/2 cup of batter for each pancake.

Cook pancakes for 2 minutes or until bubbles appear on the surface of the batter, then flip and cook for 2 minutes more.

Repeat with remaining batter until all pancakes are cooked. Serve with butter and maple syrup.



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Chicken Salad Party Sandwiches

Yield: 10 sandwiches.

- 2 roasted chickens, skin and bones removed**
- 1 cup mayonnaise**
- 1 tablespoon celery salt**
- 2 tablespoons celery seed**
- ¼ cup sweet pickle relish**
- 1 small red onion, finely chopped (about ¼ cup)**
- ¼ cup fresh dill, chopped**
- Black pepper to taste**
- 20 slices white bread, thinly sliced**
- Potato chips, for serving**
- Bread-and-butter pickles, for serving**

Add chicken to a food processor and pulse 10 to 15 times until finely chopped.

In a large mixing bowl, add chicken, mayonnaise, celery salt, celery seed, relish, onion, and dill. Stir until all ingredients are well incorporated. Add black pepper to taste. Refrigerate for a minimum of 2 hours.

When ready to serve, spread chicken salad evenly on 10 slices of bread and top each with the remaining bread. Cut each sandwich on the diagonal and serve with potato chips and bread-and-butter pickles.



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Adeline's Sweet Tea

Yield: 1 gallon.

- 4 cups tap water**
- 2 family-size tea bags**
- 1½ cups granulated sugar**
- Cold water**
- Fresh lemon slices (optional)**

In a large saucepan, bring water to a rolling boil. Remove pot from heat and add tea bags; let steep for 15 minutes. Remove tea bags and discard. Stir in sugar until dissolved. Pour tea into a gallon pitcher and add cold water to reach top of pitcher. Stir. Refrigerate until ready to serve. Garnish with fresh lemon slices.



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Sunday Slow-Cooker Pot Roast

Yield: 4 to 6 servings.

- 4 pounds chuck roast**
- Salt and black pepper to taste**
- 3 tablespoons olive oil**
- 2 tablespoons dried minced onions**
- 1 tablespoon garlic powder**
- 1 cup water**
- 3 tablespoons Worcestershire sauce**
- 3 medium carrots, peeled and cut into 2-inch pieces**
- 3 medium russet potatoes, peeled and quartered**
- 1 large yellow onion, quartered**
- 3 stalks celery, sliced**
- 2 bay leaves**

Season chuck roast liberally, rubbing salt and pepper into meat with hands. Heat oil in a large skillet over high heat; sear roast, about 4 minutes per side.

Place roast in slow cooker and add dried onions and garlic powder. Add water and Worcestershire, and spread vegetables evenly. Add bay leaves. Cover and cook on low for 8 to 10 hours. Remove bay leaves and serve.



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